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Analog Diet, food planning

Making four bowls for lunch that last two days each, means I go grocery shopping once every eight days.



My shopping list here.
The spreadsheet to calculate calories here.

Food planning should eliminate waste, as well as provide for food safety. Spoiled food is both a waste of money and a risk to your well-being. Another safety aspect in the pandemic is having a shopping list that lets you speed through the grocery store in way less than an hour.

The other trick is having a spreadsheet with the calories of the vegetables, as well as the other ingredients of the bowls and the morning omelets I make. I use the spreadsheet to calculate the exact calories for every meal, and keep track of the daily calories.

I make four big bowls of vegetables, protein, and fats. Each one lasts two days. So this means I go to the store every eight days. This is about as long as I can go and still have the vegetables be fresh for the last bowl. When I started the Analog Diet 3 years ago, I measured out 22 grams of vegetables. Last year I went up to about 35 grams for most of the 21 different vegetables.

Even in the old days, I would use smaller amounts for the cilantro and jalapeno peppers. They were too strong to have 35 grams. It's easy to accommodate this, you just buy 4 peppers and they divide nicely amongst the four bowls as well as the eight breakfast omelets you make every day.

