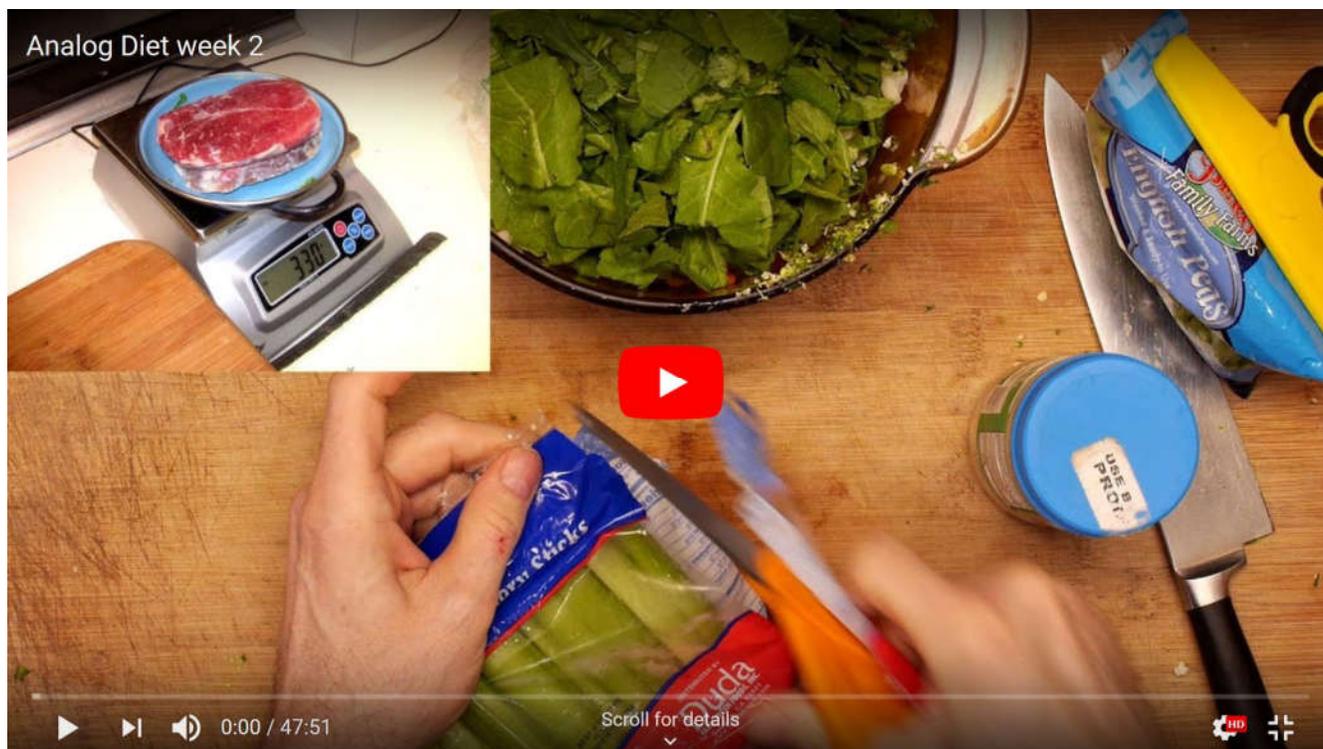




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## Analog Diet, week 2

**Losing 7 pounds in 16 days is great progress. I am on track to lose at least 20 pounds over two months.**



After 16 days I have lost 7 pounds while on the Analog Diet. This is better than my goal of 10 pounds a month. I lost over 100 pounds three years ago, but gained 20 back over the pandemic. It was partially because I stopped going to the gym. The real culprit was that I started eating a bag of nuts and a block of cheese every single evening. To hide my stupidity, I stopped weighing myself every day, as if not knowing would just make the problem go away.

So I am changing from the Analog Diet lifestyle, where I am supposed to maintain my weight, and reverting to the Analog Diet diet. This means no more nuts and cheese at night. I also bought a home gym to stay strong.

In this episode I make one of my favorite meals, shrimp and salsa with Parmesan cheese. Like always, the protein and fats are combined with 21 vegetables I cut up. I make a large bowl and split it, so I can have the same meal the next day. This way, every other day is an "off" day where I just pop the bowl in the microwave to heat it up. I make four bowls over eight days and then go grocery shopping.

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