

Juhan's Food Diary

v.03, 12.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

no breakfast (typical on weekdays)

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

lunch @1215p: beyond beef (plant-based), black beans, cheese, in a tortilla (cooked in kitchen)

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 2% milk

snacks @9p: 2 squares of dark chocolate, 10 peanut-prezels (0.5" x 0.5" x 1" each), 1/4 cup of B&B

(no take-out all day)



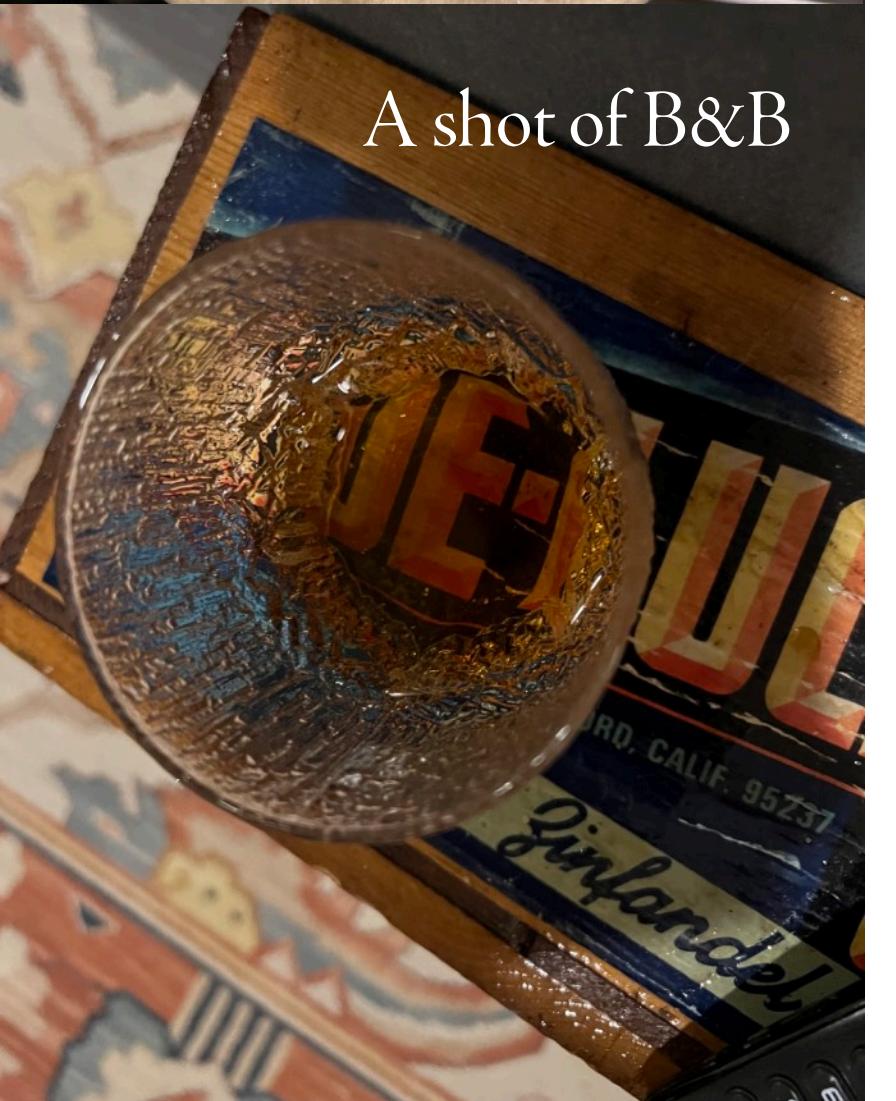
Dark Chocolate



Already slurped half a glass



Tastes better than it looks.



A shot of B&B

Thu 10.Feb

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

lunch @1215p: Turkey Reuben
sandwich w/extra sauerkraut (take-
out)

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

dinner @7p: dairy-free pancakes w/
maple syrup, home made

snacks @9p: 2 tablespoons of B&B



Fri 11.Feb

@815a: black coffee

snacks: 1 cup of raw peas

lunch @115p: sashimi, miso

soup, 1/2 cup rice (take-out)

snacks: big chunk challah bread

dinner @640p: Chinese food

(take-out), 1.5 cups of 2% milk

dessert @715p: 2 squares of

dark chocolate



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Diary will also be on GitHub:

https://github.com/jsonin/health/tree/master/foooddiary_Feb2022