

Highly Palatable Foods and Over-eating

Post by “vlasalv” of April 22, 2025 at 3:41 PM

[Quote from Kalosyni](#)

Is anyone else feeling like this is an issue in their life right now?

Living alone wouldn't be an issue for me—I'd happily stick to a minimalist diet of seasonal fruits, nuts, water, and lots of orange juice (despite the common advice against it). Unfortunately, I must honour my wife's cooking, so I indulge for her sake. 😊