

Juhan's Food Journal

v.01, 10.Feb.22
Juhan Sonin



Disclosures for Juhan

Blind-ish Trust

No involvement in investments since 1995

Academic Appointment @ MIT

Own \$2M/yr business

50% of revenue from commercial, 50% from org + gov

Patents & personal health data are licensed
under open source

Wed 9.Feb

black coffee (every day, 1 large mug, 830a)

lunch @1215p: beyond beef (plant-based),

black beans, cheese, in a tortilla

snacks: small packet of pistachios, handful of dried ginger pieces, 1 cup of raw peas

dinner @830p: burrito of 1/2 cup chorizo,

caramelized onions, 1 cup of mushrooms,

cheese (in tortilla), glass of milk

snacks @9p: 2 squares of dark chocolate, 10

peanut-prezels (0.5" x 0.5" x 1" each), 1/2 cup

of B&B

(no take-out)



Dark Chocolate



Tastes better
than looks.



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Diary will also be on GitHub:

<https://github.com/jsonin/health/foooddiary/>