

Forum:[Hack Forums](#)

Thread: [If you could only eat one meal for an entire month, what would it be?](#)

Yanix - October 13, 2026, 6:40 am

Imagine having to eat the exact same meal every day for 30 days. No switching things up, no cheat days, just that one meal. ?

For me, I'd probably go with chicken pork adobo and rice. I've been eating it since I was a kid and somehow I never get tired of it. Especially when the sauce gets mixed with the rice, I could easily go for another serving lol.

Although I'm pretty sure I'd start craving something different after a week or two, I think I could survive a whole month eating it.

What about you guys? What meal do you think you could eat every day for a month without getting sick of it?

Sift - October 13, 2026, 6:41 am

Chicken and rice.

Yanix - October 13, 2026, 6:43 am

(Oct 13, 2026 06:41 AM)Sift Wrote: [\[CITE\]](#) Chicken and rice.

What specific dish for your chicken brother? Do you have favorite recipe that you can enjoy for the whole month?

Sift - October 13, 2026, 6:45 am

(Oct 13, 2026 06:43 AM)Yanix Wrote: [\[CITE\]](#) What specific dish for your chicken brother? Do you have favorite recipe that you can enjoy for the whole month?

I can enjoy plain chicken and rice no real recipe to be honest just nice chicken spice and I'm good with soy sauce on the rice and sugar free bbq sauce.

Yanix - October 13, 2026, 6:46 am

(Oct 13, 2026 06:45 AM)Sift Wrote: [\[CITE\]](#) I can enjoy plain chicken and rice no real recipe to be honest just nice chicken spice and I'm good with soy sauce on the rice and sugar free bbq sauce.

Sometimes the simplest meals are the best ? As long as the chicken is well seasoned and tastes good, you don't really need a fancy recipe to enjoy it.

Sift - October 13, 2026, 6:52 am

(Oct 13, 2026 06:46 AM)Yanix Wrote: [\[CITE\]](#) Sometimes the simplest meals are the best ? As long as the chicken is well seasoned and tastes good, you don't really need a fancy recipe to enjoy it.

I did eat only chicken and rice 2-3 times a day no cheat meals from 2019-2023.

Yanix - October 13, 2026, 6:54 am

(Oct 13, 2026 06:52 AM)Sift Wrote: [\[CITE\]](#) I did eat only chicken and rice 2-3 times a day no cheat meals from 2019-2023.

Wow, that's some serious dedication, brother! ? Eating the same meal every day for four years takes a lot of discipline. Didn't you ever get tired of it?

Sift - October 13, 2026, 7:16 am

(Oct 13, 2026 06:54 AM)Yanix Wrote: [\[CITE\]](#) Wow, that's some serious dedication, brother! ? Eating the same meal every day for four years takes a lot of discipline. Didn't you ever get tired of it? Not really but over time I did think my dedication might be getting too much and maybe I wasn't allowing myself to enjoy meals.

Yanix - October 13, 2026, 7:19 am

(Oct 13, 2026 07:16 AM)Sift Wrote: [\[CITE\]](#) Not really but over time I did think my dedication might be getting too much and maybe I wasn't allowing myself to enjoy meals.

I get what you mean brother, discipline is great, but sometimes being too strict with yourself can take away the enjoyment of simple things like food.

Life's too short not to enjoy a good meal every now and then!?

Sift - October 13, 2026, 7:20 am

(Oct 13, 2026 07:19 AM)Yanix Wrote: [\[CITE\]](#) I get what you mean brother, discipline is great, but sometimes being too strict with yourself can take away the enjoyment of simple things like food.

Life's too short not to enjoy a good meal every now and then!?

That is true I also did seem to be a bit less dedicated once I got in a relationship and then got married since I wasn't eating by myself anymore.

Yanix - October 13, 2026, 7:26 am

(Oct 13, 2026 07:20 AM)Sift Wrote: [\[CITE\]](#) That is true I also did seem to be a bit less dedicated once I got in a relationship and then got married since I wasn't eating by myself anymore.

That makes sense. Once you're in a relationship and eventually get married, your priorities naturally change. Sharing meals with your wife becomes more enjoyable, and I guess finding a balance between staying disciplined and enjoying life together is what really matters.

Deany - October 13, 2026, 8:06 am

Chipotle bowl or burritos of course.

Yin Yang - October 13, 2026, 8:08 am

Hibachi and sushi would be nice

Yanix - October 13, 2026, 8:11 am

(Oct 13, 2026 08:08 AM)Yin Yang Wrote: [\[CITE\]](#) Hibachi and sushi would be nice

I've once try that traditional Japanese hibachi cook in charcoal-heated container when I visit my brother in Japan.

Sift - October 13, 2026, 10:32 am

(Oct 13, 2026 08:06 AM)Deany Wrote: [\[CITE\]](#) Chipotle bowl or burritos of course.

You really love Chipotle don't you.

Jamika - October 13, 2026, 11:02 am

Grilled chicken or kebab, of course! That would make it the best month ever for me hahaha! ?

Oh_Well - October 14, 2026, 7:08 am

Probably pizza. If you play it smart, you can have so many different combos, so you don't get bored of eating the same.

Yanix - October 14, 2026, 7:14 am

(Oct 14, 2026 07:08 AM)Oh_Well Wrote: [\[CITE\]](#) Probably pizza. If you play it smart, you can have so many different combos, so you don't get bored of eating the same.

Bro that's actually a smart choice! With so many toppings and combinations to choose from, you could enjoy pizza every day without getting bored of it.

Oh_Well - October 14, 2026, 7:16 am

(Oct 14, 2026 07:14 AM)Yanix Wrote: [\[CITE\]](#) Bro that's actually a smart choice! With so many toppings and combinations to choose from, you could enjoy pizza every day without getting bored of it.

Exactly!! Finally, someone who gets it!

Yanix - October 14, 2026, 7:17 am

(Oct 14, 2026 07:16 AM)Oh_Well Wrote: [\[CITE\]](#) Exactly!! Finally, someone who gets it!
Now it makes me crave for some pizza ?