

Juhan's Food Diary

v.07, 16.Feb.22
Juhan Sonin



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

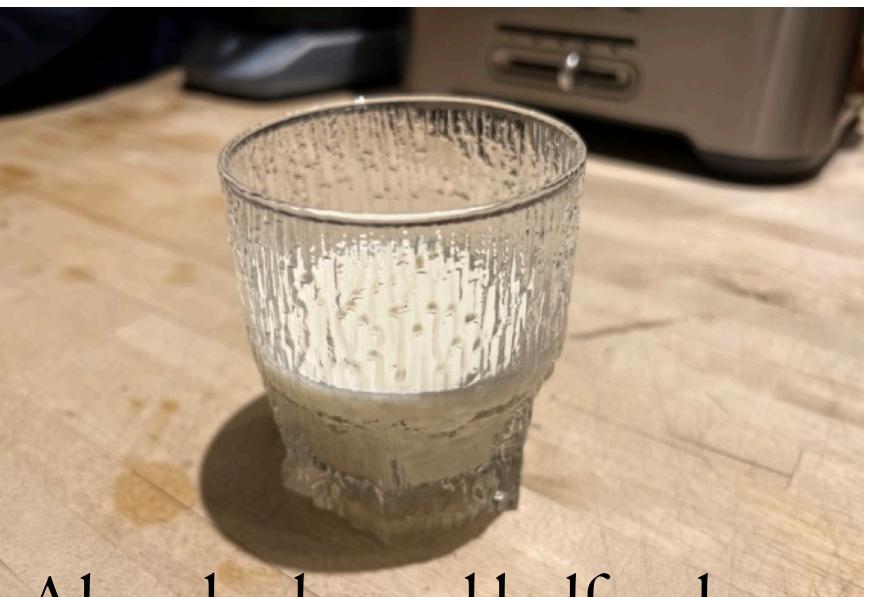
snacks @9p: 2 squares of dark chocolate, 10 peanut-prezels (0.5" x 0.5" x 1" each), 1/4 cup of B&B

(no take-out all day)

29k steps (walking)



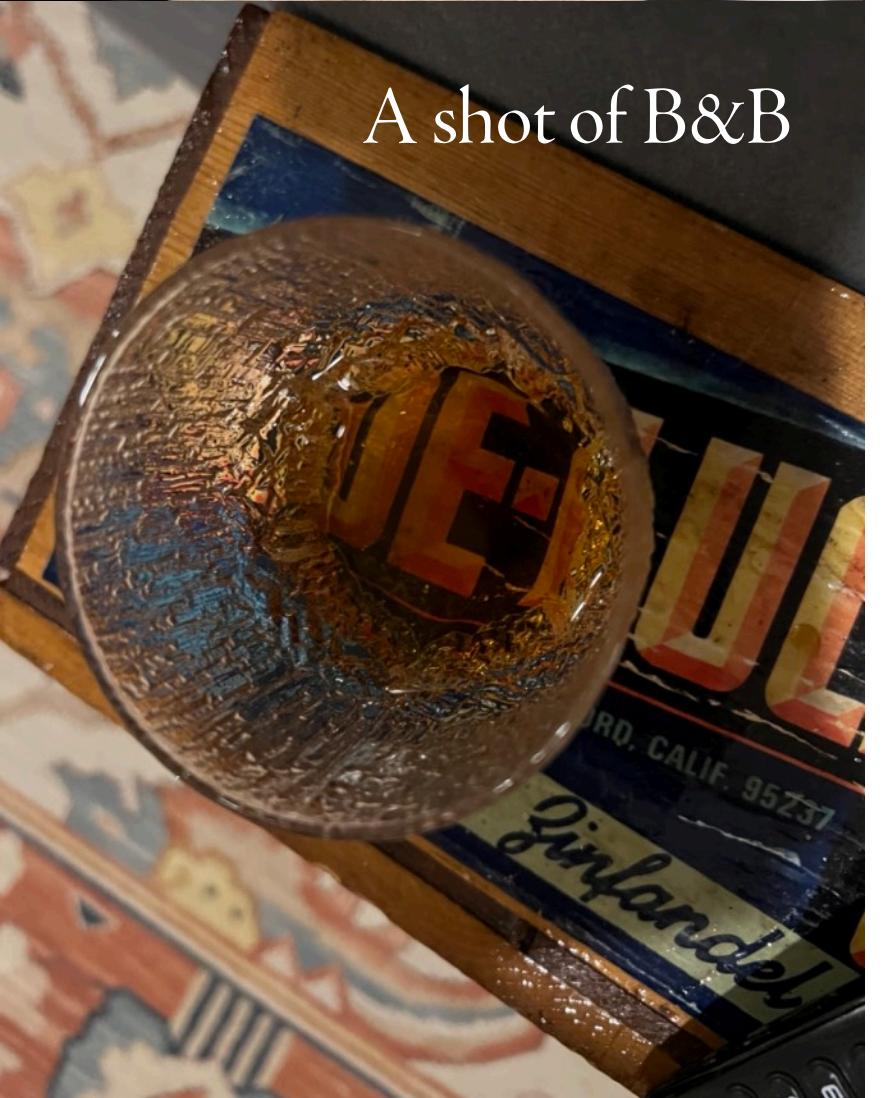
Dark Chocolate



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

23k steps (walking)



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

20k steps (walking)



Sat 12.Feb

@830a: black coffee

snacks: big chunk challah bread

lunch @115p: hard boiled egg, a few slides of cheddar cheese,

small cabbage roll (leftover

Chinese food the night before)

snacks: uncaffeinated tea

dinner @6p: Reheated Chinese food (take-out)

dessert @715p: caramel cookie

6k steps (walking)



Sun 13.Feb

@930a: black coffee, eggs/toast/
lettuce

snacks: 1/2 cup of milk

lunch @230p: pita w/3 slices of corn
beef w/lots of lettuce, mustard

snacks: coconut macaroon, kombucha

dinner @6p: Swedish meatballs,

potatoes, green beans, salad,
lingonberries, + 2 tablespoons of
B&B liquor

snack @815p: handful of peanut
butter pretzels (1 cup)



4k steps (walking)

Mon 14.Feb

@830a: black coffee

snacks: none

lunch @12p: beyond beef (plant-based),
black beans, cheese, in a tortilla (cooked
in kitchen) , 1 cup of raw green peas

snacks: pistachios (small, 120calorie
pack), handful of dried ginger

dinner @6p: Turkey Chili, dairy-free
cornbread, 1/2 cup of 2% milk

dessert @715p: 2 squares of dark
chocolate

Aim: 23k steps (walking)



Tue 15.Feb

@830a: black coffee

snacks: none

lunch @1p: sushi (soft shelled crab, octopus, shrimp)

snacks @6p: 1 piece of honey wheat toast

dinner @9p: hard boiled egg, dried mango (4 slices), 1 cup of Morning O's cereal w/ 1.5 cups of 2% milk,

dessert @915p: 2 squares of dark chocolate

25k steps (walking)



Wed 16.Feb

@830a: black coffee

snacks: ?

lunch @1p: 1 slice of wheat bread
+ butter

snacks: dried ginger (6 small
pieces)

dinner @6p: Beyond Meat in
burrito with rice, black beans,
cheese, avocado, lettuce in a
tortilla, 1 dried pineapple ring

20k steps (walking)



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Diary will also be on GitHub:

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

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