

True Cost Of Eating Out

Discussion

How are you doing?

Every day I do four exercises.

I follow 4x system. It's called 4x it is four times more effective than weightlifting.

Every day I do four exercises. There are two different days, push and pull.

Today it was a pull days, so I did a deadlift, bicep curl, shoulder press, and calf raises.

I am using latex resistance bands which can generate more force than free weights, I do these at home, it takes me about 15 minutes a day.

I drank a cup of coffee, I read a book.

I start working at 2 am.

I usually go to sleep at about 6 pm or 7 pm, but sometimes 8 pm.

I did three classes before your class.

I didn't need to take nap when I was young.

I feel sick if I take a nap.

Have you experimented with different sleeping patterns?

No, I haven't.

You aren't interested in that topic?

We spend about 1/3 of our lives sleeping.

How often do you eat out?

In these two years, since I retired I eat out almost three times a month. I used to eat out three times a week.

Does that mean that you almost cook at home?

Yes, I do.

How do you like cooking?

I didn't like cooking but now I am trying to like cooking.

Vocabulary

New Words

1. ingredients(noun)
2. deliver(verb)
3. surcharge(noun)
4. convenient(adj.)
5. budget-friendly(adj.)
6. takeout(adj.)

7. ordering in(noun-gerund)

Useful Words

1. to trim one's sails(expression):to adapt to a new situation, to change yourself, your approach or behavior to fit the circumstances better.
2. approach(verb):to get close to something
3. approach to something(expression):way you deal with something. e.g. I really like you approach to teaching.
4. experiment(noun, verb):try to do something new, to see the consequences.