

# Highly Palatable Foods and Over-eating

Post by “Bryan” of April 22, 2025 at 1:23 PM

[Quote from Kalosyni](#)

but more about quality of life ---> having and feeling good energy

Yes, I completely agree. While the long-term benefits of eating well are great, what really drives me are the immediate, day-to-day rewards.

I've got a few go-to salmon recipes I can throw together in under 5 minutes with almost no effort. For example: miso paste and soy sauce spread over the salmon, then topped with chopped garlic, and finally finished with a drizzle of syrup -- straight into the oven!