

Fellow adventurers and students of the Bachelor Life...

Today's informative missive... ***Bachelor food!***

I needed "stuff" (not food) and went to Costco.

Mistake #1. \$160 worth of mistake.

Nonetheless, I did actually accomplish...

- 1) Buying (at least) a month worth of food
- 2) Food = low fat, low/zero salt, no sugar ("sweetener = OK")

Here's my cart as I wheeled it into my front door...



...and ignore the big-blue-bag (my 2-room tent, for living up at Truckee/Tahoe gliderport).

The items will be described in the order they came off the cart, and/or the order in which they were “prepped for storage”...

Cereal! This is not “breakfast stuff” but “staple of life”. Buy this stuff, read-the-box, amazing food really. Served with zero-fat milk that I make from powder (never “buy milk”) and sweetened with Equal. What’s amazingly-good is the milk, zero-fat, made much thicker than the box-recipe calls for, “creamy”... Still zero-fat!



Moving right along...

Liquid meals/snacks...

The Mandarin oranges are yes “sugary sweet” (but yummie) and the chocolate soy-milk is a 110-calorie (no-fat) “energy snack”.



Best deal in food, ever! Costco chicken! Enough for 3 full meals, **\$5!**



Fruits/veggies... Costco gourmet cucumbers (chopped, mixed with cold cooked rice, wasabe, "sushi in a bowl"), imported mangos. Pricey!



Fuji apples... Better than salad! No fatty dressing, and sweet!



Meat! Glorious meat! Couldn't resist this stuff... Rack-of-Lamb and pork loin and Tri-Tip... Enough here for 14 meals (likely over 2 months)...



The above Tri-Tip is part of the 14-meals total.

Here's what the packaged meat looks like, packaged in one-serving sizes, ready for the freezer...



I'm trying here to hit "balanced diet". Actually, in Bachelor Land, I'm doing pretty well. The meat is limited to every-other-day (if that), never any salt.

**Note: Zero bread/potatoes!**

Fruit (?) and fish (a not-really-Crab 4-pack). Apricots are for munching...



Shrek yogurt-in-a-tube was a sample item and on-sale. Forgive me!

Staff of Life! (Well, in Poland...). Pickled herring! Super-yum!

If we played a game, “one sacred food”. **This is it!**



I can't eat much of this stuff at once. A couple of pieces a day, and the Vita bottle will easily last a month.

Note I have no solid food in cans, as canned food tends to be very high in salt.

Lunch! \$1.60 each by-the-case! 440 calories, 110g of carbs... Just be careful not to use it as a sort of Kool Aid, because it will revert to what it was designed for... Stacking weight onto bodybuilders...



As a rule, I also keep a case of generic Slim Fast on hand, as this will do for a variety of situations (road-trips, camping, eat-on-the-run, whatever)...



Added-up, I have easily enough for a month. At a cost averaging \$2/meal (\$6/day; \$180/month). Overall, calorie-rich, carbo-high, huge vitamin/mineral package, low fat, no-salt, very low sugar.

Bachelor food!

Enjoy your day, **Paul P.**