



Joost stops working around 17:30. He goes to the supermarket, which is very close to his place. He is starving, and he fancies something tasteful like bami or nasi. So, he buys some already cut vegetables and a 'maaltijdmix'. Joost goes back home and prepares his food.



Joost prepares a significant portion to have some food left to freeze to eat on other days when he does not have time or motivation to cook. While he cooks, he plays some music, which relaxes him after a busy working day. He does not want to spend any extra minute serving his food or making it look more appetizing as he is hungry and wants to have dinner as soon as possible, usually around 18:15.



Joost eats on the coffee table in front of the TV because he does not like to eat in silence. He needs some distraction, so he watches some series on Netflix while he eats. It takes him around 15 minutes to eat. He eats very fast as he likes to have time to do other house chores. Typically, he is busy renovating his house, so he spends most of the evening patching up and repairing some old walls.



At 20:00, he watches the evening news while drinking something. After that, he works out because he is prone to gain weight when he does not sport after dinner. Joost misses the companionship, having a chat and, at times, interacting with others. He would like to have a more satisfying experience of dining alone. He sometimes feels lonely or bored when he is just eating by himself.