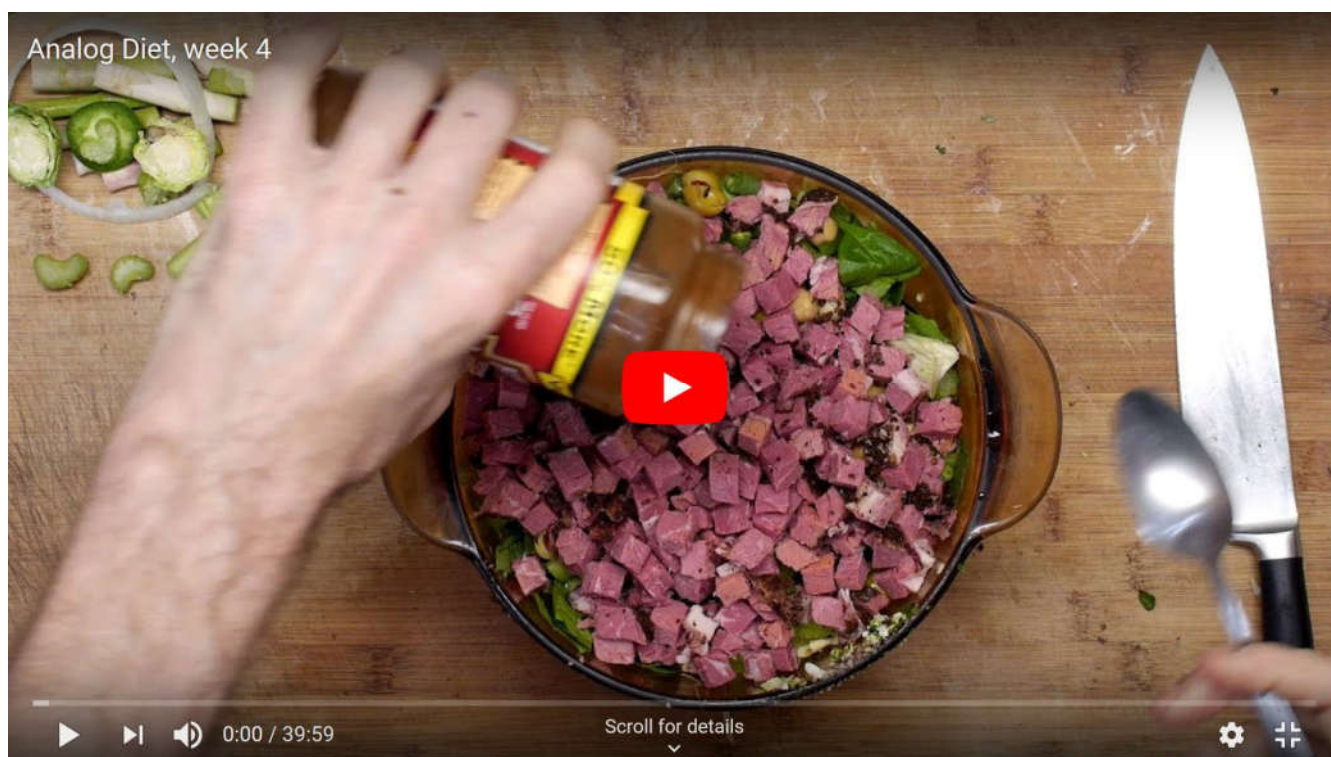




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Analog Diet, week 5

I've lost 15 pounds in 40 days. I should have all 20 pounds off in the next month, stay tuned.



My shopping list [here](#).

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

The progress spreadsheet [here](#).

I fell of my strict Analog Diet lifestyle a year ago. I stopped weighing myself every day. I started to "cheat," adding cheese to all my meals. Worst of all, I started to eat a large can of nuts every day. I told myself that nuts are healthy. They are, but not when they add 1000 calories a day to your diet.

The pandemic just added to my nervous eating. I was up 20 pounds from the 170 pounds that I achieved after losing a massive amount of weight 3 years ago. It was time to go on the Analog Diet diet.

The Analog Diet lifestyle is where I am supposed to maintain my weight. The Analog Diet diet is where I limit my calories so that I know I will lose at least 10 pound a month.

It has been 32 days since I started. Since I go to the grocery store every eight days, I call this "week 4". I have lost 12 pounds, so I am delighted to be ahead of schedule. The great news this week is I can once again fit into size-34 pants. I have noticed that when you get into smaller clothes, that is when everybody notices how much weight you have lost. The pants are a bit tight, but that should go away by next week. I love that I have gone from the last belt notch to the third-last belt notch. I feel better, and have more energy.



Three years ago I weighed 318 pounds. I had high blood pressure, was diabetic, and had excruciating back pain. When my doctor doubled my Metformin prescription, I hit bottom. So I invented the Analog diet. No refined carbs, pasta, bread, rice. No alcohol sugars or fruit. All the carbs in a lot of vegetables every day, balanced with lots of protein and enough fats to keep the hunger pangs from driving me crazy.



It took a year to get down to 170 pounds.

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:

Mahi Mahi, salsa, Blue cheese 524 cal/day

I switched to sliced cheese instead of sour cream on the omelet. This raised the calories from 409 to 449. Today it was Tabasco sauce, plus horseradish sauce.



With 274 grams of Mahi Mahi, a cup of salsa, 113 grams of Parmesan cheese, and 21 chopped vegetables, the large lunch bowl has 1048 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 $449 + 524 + 150 = 1123$. 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, just varying the hot sauce and spices on the omelet.



Meal 2:

Shrimp, queso sauce 428 cal/day

For the next two days, I have the same morning omelet, though this time I went back to sour cream so 409 calories. Just a coincidence that this day was also Tabasco sauce. I estimate 1/4 cup of sour cream.



With 250 grams of shrimp, a 3/4 cup of queso 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. 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 3:

Chicken, chili, 435 cal/day

This day I used Sriracha sauce on the morning omelet. I have 6 different hot sauces that I change up every day. My pal Alan Martin just sent me three more to try. Cheese slices means 449 calories.



With 279 grams of chicken, one can of chili, and 21 chopped vegetables, the large lunch bowl has 870 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 $449 + 435 + 150 = 1034$. 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. I change up the cheese or sour cream and sauce on the omelet.



Meal 4:

Turkey, gravy, Gorgonzola, 590 cal/day

For the meal I prepared in the video, I started with the same omelet, only using Frank's hot sauce and the Kraft aged reserve cheese. As usual, the cheese bumped the calories from 250 to 449. The fats in the cheese keep hunger pangs down all day.



With 339 grams of turkey, one cup of turkey gravy, 113 grams of Parmesan cheese, and 21 chopped vegetables, the large lunch bowl has 999 calories, for the two-days worth of food.

Around 5:00 PM, I made a 32-oz decaf coffee with a cup of whole milk. This is 150 calories. The day's calories are $449 + 500 + 150 = 1099$. 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. Having these meals over the 8-day period allowed me to lose three pounds more. I have several weeks to lose the last of the 20 pounds, five more pounds to go.

