My life without owning a single plate

As you may already know,
the side dish is "natto" (fermented soybeans), and for the past two years,
I have only eaten the following menus:

① Rice + raw egg + miso soup... 40%
② Rice + raw egg + natto + miso soup... 30%
③ Rice + natto + miso soup... 10%
④ Curry rice (Daiso 100 yen ready-made product)... 18%
⑤ Rice + raw egg + canned mackerel in miso sauce + miso soup... 2%
⑥ For a snack: sliced bread + coffee milk... almost 100%

Naturally, no plates are needed for the above menus.
Incidentally, I don't eat these menus because I like them;
It's a poor person's way of thinking, "It's inexpensive but highly nutritious."
Furthermore, I do regular training about three times a week,
so I incorporate protein as a supplement.
The concept of "getting bored with the same menu" doesn't exist at all.
That's because... I'm only thinking about nutritional value,
and I've long since abandoned the idea of "delicious or not delicious."

Therefore... I think you can understand that there are no Christmas or New Year's celebrations.
365 days a year, I cook all my meals myself.

Incidentally, since I was a child,
I have always removed the white fat from meat before eating it.