

Identity Putty

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Abstract—In my balaclava era.

Index Terms—approaching, something, big

MOUTH LOG 11/25/24 - 12/1/24

Monday

It was so over but we are so back. It's finally time to return to mouth log. Ate a decent dinner late last night so not super hungry this morning but still wanna eat so I can get those nutrients. Let's try not to eat super late anymore so we have appetite for brekky. Going to just eat a small breakfast and focus on preparing a good lunch.

Brekky is: chobani flip cookie dough yogurt, banana, jar of water (idk amount but it was a nice big jar, used to hold sauce I think)

Another 30froz water by noon hell yeah

Feeling pretty hungry around noon

Lunch is: tofu rice bowl (tofu, white rice, celery, green onions, pickled red onions, furikake, salt, tamari, one egg), green grapes, blueberries

Pretty full after that

12froz coke

Snacks after lunch: two cheese sticks, nature valley biscuit bar

Late snack - nature valley bar

Nite bike ride - interrupting dinner

Hot choccy on bike ride

Okay so it's 9pm. Going to opt not to eat dinner since I'm not super hungry + I want to have an appetite for brekky.

JK got hungry - made toasted bagel with butter, pepper, cream cheese + slice of tofu Lola made. AND I WAS GONNA HAVE SOME SMOKED SALMON WITH IT BUT I CANT FOR THE LIFE OF ME FIND IT. I KNOW I GOT THAT FUCKING FISH I STILL HAVE THE RECEIPT BUT I CANT FIND IT DISISBEJDJDJEJDJE. PAIN AND HORROR.

Okay. Coping with the fact that it is gone. It's gone, honey. Leave it. Forget about it. You made food and ate it, and even though it wasn't how you planned, it still counts for something.

I think today was a great first day back on the food grind, nice work babe. Love you forever and ever.

TUESDAY HEYO

later start to day, got some good sleep. Going to eat big breakfast and probably just have snacks throughout the day instead of big lunch.

Brekky is: breakfast sandwich (toasted bagel, butter, cream cheese, two eggs, yellow peppers, green onions, pickled red onions, baby spinach, Sriracha), blueberries, chobani flip yogurt (cookies and cream), jar of waterrrrrr

Throughout the day: decaf latte, banana, nature valley bar, two twix bars

Fucking legendary dinner prepared - white rice seasoned with furikake, diced yellow peppers, green onions, celery, garlic. Tofu slabs marinated in tamari, Sriracha, coconut aminos, egg, pickled red onions. HELL YEAH BRUTHER. Plus - 12froz sparkling water, a few oreos

Wednesday weeee!

Okay yesterday was great but needed more fluids I think so let's try to focus on that a lil more today bb :)

Brekky - toasted bagel (butter, pepper) with cream cheese and smoked salmon, two eggs

30froz water by noon

A feww muddy buddies snacks before lunch

Another 30froz water by 3pm

Lunchy - leftovers from dindin last night, blueberries, banana, nature valley bar

Dinny - rice, furikake, green onions, celery, tofu (slabs, with tamari, salt, tumeric)

After dinner , a few drinks out and ice cream

Thursssddayyyy

Spent day cooking/eating food with Mitch :)

Friday

Brekky is - toasted bagel with butter, pepper, cream cheese, smoked salmon, two eggs w salt/pepper Blueberries

30froz water by 11am

Glass of water and decaf latte at cafe

Dandin- rice with furikake, tofu, tortilla strips, small naan

Saturday and Sunday lumped idk

Ate some things, certainly. Too tired to elaborate. Decent first week back on the log.