

2 **WHAT** **I** **EAT** **SOMETIMES** **FOR**

BREAKFAST **BREAKFAST** **BREAKFAST**

SOMETIMES **YOGURT** **WITH**



HONEY

SLIGHTLY
TOASTED



cold coffee

OR **COLD WATER**

SOMETIMES **EGG SALAD** **WITH**

CHOPPED
ONIONS



OR BANANAS & BLUEBERRIES OR CUT UP PEACHES OR PLUMS W/SOUR CREAM -

AND **walnut bread**
with raisins

OR **Raisin-Pecan Bread**



SOMETIMES **salt stick**



WITH

PHILADELPHIA
CREAM CHEESE

OTHER Breakfast S

CRUNCHY Coarse SPOONFULL SPOONS

Peanut Butter ORANGE MARMALADE BLACKCURRANT JAM Full

OR ALMOND CROISSANTS Authentic French Almond Croissant \$3.75 OR Matzo Brei

SOMETIMES Scrambled LOX -N- EGGS

SOMETIMES ABSOLUTELY NOTHING till, 'til, or until? AFTERNOON

NEVER FONDA BKFST - AS A KID I ATE RICE KRISPIES - CHEERIOS - CORN FLAKES OR KIX
OR - WHEN WEATHER CHANGED - OATMEAL OR FARINA OR CREAM OF WHEAT - OR -
THE OCASIONAL SOFT BOILED EGG - IN HOLLAND 1 YR I STAYED W/KATIE GOTTSCHALK -
IN THE MORNING SHE DRANK BLACK COFFEE & SMOKED A CIGARETTE - SO I DID TOO -

BRUNCH

Time

TIME FOR
LUNCH



TIME

SECOND



OR

First Food

OF THE
DAY

MY
DAY

How about

LEFTOVERS

Question

What To Do
With
LEFTOVERS

Question

le sandwich
OR
au jambon

OR



OR

Soups

CUPPA

Split Pea
SOUP

Mushroom
Barley Soup

OR



WEATHER
CHANGES.

GAZPACHO
"but isn't that cold soup?"

BORSCHT

Chowder

Cold

RED

SOUPS

OTHER BRUNCH LUNCH TEA TIME FOOD

SUSHI
SUSHI
SUSHI
SUSHI

Sashimi

GOOD FOR BREAKFAST BRUNCH LUNCH Teatime SUPPER DINNER



USETA DO DESIGN WORK IN JAPAN A COUPLA TIMES A YR -

TRAVEL W/SATO BROTHERS TO TOKYO KYOTO Nagoya

EAT JAPANESE FOOD - ALL THE TIMES A DAY -

FOR BREAKFAST BRUNCH LUNCH Teatime SUPPER DINNER

WHAT I EAT SOMETIMES FOR supper vs. DINNER OR Evening FOOD

LAMB CHOPS



take out

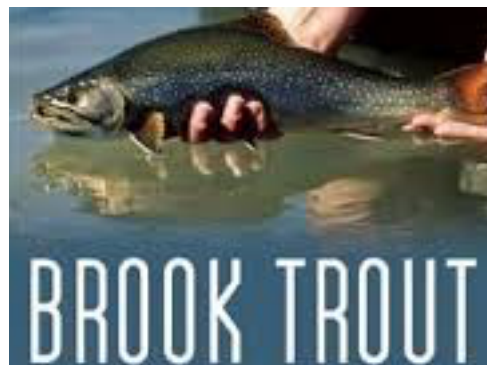
CHINESE STEAMED CHICKEN



THE SAMOSA



BROIL LAMB CHOPS @ HOME - BROIL TROUT - BROIL CHICKEN LEGS & THIGHS -



DRUMSTICKS



OTHER supper vs. dinner Evening FOOD

PIZZA

pasta

WITH Pesto

A LOTTA TAKE OUT - THAI - JAPANESE - CHINESE - ETC



Soft Shell Crab

LOBSTERS

OYSTERS

FISH CAKES



KATZ'S DELICATESSEN

RUSS & DAUGHTERS
APPETIZERS

YONAH SHIMMEL..
...KNISH BAKERY

PASTYAMI

SMOKED
SALMON

POTATO KNISHES

CHOPPED
LIVER

PICKLED HERRING



SWEETS

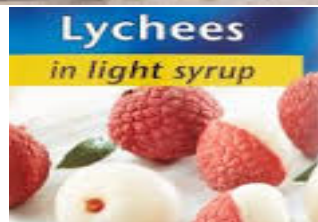
I Eat

AFTER

YAM vs SWEET POTATO
WHAT'S THE DIFFERENCE?



Chocolate
Dipped
Almond
Horn Cookies



**ALSO and
TOO**

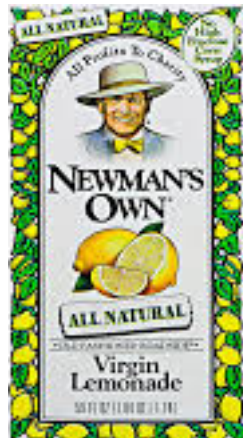
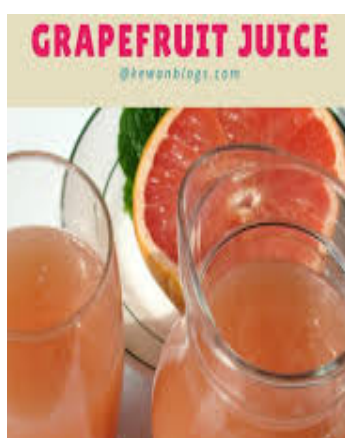
WHAT

i Drink



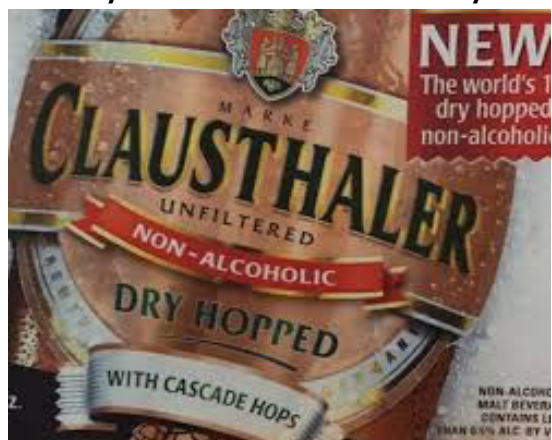
**EVERYDAY,
ALL DAY.**

ALMOST NEVER A FULL GLASSA JUICE - UH OH - SIPS OUTTA THE CONTAINER -



NON ALCOHOLIC EVENING LIQUIDS W/SUPPER/DINNER -

NO MORE VODKA/NO MORE GIN/I'M NOT WHO I ONCE HAVE BIN -



IF I HAVE WHITE OR RED WINE - SINCE I GOT GOUT - I MAKE A SPRITZER -

wine spritzers

