



Rako Studios » Media » Health » Analog Diet, week 8

## Analog Diet, week 8

**I've lost 23 pounds in 64 days. This is three pounds under my goal of 170 pounds. Now 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 8" is really 64 days. I am delighted that I have lost 23 pounds. I did see my metabolism drop the last two weeks, but the weight still came off at two or three pounds a week. I made sure to keep exercise.

I have a friend that tells me I should not lose as much as I did. She insists that "all men have a belly," and that everybody gains weight as they age. This is a sad effect of the SAD, (standard American diet) that is so loaded with sugar, carbs, and alcohol, we all gain, on

average, 5 pounds a year. What concerns me is that kids are obese now, where that was very rare when I was growing up. This has to be because children just sit in front of screens all day and night instead of running or playing.

I am done with the Analog Diet diet, where I eat 1100 calories a day. Now comes the Analog Diet lifestyle. I will add 500 calories of unsalted nuts for dinner. I learned to avoid salt to keep my blood pressure down. "Fine" cooking seems to find reasons to add sugar, salt, and fat. When Emeril says, "Bam, turn it up a notch" as he adds salt, what he is turning up is your blood pressure. There is enough salt in the hot sauce and sauces I use, adding salted nuts once drove my blood pressure to 140.



I started gaining weight with a high-stress Silicon Valley job in 2005. By 2011, above, I was 325 pounds. I was not yet diabetic, but my blood pressure must have been high, you can see the reddish flush on my nose and the V of my neck. The way I "cured" this is by not going to the doctor. Ignorance is bliss. It almost killed me. A free health screening at my job in 2014 showed my blood pressure over 200. They wanted to call an ambulance and have me taken to the hospital. They didn't believe I was not getting headaches or fuzzy vision. I didn't want to leave my car at work, so we compromised and I made a doctor's appointment that day.



Here I am today at 167 pounds, two pounds more than my weight in High School.

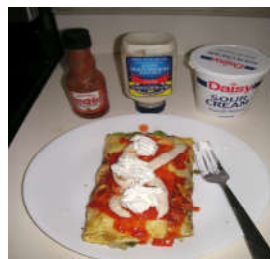
My buddy's Amazon affiliate links:  
 Endureglass 3.0 L Glass Cookware  
 Endureglass 1.5 L Glass Cookware  
 My Weigh KD-8000 Kitchen And Craft Digital Scale + My Weigh AC Adapter  
 Ginsu Gourmet Chikara Series Forged 420J Japanese Stainless Steel 8-Inch Chef's Knife  
 Bonavita 5-Cup One-Touch Coffee 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:

### Grouper queso 437 cal/day

For the morning omelet, Frank's hot sauce and the Bookbinder's horseradish with the giant hole in the cap. I am switching to Heinz. Sour cream, gives 409 calories.



With 268 grams of grouper fish, 3/4 cup of queso sauce, and 21 chopped vegetables, the large lunch bowl has 874 calories, for the two-day's 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  $409 + 437 + 150 = 996$ . 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 topping on the omelet. This is an all-fish week, and I lost three pounds.



## Meal 2:

### Salmon clam chowder 474 cal/day

For the next day I changed to cheese on the omelet, and Sriracha hot sauce. The giant hole in the horseradish cap meant I put way too much on the omelet. Some venal middle manager thinks he can trick me into using more horseradish. Nope.



With 288 grams of salmon, a can of Campbell's condensed clam chowder, and 21 chopped vegetables, the large lunch bowl has 947 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  $449 + 474 + 150 = 1073$ . 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, though changing the hot sauce and cheese or sour cream omelet.



## Meal 3:

### Shrimp Alfredo 432 cal/day

This day I used Tapatia sauce on the morning omelet. I have 9 different hot sauces that I change up every day. I switched to sour cream from cheese topping, so that means 409 calories.



With 236 grams of shrimp, 3/4 cup of Alfredo sauce, and 21 chopped vegetables, the large lunch bowl has 865 calories, for the two-day's 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  $409 + 432 + 150 = 991$ . 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:

### Scallops, salsa, Gorgonzola 582 cal/day

For the meal I prepared in the video, I started with the same omelet, only using Cholula hot sauce and sour cream. As usual, the sour cream dropped the calories from 449 to 409. The fats in the cheese keep hunger pangs down all day.



With 309 grams of scallops, one cup of salsa, 113 grams of Gorgonzola cheese, and 21 chopped vegetables, the large lunch bowl has 1165 calories, for the two-day's 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  $409 + 582 + 150 = 1141$ . This is under my 1200-calorie goal. Having these meals over the 8-day period allowed me to lose three pounds. I am at 167 pounds, so I will now add unsalted nuts, to stay around 170 pounds.

