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Analog Diet, week 7

I've lost 20 pounds in 56 days. I will diet one more week, to get a little under 170 pounds. Then comes the Analog Diet lifestyle.



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

Since I go grocery shopping every eight days, what I call week 7 is really 56 days. This is still shorter than two months, and I am delighted that I have lost all 20 pounds in my goal. I did note that when I ate a salty meal like pastrami or sausage, I held water weight for 5 or 6 days before continuing to lose.

I can wear size-34 pants again, they are comfortable. I am down 4 notches on my belt. I can tell I am lighter when I get up out of the chair or when I work out on my home gym. This was easy compared to losing the 140

pounds back in 2017. I can tell my body is fighting the weight loss now that I have much less body fat. I am a bit more listless, and I can tell my metabolism is trying to slow down to conserve energy.

The trick here was to make sure that I kept doing my 1-hour workout twice a week, and spending an hour or two a day doing something physical like yard work or working on a motorcycle.

Rather than start eating more just because I hit my target weight early, my plan is to keep losing for another 8-day week, and then I will start to adding unsalted nuts to my evening, but still not eating after 7:00PM.



I made an animated gif of my weight the last 18 years. I bounced around a little, but the real weight gain came after 2005. You can see how fast I was able to lose 140 pounds in 2017. I stayed at 170 pounds most of 2018.



Here is am today, I just hit 170 pounds again. I still have a little belly fat, but I want to keep that since it supposed to be better if you catch the flue and need some fat reserves while you are sick and have no appetite. I will stay on the 1100-calorie-a-day Analog Diet diet, before adding in some nuts and cheese and switching to the 1500-calorie-a-day Analog Diet lifestyle. By keeping track, I hope to stay at 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

3M, large commercial sponge

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

Meal 1:

Sausage and salsa 517 cal/day

For the morning omelet, I tried some habanero sauce my buddy Alan Martin sent. It is Trader Joe's brand and it is pretty good, tasty but not too hot. Sour cream, gives 409 calories.



With 340 grams of sausage, a cup of salsa, and 21 chopped vegetables, the large lunch bowl has 1034 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 $409 + 517 + 150 = 1076$. 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. Proof you can eat a whole package of sausage and not gain.



Meal 2:

Cod, salsa, with chocolate 460 cal/day

For the next day I stuck with sour cream on the omelet, though I tried a different Trader Joe's hot sauce. It was Thanksgiving, so I had 1/4 of that 92% chocolate bar instead of sour cream or cheese on the omelet.



With 225 grams of cod, a cup of salsa, and 21 chopped vegetables, the large lunch bowl has 664 calories. This let me have half that chocolate bar for an additional 255 calories.

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 $409 + 460 + 150 = 1026$. 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, finishing off the last quarter of that chocolate bar.



Meal 3:

Tuna Stroganoff 413 cal/day

This day I used Cholula sauce on the morning omelet. I have 9 different hot sauces that I change up every day. I switched to cheese from sour cream topping, so that means 449 calories.



With two cans of tuna, 1/4 cup of sour cream, a can of cream of mushroom soup, and 21 chopped vegetables, the large lunch bowl has 826 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 $449 + 413 + 150 = 1012$. 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:

Beef, gravy, Blue cheese 653 cal/day

For the meal I prepared in the video, I started with the same omelet, only using Tapatio hot sauce and the Kraft aged reserve cheese. As usual, the cheese bumped the calories from 409 to 449. The fats in the cheese keep hunger pangs down all day.



With 280 grams of beef, one cup of beef gravy, 113 grams of Blue cheese, and 21 chopped vegetables, the large lunch bowl has 1306 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 $449 + 653 + 150 = 1252$. This is a bit over my 1200-calorie goal. Having these meals over the 8-day period allowed me to lose two pounds. I hope to lose a little more so I will stay under 170 even though I start eating nuts.

