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Analog Diet, week 6

I've lost 17 pounds in 48 days. I should have all 20 pounds off in the next month, stay tuned. Then comes the Analog Diet lifestyle.



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

After six weeks, I am close to my goal of losing 20 pounds in two months. I know it is doable since I lost 140 pounds three years ago. I went from 320 pounds to 170 pounds. My problem is that I bounced back 20 pounds three separate times.

My failure was a triple-cheat. I cheated by not weighing myself every day. I cheated by adding cheese to my main meals. I cheated by eating nuts and cheese without figuring out how many calories it was. At least I learned to eat unsalted nuts for low blood pressure.

I am getting close to my goal of 170 pounds. This time I will keep weighing myself every morning. I know that an 1100-calorie diet is not sustainable. I also know that a 2500-calorie diet will cause me to gain weight. So this time around, I figure to try a 1500-calorie day to begin with, and test if I can eat 2000 calories a day, while maintaining my weight.

I plan on adding unsalted nuts to the diet, they are healthy, have no sugar, and not a lot of carbs. They also will provide protein and micro-nutrients. But this time I will make sure to weigh out every nut, calculate the calories, and make sure I stay at my daily limit of calories. It does feel good to be near 170, I can tell when I get up out of the chair, I am lighter.



I found a video of myself in 2011. I was 325 pounds. I forgot all about this, I just stumbled across it looking through my hard disk. This screen shot shows how fat I had gotten. I had a high-stress corporate job in Silicon Valley. My eating habits were horrific. I would down a whole frozen pizza in one setting. I ate a ton of refined carbs. In 2017, I finally got tired of this, and invented the Analog Diet. No refined carbs and a balance of fats, proteins, and carbs.



I lost most of the weight in 9 months back in 2017. Today I am at 173, and want to lose those last few pounds to get to 170. I've completely changed my lifestyle from 2011. I work out twice a week. I make sure to do some activity on my feet every day for an hour or two. I don't eat any sugar or alcohol or fruit. I don't eat any refined carbs, no bread, rice, or pasta. I measure everything, and control my caloric intake.

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

3M, large commercial sponge

Scotch-Brite Sponge 6.1 in x 3.6 in x 0.7 in

Meal 1:

Talapia Stroganoff 511 cal/day

Tapatio sauce is one of my favorites. This day I used plenty of it along with the sour cream to get my 409-calorie vegetable omelet. This lasts me until 2:30PM.



With 335 grams of Talapia, 1/4 cup of sour cream, a can of cream of mushroom soup, and 21 chopped vegetables, the large lunch bowl has 1022 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 $409 + 511 + 150 = 1070$. 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:

Pork Alfredo sauce 501 cal/day

For the next two days, I have the same morning omelet, though this time I went to cheese so 449 calories. A buddy sent me some Trader Joe's hot sauce. I estimate 40 grams of cheese, if I slice it thin.



With 237 grams of pork, a 3/4 cup of Alfredo sauce, and 21 chopped vegetables, the large lunch bowl has 1002 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 $449 + 501 + 150 = 1100$. 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, maybe switching to sour cream on the omelet.



Meal 3:

scallops clam chowder 476 cal/day

This day I used Crystal 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. Sour cream means 409 calories.



With 300 grams of scallops, one can of clam chowder, and 21 chopped vegetables, the large lunch bowl has 951 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 $409 + 476 + 150 = 1035$. 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:

Ham, gravy, Parmesan 512 cal/day

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



With 289 grams of ham, one cup of turkey gravy, 113 grams of Parmesan cheese, and 21 chopped vegetables, the large lunch bowl has 1025 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 $449 + 512 + 150 = 1111$. 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.

