

Being productive is to be healthy

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Persistent efforts are necessary for success in any field. Keeping our bodies in the best state is of top priority. I am not feeling comfortable after eating these days, either feeling full or very thirsty. It could be an indicator of eating too much salt or sugar. It is always good to be cautious. This note summarizes the dietary combination for each meal that I have taken notes of from different sources.

A. *Breakfast*

- Yogurt, apple, Oat
- Salad, Toast, Kiwi
- Coffee, Apple, oat
- Black tea, Kiwi
- Sweet Potato porridge, pears
- Porridge, bread, orange
- Oat porridge, break, grapes

B. *Brunch*

Brunch should focus on some fruit-based snacks.

C. *Lunch*

- Rice+broccoli+eggs
- Dumplings with veggie+egg soup
- Rice+beans+cabbage+Donggua soup
- Fish carrot tofu soup+eggs+salad
- Tomato beef rice+mushroom cabbage soup
- Beef+salad+donggua soup+tomato

carbohydrate: rice, noodles, dumpling

Protein: liver, beef, fish, chicken, tofu, seafood

Veggie: seaweed, mushroom, broccoli, bean, bell pepper, spinach, walnuts, cashew

Afternoon Tea: some good snacks

D. Dinner

- Tomato pasta + cabbage
- Chicken+carrot+celery
- Green-beans porridge+dow+eggplant+cucumber
- Veggie+noodles+mushroom-cucumber soup
- Rice+potato+steak+veggie (a lot)

E. Sleeping

The best food is high-quality sleep. I used to sacrifice my sleep for work. As I become older, my body has a stronger reaction to the lack of sleep, such as feeling down, thirsty, and full in my stomach. Here is an example of [healthy daily routine](#), which a Nobel prize winner endorses.