

Food Diary

Kat Eftink. 1.26.2024

Tuesday

9 a.m. “Radar” by Apple invaded my ears. It’s the iPhone’s default alarm sound. It's repulsive. I woke up, sighed, and shut it off as quickly as I could. I reached for my water bottle and chugged the water. It felt like I had been dehydrated for days.

10:23 a.m. I went grocery shopping before the snowstorm last week, and I'm still working on what I bought. Eggo Waffles it is. Deliciously processed Eggo waffles, two of them to be exact with 3 slices of butter on top. (66¢) I chased the processed goodness down with a cup of coffee. I brewed it and mixed in Coffee Mate creamer in the Rice Krispies flavor. (1¢)

1:22 p.m. For lunch I kept it simple. I had a sandwich. Four slices of organic honey ham. One piece of pepper jack cheese. A squirt of mustard. All sandwiched in between two pieces of Wonder bread. (\$1.24)

4:35 p.m. I finished my last class of the day. Well, I logged out of my zoom, and I felt hungry. I ate half a bag of Chester’s Flamin’ Hot Flavored Fries. (\$1)

8:47 p.m. My boyfriend came over about an hour ago. Neither of us had dinner, and we grew hungry. Unfortunately, it was too rainy outside for me to leave the house. Luckily, it wasn't for my boyfriend. He had courage. After his voyage, he brought a spicy deluxe chicken sandwich and fries from Chick-fil-A for me. I earned this today. (\$0!!)

10:30 p.m. Time for the second half of the Chester’s Flamin’ Hot Flavored Fries. (\$1)

Total Cost: \$3.91

Wednesday

11:00 a.m. I ran behind this morning and didn't eat until after class. Two Eggo waffles popped in the toaster. Coffee brewed and ready for Rice Krispies creamer. Two eggs scrambled. (\$1)

1:27 p.m. Just like how breakfast was the same as yesterday so was lunch. Ham. Cheese. Mustard. Bread. (\$1.24)

4:35 p.m. One York peppermint patty- not my favorite. Two Rolos- haven't had that in a while. One pack of M&Ms- classic.

7:09 p.m. I am a life-long fan of Taco Bell. I got the cheesy gordita crunch and chips with cheese. I ate it and remembered that it's the simple pleasures in life that matter. (\$6.89)

Total Cost: \$9.13

Thursday

10:09 a.m. Same breakfast as yesterday. (\$1)

1:30 p.m. Same lunch as yesterday. (\$1.24)

7:38 p.m. Brace yourself... I had Casa Mexicana! Finally, something different. I had a chicken quesadilla and taquito with rice and beans. (\$14.67)

10:55 p.m. I still had candy left over from Christmas. Three mini Snickers.

Total Cost: 16.91

I spent \$29.95, and \$21.56 of that was spent on take-out. My food patterns rely on convenience. I work two jobs and have a full schedule of classes. Something quick and easy is preferable.