

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.

I. Recipe for Health Dishes

Phd life is full of cooking. Sometimes my experiment fits me well.

- Shrimp oil and soup: I learn from a YouTuber's [video](#). Boil the frozen shrimp first. Take out the shrimp and separate the meat and shell. The meat can be cooked with other ingredients like eggs. The shell can be used for shrimp oils.
- Seafood eggs: canned clam with eggs and some veggies.
- Yogurt: buy some yogurt starters. Don't use the left yogurt (left yogurt can have bad bacteria and they will grow over time). Put some diced lemon with honey. (I put lemon in honey. Let's see whether it works.)
- Brownie: I bought some Brownie mix. Adding more Cocoa powder myself, I can make the Brownie with lower calorie.