

Spring and Winter, Over and Over

Gregory Nero

Abstract—Notes and reflections from my eating journey.

Index Terms—food, food, food

I. MOUTH LOG 2/26 - 3/3 2024

Mondayyyyyyy

Brekky is banana , chobani flip, plain bagel with garlic and herb whipped cream cheese, 30oz of water

Hunger cues around 1pm

For lunch - sandwich (white bread, turkey, provolone, pesto, baby arugula), 6 chips ahoy cookies, 17 fl oz Lipton iced tea peach

Another 30 fl oz of water by 5pm

Hungry around 7 or 8pm

Dinner is bag of uncle bens roasted chicken instant rice, 10 honey battered chicken tenders, baby arugula, ranch dressing
Couple of cookies for snack and about half of 17 oz Lipton peach iced tea before bed

TUESSDDAYYY

Finished that Lipton first thing this morning cause I got that dog in me

Banana, chobani flip, 30 fl oz of water

Cloudy again, sitting on the trunk of my car drinking water ; thinking about things that hurt and things that don't hurt

Mini snickers and 100 grand

For lunch - sandwich (white bread, turkey, provolone, pesto, baby arugula), 6 chips ahoy cookies, 17 fl oz Lipton iced tea peach

Dinner (lateeeee) chicken tender bagel sandwich with sauceeee , with more chicken tenders for good measure ,AND A BANANA

Wed nes day

Banana, bagel with cream cheese, 30 fl oz of water, mini oat milk pea protein concoction

For lunch - sandwich (white bread, turkey, provolone, pesto, baby arugula), 4 chips ahoy cookies, 17 fl oz Lipton iced tea peach

Hunger level 6 or 7 , felt in my gut viscerally but not emotionally

Ate wayyy too fast, tummy hurted

17 fl oz of Perrier waterrr

75 percent of a tallboi PBR and a small margarita

Marg gave me tummy ache ouchies

Late late dinner , bagel chicken tender sandwich

Thursday holy shit it's Thursday !

Therapy first thing this morning

Trying to identify where I can give myself more space

Later start to day and field experiment later, so this will be

a two meal day which means I should make the first meal count

Breakfast sandwich - two eggs, plain bagel with cream cheese, turkey, provolone, baby arugula

Banana, chobani flipppppp, 30fl oz of water

Feeling very full

Bowl of assorted fruit from Speedway and 17 fl oz of coconut water as snack Plate from Panda Express , double kung Pao with white rice + 2 veggie spring rolls + fortune cookie

17fl oz Lipton peach tea and a handful of chips ahoy cookies
2 montuckys (ya YEEET)

Friday , Friday, Friday

Sausage egg and cheese sandwich from Starbucks

Tall oat milk hazelnut decaf latte from Starbucks

A few assorted candy bar snacks and a muffin

30fl oz of water

One (1) chips ahoy cookie

Two slices of pizza from Time Market

51 fl oz of water

One Coors, one expensive cocktail, and one gigantic fucking ice cube

Smashed the ice cube by vaulting it into the air and curb stomping it into the asphalt

Want to feel more grounded

Saturday

Turbulent and emotional morning, gigantic spike of anxiety, woke up immediately thrown into my mind with no food or water

Holding so much tension in my mind and in my body

Wondering how much longer winter will last and who I will be at the end of it

Bagel with cream cheese for breakfast

Lunch - rice, chicken tenders, baby arugula, 17 floz of Lipton iced tea peach Dinner is pizza at Time, glass of red wine, some water

Couple of drinks - night out (PBR, kolsch)

Today was simply beautiful and simply absolutely rotten and both of those things are true

Feeling everything, necessarily; wading through waist deep and growing and that's simply beautiful and simply absolutely rotten and both of those things are true

Embracing the dichotomy in everything (except dichotomy implies a two-ness when , in reality, experience is much more higher-dimensional)

Eager for tomorrow

Sunday (GLIZZY bike ride day !!!! - pound of shame 2024 ride , 70 miles)

Morning - simple , piece of toasted white bread

During the course of the day, consumed one pound of Costco hot dogs (four quarter pounders), water, some brisk, chamoy fruit gushers, some ice cream, Gatorade, one Tums
Beautiful wonderful day spent on a bike in the sunshine with lovely people Some nausea later on at night but kept it together!!

Chamomile tea and special moments spent in conversation with Weaver before entering the Fae realm of sleep and train sounds

II. MOUTH LOG 3/4 - 3/10 2024

MONDAAAYY

Skipped breakfast, still recovering from glizzy day yesterday
Lunch is Chic Fil A - two chicken sandwiches (regular chicken + spicy chicken both with cheese and lettuce), Chick-fil-A sauce + ranch, and cookies and cream milkshake
Bottle of sprite

The pitiful remains of blue Gatorade from yesterday
Dinner is rice , chicken tenders, baby arugula , chick fil a sauce, 11floz of peach nectar

Tuesdeyyyy

Breakfast, two toasted pieces of white bread with butter
Skipped lunch (F's in the chat)
Snacks around 4:30pm - chex mix, nature valley pb biscuit, blueberry fig bars
Dinner - bowl of egg noodles with chicken bouillon broth, 17 floz Lipton peach tea
Also McD's two double cheeseburgers, small fry, m-and-m mcflurry
Some non-appreciable amount of water
Please drink more water tomorrow greg

Wednesday !!

Breakfast is pack of basmati instant rice, three eggs, salt, pepper, olive oil, soy sauce (stir-fry style) and piece of toasted white bread with basil pesto and 30 floz of water
Trying to be more mindful of how the food in my mouth actually tastes
Ate breakfast on the trunk of my car again and watched the clouds - becoming good grounding ritual, feeling at peace
Small cup of chamomile tea from cafe luce
Medium fruity drink from Scented Leaf
Another cup of chamomile tea from espresso art
Super fkn hydrated today
Dinner is chicken tenders and Japanese style noodles in chicken bouillon broth
Night out to celebrate friend's birthday, a few drinks

Thursday holy god it's already Thursday

Dreams continue to be a source of joy, curiosity, and torment
Heart and throat are tight this morning, I need to sit down in the rain to remind myself of the Here
Breakfast - not hungry but also hungry , anxiety and mind are forces for appetite suppression
Trunk of my car, sunny today, birdsong goes down easy
Two pieces of toasted white bread with cream cheese - once

I started eating, appetite returned

30floz of water

Mug of hot chocolate

30floz of water

Around 5:30pm a bunch of chicken tenders with chick fil a sauce

Movies , some popcorn, chocolate candy, and some soda

Friday !!!

Breakfast - big moves for brekky this morning

Breakfast stir fry - pack of instant rice, two eggs, tofu, bok choy, radishes with soy sauce, olive oil, salt

Trunk time , crystal pieces wet with dreams and sticky with the night and early morning, precious water and green on the lawn next door, swaying Small jar of water with magic green powder

Two chicken empanadas and some other random spherical thing made of food Few drinks - Shirley temple, Coors, a bud light that was probably expired, tecate

Chicken quesadilla and a few chips ahoj cookies

Saturday !!!!

Woke up early for tour de cookie volunteering , biked about 22 miles , skipped breakfast on the account of being up early
Had 3-4 cookies, 30floz of water

Lunch is pack of instant rice and tofu with curry powder and the remainder of a bottle of 17 floz peach tea

And , a very old gnarly granola bar that I found in my coat pocket — smooshed but still good

Two tamales, rice, salsa at festival of books

17 floz of peach tea

Dancingggg tonight,,, two drinks and a hot dog that was way too fucking expensive

Sundayyyyy eep !

Skipped breakfast , felt too overwhelmed by the consistent pressure and weight of some ambiguous anxiety to act on hunger - decided to clean house instead

Lunch - pad Thai stir fry (radishes, bok choy, brussel sprouts , pack of instant basmati rice, two eggs, pad Thai sauce) with 6 pieces of nigiri sushi from Fry's and one bakery hard roll bread

While eating - felt like I was moving 10000 mph but not in a good way ,,, how to slow down and actually taste food ?
Like some kind of primal subconscious feeling kicks in

11floz can of peach nectar

Cosmic brownie

One very large strawberry lemonade

Still feeling very very full from the lunch well into the afternoon

Small m-and-m mcflurry from DQ

30floz of water

Dinner / late snack - bread, butter, imitation crab meat

III. MOUTH LOG 3/11 - 3/17 2024

Monday 3/11

Appetite very low this morning, eager to start the day and

don't really want to eat but I'm going to because my body needs it goddamit
 Breakfast is chobani flip, 11floz muscle milk chocolate protein shake pre-packaged, 30floz of water
 Lunch - sandwich (white bread, turkey, Swiss cheese, baby spinach, pesto), banana, veggie straws, nature valley peanut butter biscuit bar, cosmic brownie, 17floz Lipton green tea pineapple mango
 Popcorn later for a movie
 Reflecting on Body and my inhabiting of that Body
 Accidentally listen to Blue Raspberry in its entirety and now it's 10pm and I'm overwhelmed by an intense feeling of loss and melancholy
 Scrubbed my skin off in the shower
 Teriyaki noodle bowl with two hard rolls with butter
 Cosmic brownie and 20floz of water (?)

Tuesday !

Breakfast is bagel with cream cheese, banana, chobani flip, 30floz of water
 Lunch - sandwich (white bread, turkey, Swiss cheese, baby spinach, pesto), veggie straws, nature valley peanut butter biscuit bar, cosmic brownie, 5 double stuff Oreos, 11floz muscle milk carton
 17 floz Lipton green tea pineapple mango
 Late night in lab , ordered Dave's hot chicken with lab pals- chicken sandwich, chicken tenders, some fries, some coke
 Tummy ache
 Thinking about coherence and the measurability of the observable world
 Midnight water, sleepy kitchen stumble, drank until full

Wednesday

Really not feeling motivated or excited about eating today but we gotta get those nutrients so fuck it we ball
 Breakfast - 2 packets of dinosaur oatmeal with oat milk, banana, bagel with cream cheese, 30floz of water
 Trunk time - crucial part of the process is to walk to trunk with no shoes so that I can feel that gravel and the rocks on my feet - small pain is stimulating and engages grounded-ness
 Medium fruity tea drink from Scented Leaf
 Hunger pangs around lunch
 Scavenged some chicken bites left in lab
 Dinner - Tofu, basmati rice, baked brussel sprouts with pad Thai sauce, 30floz of water, another glass of water with magic green powder
 Headache ... After making and eating a fabulous dinner and giving my body a bunch of water, THIS is how it repays me ... nutrition is BUSTED
 Cosmic brownie and veggie straws as snacky

Thursday

Breakfast - banana, 2 packets of dino oatmeal with oat milk, 11floz muscle milk carton (huge gainz)
 Chamomile tea with honey from cafe
 Sandwich (white bread, turkey, Swiss cheese, baby spinach, pesto)
 17floz lipton green tea pineapple mango

Nature valley pb biscuit, cosmic brownie
 Montucky and tiny esses at trivia
 Two hard rolls with butter and imitation crab meat

Friday uhhhhh fridayyy??

Brekky is chobani flip, 30floz of water
 Nature valley pb biscuit
 Nature valley cinnamon almond butter biscuit
 Pre-dinner snack of cosmic brownie and some chicken tenders
 Dinner at lab party, variety of Chinese food and some wine / sparkling water + cake

Saturday!!

Skipped breakfast whoops
 Lunch - meatball sandwich, pickle, Arizona tea from deli
 Half of a Shirley temple
 17floz lipton green tea pineapple mango
 Feeling kind of nauseous around dinner / acid reflux ouchies
 Ginger ale and onion rings
 Dots and some popcorn
 More lovely and wonderful moments of connection

Sunday

Breakfast was breakfast sandwich from Time market and some water
 Hot chocolate from Presta
 Burger and miscellaneous veggies and dip at cookout, maybe even some chips
 Bagel with butter and Swiss cheese
 Cinnamon toast crunch with oat milk

IV. MOUTH LOG 3/18 - 3/24 2024

Monday 3/18

Finally shedding the tremendous weight that winter placed gently on my mind
 Shed it gently, too, or risk the hubris of being in a storm without a coat to warm you
 Breakfast is a bagel with cream cheese, chobani flip
 30floz water by lunch
 Lunch - sandwich (white bread, turkey, Swiss cheese, baby spinach, pesto), veggie straws, 11floz muscle milk carton, cosmic brownie
 17floz Lipton green tea pineapple mango by 6pm
 2 Pacifico's
 Pad Thai noodle bowl with extra instant rice

Tuesday !!

Chobani flip for breakfast
 Decaf oat milk latte from Luce
 2 nature valley PB biscuit bars
 Dinner - Pad Thai noodle bowl with extra instant rice
 Ice cream
 17floz Lipton green tea pineapple mango
 Day in review for diet - not the best , but there's always tomorrow to do better

Wednesday

Breakfast - 2x dinosaur oatmeal packets with oat milk, bagel with cream cheese
 30floz of water by noon
 30floz of water by 2:20pm
 Butterfinger (big boi)
 Egg drop soup (noodles, chicken bouillon, 2 eggs mercifully stirred and dropped)
 Cosmic brownie
 17floz Lipton green tea pineapple mango
 Glass of amber beer and canoli

Thursday

Breakfast - chobani flip, bagel with butter, 11floz muscle milk carton
 Some sweets and bread from Babylon Market, some water
 One (1) Budweiser
 Some water
 Ice cream with oat milk, Oreos, and sprinkles
 Certainly not my best work today ; good to recognize gaps in my food schedule, though ♡

Friday once again

Two packs of dinosaur oatmeal with oat milk for brekky
 Mug of chamomile tea
 Lunch - chicken curry, basmati rice, naan, extra bread from Babylon Market
 30floz of water by 3:30pm
 Banana
 51 floz of water at Time
 Club soda with lime
 Couple of drinks (2x vodka sprite)
 Beautiful and lovely moments of intimacy at the Slab
 Two crunchwrap Supremes hell yeah

Saturday

Trunk time - late breakfast (aka lunch), woke up late - dreams were very intense. Hot metal on thighs, rocks on bare feet (sensations)
 Made solid meal for trunk time - three eggs scrambled with olive oil, salt, pepper, basil flakes, baby spinach, onion (lots of onion), imitation crab meat
 30floz of water
 Churro popcorn, one date, some chocolate, iced decaf oatmilk caramel latte Filled with immense joy and love today laying in the grass with pals and being silly and watching the clouds
 Communal dinner with many lovely people and many lovely food things
 Feeling loved and held and seen

Sundayyy

Anxiety today from dealing with immature and especially difficult people !!
 Today anxiety is just a lil man renting a room in my mind hotel and even though the staff is upset that he's there they are doing their best to be hospitable.
 Anxiety making it hard to function and ruining my appetite tbh but we're gonna eat something and call it a success

because sometimes success is meeting yourself where you're at and I love myself goddamit
 Poured myself some cereal but somebody used the rest of my oat milk, F's in the chat
 Keep it together greg
 Breakfast is nature valley pb biscuit bar, two pieces of toast with butter, 11floz muscle milk carton
 Lunch - food truck chicken quesadilla with veggies and salsa
 Can of seltzer water
 Cosmic brownie
 Dinner - instant noodles with extra rice and imitation crab meat