

I used to feel like shit most of the time (before)

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- in conversation with
- Nina Cristante (nutritionist and curator)

1st Progesterone week

19-20 April 2014

Breakfast - Yogurt, seeds, fruit & white tea

Lunch- Frittata with courgettes, cauliflower, 1 apple

Dinner- Cream of lentils, chicory salad

Breakfast - Yogurt, seeds, fruit & white tea

Lunch- bresaola ham, rocket, raw vegetables

Dinner- quinoa with white fish, raw vegetables

Followed the diet properly yesterday and today. I've been off everything including mate and coffee and cigarettes and it's difficult, especially because sometimes I smoke as "dessert" to tell my stomach "that was it".

I'm cleaner than clean -and it hurts. I'm slightly sleepy because of the no coffee but it's true that I sleep better at night.

Let's see tomorrow. It usually takes me 3 days to adjust.

P.S. I cheated twice because my body craves sugars: brown bread toast with some yogurt and sugar in the afternoon and a small glass of brown flakes and soya milk for dessert after dinner.

I promise I will be good tomorrow.

Malia

Cheated twice makes me smile.

I should have given you more bread to avoid the cravings. The meals are essential.

eggs twice in two days not the best.

But overall there is not such thing as 'cheating'.

Both 'cheating' snacks were ok. You can always have something in the afternoon. Check guidelines at bottom of diet for small snacks after dinner.



One of the works produced during the 1st Progesterone week

*The Dirty on Getting Clean. Healthy trick for
sleepless nights.that's what she says.*



21 April 2014

Breakfast - Yogurt, seeds, fruit & white tea

Lunch- sandwich with rye bread, rocket, smoked salmon, 200g fruit

Dinner- Grilled tofu, artichokes, mixed salad

I feel less dirty than the past few days. It has been a really cold day so I've cheated with a toast with jam after dinner, while watching a movie. It was really freezing.

Today was a productive day and I managed to go to the gym and cycle around doing errands for sculptures I'm making even though it was raining.

It was good day although my feelings were intense.

Feel asleep masturbating and making myself come.

22 April 2014

Breakfast - Yogurt, seeds, fruit & white tea

Lunch- 70g pasta with tomatoes, cauliflower, boiled and stir fried with olive oil, garlic, 1 apple

Dinner- baked white fish, lettuce, ¼ pineapple, 50g bread

I woke up at 8 without alarm and without a problem. Had breakfast and I wasn't hungry during the whole morning. It seems like my metabolism is working fine again. No sign of migraines at all, of course, and the sugar cravings are not as intense.

I recently had a banana, for my muscle pain. The potassium is good for that no?

Exchanged the order of the menu, taking the carbs first, because I'm going to the gym, and then to yoga, and then errands and I need energy. But then everything went wrong when I had a problem with one of legs, which was frustrating because I had lots to do. I cried in yoga, I cried in bed. I had some honey after dinner to make myself less miserable. Then at night I was woken up by a mosquito and the cat kept on being hyperactive. A shit night, really. Felt like the gods were punishing me but maybe I'm just ovulating?



One of the works produced during the 1st Progesterone week

Banana is good for muscles cramps. You are right, you should be ovulating. But i am not aware of ovulation and insomnia. def not the best skin and I guess it does make you more restless. I'm sorry to hear about your leg.

My knee constantly hurts and I don't know why and makes me feel very upset as I don't know what to do apart from exercise which I'm not doing. Who looks after me sometimes.



One of the works produced during the 1st Progesterone week

Breakfast - Yogurt, seeds, fruit & white tea

Lunch- batter fried white fish, chicory salad, ¼ pineapple

Dinner- Squash soup, some salad a piece of brown bread.

Woke up slightly tired because of the bad night. The sky is blue and that influences my mood a lot –in a good way. Hopefully, I'll be able to use my legs more today.

I have energy and I'm not hungry to have to be eating in between meals. No trace of migraines, I can write properly and as much as I want -and I'm required to.

Oh, it is worth mentioning that I don't feel that weird feeling of being hangover anymore. The cranberry juice really worked. I feel fine.

I just had a steak. Are you sure you don't do meat? I feel it is so good sometimes. The blood and everything. It really feels like something we should eat. Similar to what is inside the body. I don't know. Let me know.

Glad cranberry worked.



24 April 2014

One of the works produced during the 1st Progesterone week

Breakfast - Yogurt, seeds, fruit & white tea
Lunch- mushrooms, scrambled egg, 1 apple, brown bread
Dinner- batter fried fish, rocket and tomatoes, pineapple with cinnamon

For family personal reasons and because I'm off to be travelling very soon, I couldn't sleep. Woke up slightly confused and have been constipated the whole day. I didn't eat much to not make it worse and spend the day drinking teas to try to make it better. Chamomile. The thing that sorted me out the most was to go to yoga and to breath, after that, I was able to have dinner. Slept very well.

I'm okay now, slightly constipated because I can barely digest due to nerves.

Did errands, finished some artworks, wrote a little. I found it difficult to deal with the composition of the "cabinet" or "collages" because I felt bloated. Decided to continue work after yoga.

perpetto, no comment.

Join me as I navigate the previously uncharted territory of womanhood always safe in the knowledge there's a bottle of wine in the fridge.

25 April 2014

Breakfast - Yogurt, seeds, fruit & mate
Lunch- 60g garlic / oil / chilly pasta, stir fried cabbage, raw carrots salad
Dinner- baked fish, tomato salad with/ without onions, and pineapple with cinnamon



One of the works produced during the 1st Progesterone week

Slept really well and it feels my body is back on track. Woke up better and started working since the morning. I mostly did physical work (not much writing). Did errands, and finally finished the cabinets. Gave last touches at night, after dinner.

After the carbs I had for lunch, I had enough energy to go to the gym and do cardio and weights and squats.

I feel that my body is still feeling confused after withdrawing but it is recovering step by step.

Some concerns: I don't sweat, and my skin is recovering, but very slowly. I wonder if not sweating and bad skin have something to do with each other. I will go to the sauna again tomorrow, let's see if I keep on not sweating.

26 April 2014

Breakfast - Yogurt, seeds, fruit & mate tea

Lunch- Quinoa with olive oil and fresh chicory with olive oil and salt

Dinner- (free) - lentils with parsley and beetroot, salad with 1/2 avocado

free dinner is
perfect..lunch too
light.
you cheat more if
you eat less

Woke up fine, with energy. No cravings of any type, sugar nor caffeine. Drank mate for a while and only an hour later or so I had my yogurt for breakfast. Then I left to the gym + sauna. I finally sweated and if I always hated sweating, this time it made me feel as if I was finally a human. Went back home, cooked, had a post-lunch coffee and dedicated the rest of the day to packing and finishing artworks. All good, no physical pain stopped me from working. Left everything ready to be able to spend a more relaxed last day at home.



One of the works produced during the 1st Progesterone week

27 April 2014

Breakfast - Yogurt, seeds, fruit & mate tea

Lunch- raw (red) chicory, 180g boiled fish, 150g grapes, 50g bread

Dinner- Quinoa with asparagus and artichoke

Last day at home. Devoted my morning to drinking my mate slowly. Very slowly. Then I had some breakfast. Some writing and cognitive work (banking mainly). Then I documented all the artworks.

Let my body rest and had a massage in my legs. It feels really good when I get it done at the back of my knees, which I've been told are bruised. Maybe it is because of not bending them in so long? Did this happen to you?

Felt rested and on top of things. No pain disrupted my activities today. Feeling really sad about leaving because I loved the routine. Routine is such a privilege.

Sometimes I feel like this: I feel like I give diet to people to make them feel better while i go out and i get worst. i might just die having made the world a better place.

(24hr travelling, from 5am to 6am Spanish time)

Travelling packed lunches

Two large brown bread sandwiches with tuna and red peppers

1 apple & 2 pears

Hazelnuts

I didn't feel shitty at any point. I slept when I wanted to and had control over my body most of the time.

Didn't take any drugs. Nothing was necessary.

I find it more and more easy with the time to put myself to sleep. I think it is because planes are such non places –specially when the computer's battery is dead.

Refused to eat what they gave me during the flight and tried to keep my eating pattern: had lunch at 1 and dinner at 9 (Spanish time).

At one point I went to the end of the corridor in my socks to lay on the floor, massage my legs and do yoga. I did breathing exercises and meditated for a while. Bended over, hugged myself.

Thought of the interior of my physique, starting from the toes, one by one, a healing light, caressing all of my bones one by one, healing the surroundings of my metallic rod, calming the joints. From toes to scalp. I've started having a clear view of how my inside looks like. A mystified version of what I've seen in anatomy books and X-rays.

It was good to feel in control. I had been exercising so often that being forced to sit for so long didn't made me feel like merged with the chair. It feels good to say no. From the tray I only had a tiny bowl of grapes, 10 green peas and one olive. Then I ate my own food. As much as I love drugs, food is one of them, and I want to have a respectful and loving relationship with it, the same way that I want to get high only when it feels right, to accentuate a good moment -not out of desperation. I want to be in control of what I ingest: food, drugs, cum. I want to taste things and remember them.

Because I brought my own tea bags I asked for hot water and drank white tea instead of their coffee.

28 April 2014

Your packed lunch is perfect.

I'm not going to talk about cum or anything specific. The diet, the broken leg and my obsession with stretching. always flexing. self awareness and the biggest gain. Sweet trap. First world problem?

Deep down I get you malia, that is what she says. And I'm glad you feel in control. Bottom line, aren't you tired of cycles? Cycles are boring. I want my rituals to meet my life. Moving smoothly through patterns received, gained, forced and achieved.

I repeat. Maybe red meat, your muscles building back, strengthening, tensing, while you massage them. redistributing the just gained protein fibers through your body via circular and soothing massages. enjoy.

General Tips

- hot water and lemon in the morning (half a lemon squeezed and some lemon peel)
- make sure you have something for breakfast
- It is important to eat at specific hours
- eat different food at lunch and dinner
- try to add olive oil where you can_ consider having it both cooked and raw to aid digestion
- if by any chance you end up having a pizza or any yeast super bready/cheese meal try to eat salad or raw fennels with it
- fries or deep fry if you feel like it once or twice a week, better in the evening adding a salad and some seeds/avocado or parmesan or strawberries and salad
- two coffees a day are ok
- green tea is very good
- Try to keep a balance between fats/carbs and protein. Ideally not more than 2 different types of protein for example (egg and tuna etc.),
- remember to cook/eat things simply, no need to add always extra ingredients and flavours.

SNACKS

- almonds (toasted/raw) are great
- nuts in general
- seeds, roasted or raw etc.
- bruschetta/toasted bread with olive and salt and/or balsamic vinegar
- dark chocolate
- crudités dipped in olive oil
- dry fruits

BREAKFAST

- pineapple juice (no additives etc.), toasted bread (good bread or crackers or rye bread) with jam/honey and or butter
- honey or yogurt and seeds and / or banana (this is what i normally eat)
- tomato on rye bread with a slice of ham and leaves, juice/fruit
- rye bread with goats cheese, broccoli and toasted almond
- rye bread hand mashed avocado, an egg and a juice
- Rye bread with jam and/or butter, a banana.

GENERAL

- cook with sage or garlic or rosemary
- good olive oil, cooked and raw
- tofu YES - not more than twice a week
- goats cheese, ricotta, yogurt and parmesan - easy cheeses, not the only ones but easier to digest
- fish and shell fish in general YES but avoiding it having it too many times in the evenings
- deep fried food once a week if poss with olive oil (tempura, fries etc..)
- meat, egg, YES - not more than twice a week (combine it with a salad or a raw vegetable like carrots)
- remember to alternate raw veg with panfried or stir fried ones

NEUTRAL MEALS (that you can replace to meal, in case of need)

- Fish, rice crackers/ bread
- rice, fish,veg/ sushi
- sandwiches with rye bread ([cheese such as ricotta/ yogurt/ goat cheese/ parmesan/fresh veg + cook veg],[eggs/raw spinach], [salmon/rocket])
- falafel, salad, 1 fruit
- hummus, veg, 1 fruit
- tabulé, raw carrots and a fruit (peach/apple)
- quinoa with veg, 1 fruit
- bresaola ham, rocket, juice and 50g bread
- tofu, rice, veg
- pulse (beans, lentils etc.), quinoa or rice or millet, 1 veg
- frittata with veg, salad, fruit and bread (not more than twice a week)