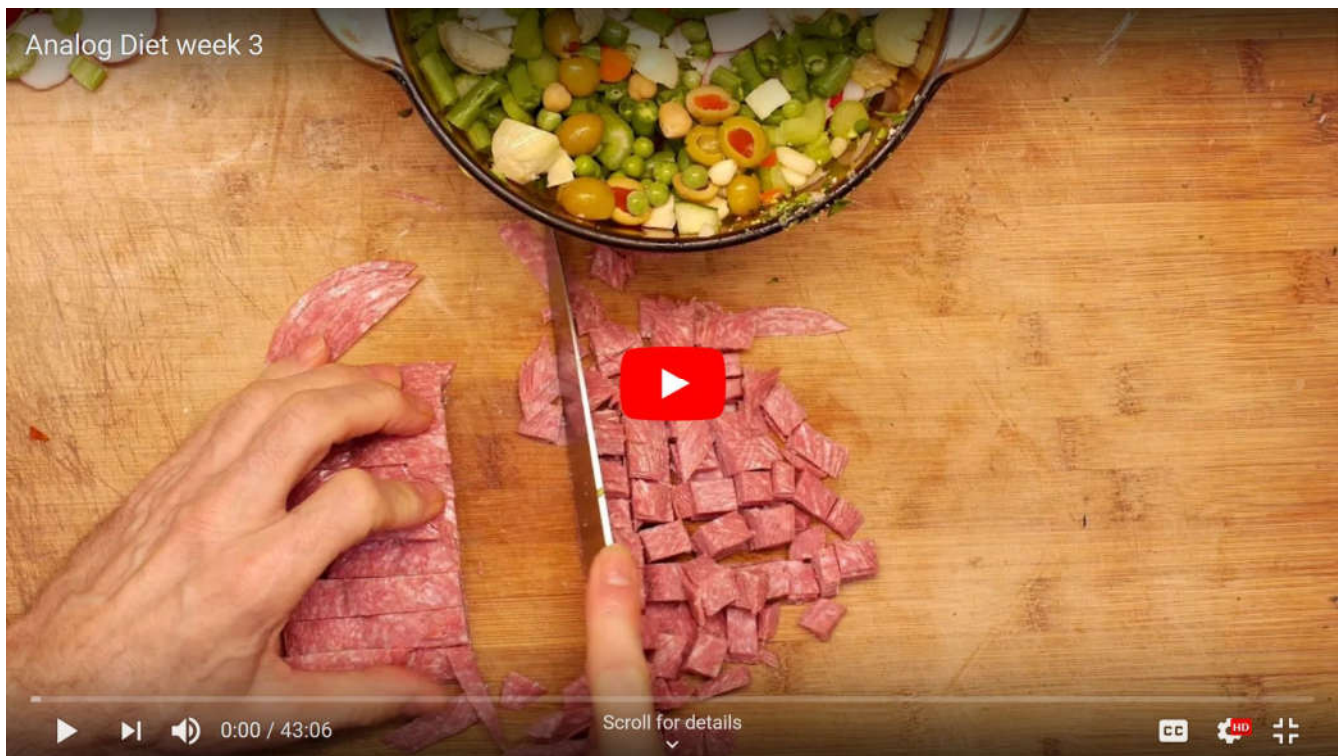




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Analog Diet, week 3

By balancing carbs, proteins, and fats in an analog blend, I managed to lose 10 pounds in less than a month.



My shopping list [here](#).

The spreadsheet to calculate calories [here](#).

The progress spreadsheet [here](#).

After loosing 140 pounds three years ago, I bounced back and gained 20 pounds over the pandemic. I still eschewed refined carbs like bread, pasta, rice, and potatoes, but I started eating nuts and cheese after dinner. The other enabling error was I stopped weighing myself every day, since I knew I was going to gain.

I calculated that the nuts and cheese were adding over 1000 calories a day to my diet. No wonder I gained weight. It is not just sugar and refined carbohydrate calories that will put on the pounds, fats and protein calories will too.

At least I made sure to eat unsalted nuts, so that my blood pressure stayed below 120.

While I call this "week 3" of the diet, I am really going in eight-day sessions, since that is how often I am going to the grocery store. So it is not really 21 days, but 24 days since I started the Analog Diet diet.

Even so, I have lost 10 pounds, my belts is no longer tight, and I can feel the lesser weight when I get up out of the chair. Even though I have stopped the nuts and cheese, I am not craving them in the evening, telling me what a horrible psychological hold those snacks had on my mind. Once I get to 170 pounds, I will start the Analog Diet lifestyle, where I eat a small measured portion of nuts and cheese.



Four years ago I weighed 318 pounds. I used a size 50 pants and a 52-inch belt. I had left the stress of a Silicon Valley corporate job and moved to Florida, but even after two years I was still enormous.

I already had dangerously high blood pressure, it was 200 at a health screening where I worked. My doctor put me on lisinopril, it got to 148. After I moved to Florida, I developed adult-onset diabetes, with an A1C of over 9. I also suffered from excruciating back pain. I could barely stand for a few minutes before the pain started. I also had ear infections, athlete's foot, and "frequent trips to the bathroom," as the commercials say. All this is cured now.



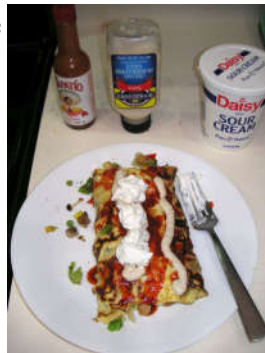
After my doctor doubled my metformin prescription to 1000mg/day, I decided I had to act. I bought a kitchen scale, read all the nutrition info on what I bought, and stopped buying refined carbs, sugar, alcohol, and even fruit. Back then I did not eat breakfast, just one big lunch bowl and a coffee with milk in the evening. It was around 850 calories per day.

My buddy's Amazon affiliate links:
 Endureglass 3.0 L Glass Cookware
 Endureglass 1.5 L Glass Cookware
 My Weigh KD-8000 Kitchen And Craft Digital Scale + My Weigh AC Adapter
 Ginsu Gourmet Chikara Series Forged 420J Japanese Stainless Steel 8-Inch Chef's Knife
 Bonavita 5-Cup One-Touch Coffee Maker
 Bonavita Double Walled Carafe
 Scanpan Professional Griddle
 OXO Good Grips Non-Stick Griddle

Meal 1:

Ham Alfredo, 428 cal/day

I start every day with a large vegetable omelet. The two eggs and vegetables are about 250 calories. Then I pile on 1/4 cup of sour cream, some creamy horseradish, and a dash of hot sauce. That brings it up to 409 calories.



With 358 grams of ham, 3/4-cup of Bertoli Alfredo sauce, and 21 chopped vegetables, the large lunch bowl has 856 calories, for the two days worth of food I prepare.

For evenings, I made a large 32-oz coffee with a cup of whole milk in it. This is 150 calories, and keeps down any evening cravings. The day's calories are $409 + 428 + 150 = 987$. This is well under my 1200-calorie goal. Since the vegetable bowl is enough for two days, I eat the same things the next day.



Meal 2:

Salmon, salsa, Parmesan, 572 cal/day

For the next two days, I have the same morning omelet, though I change up the hot sauce. Today it's Tabasco. With the same 1/4-cup of sour cream, the calories come it at 409 per day.



With 305 grams of salmon, a cup of Mateo's salsa, and 21 chopped vegetables, the large lunch bowl has 1147 calories, for the two days worth of food I prepare.

For evenings, I made a large 32-oz coffee with a cup of whole milk in it. This is 150 calories, and keeps down any evening cravings. The day's calories are $409 + 574 + 150 = 1133$. This is well under my 1200-calorie goal. Since the vegetable bowl is enough for two days, I eat the same things the next day.



Meal 3:

Chicken, gravy, Gorgonzola, 540 cal/day

Like all days, I start with the vegetable omelet. Even if I eat this at 8:00 in the morning, it fills me up until 2:30 when I eat the lunch bowl. By eating at 2:30, I do not get so hungry late at night. Cholula sauce today.



With 332 grams of chicken, one cup of chicken gravy, and 21 chopped vegetables, the large lunch bowl has 1079 calories, for the two-days worth of food I prepare.

For evenings, I made a large 32-oz coffee with a cup of whole milk in it. This is 150 calories, and keeps down any evening cravings. The day's calories are $409 + 540 + 150 = 1099$. This is well under my 1200-calorie goal. Since the vegetable bowl is enough for two days, I eat the same things the next day.



Meal 4:

Salami, gravy, 482 cal/day

For the meal I prepared in the video, I started with the same omelet, even getting in a rut since I used Cholula sauce again. As usual, the sour cream bumped the calories from 250 to 409. The fats in the cream keep hunger pangs down all day.



With 284 grams of salami, one cup of beef gravy, and 21 chopped vegetables, the large lunch bowl has 964 calories, for the two-days worth of food I prepare.

For evenings, I made a large 32-oz coffee with a cup of whole milk in it. This is 150 calories, and keeps down any evening cravings. The day's calories are $409 + 482 + 150 = 1041$. This is well under my 1200-calorie goal. Since the vegetable bowl is enough for two days, I eat the same things the next day.



Having these four meals over the 8-day period allowed me to lose three pounds more.