

Blogs

- [Mesut Bayrak](#)

Mesut Bayrak

Personal BLOG

Failed successfully

17.02.26

- L-carnitine helped
- Couldn't sustain daily 2 hour commute
- Couldn't stop eating unhealthy

110 KG today,

Changing habits, and starting a new health program with the help of chatgpt and my bike. I will try to commute to work everyday using bike it'll cost me 2 hours daily. Also, i will try to get help of carnitine and L-glutamine too.

🕒 Daily Routine Example

Time	Routine	Purpose
07:00	500 mL water + black coffee or green tea + 6–7 g mix	Hydration, energy, ATP support
07:30	Breakfast: eggs, oats, or yogurt + fruit	Pre-ride energy & recovery fuel
08:00–09:00	🚲 Ride to work (20 km)	Aerobic endurance
12:00–13:00	Lunch: chicken/fish + salad + olive oil + some carbs (rice, potatoes, etc.)	Refuel glycogen moderately
17:00–18:00	🚲 Ride home (20 km)	Second cardio session
18:15–18:30	6–7 g mix + protein shake or high-protein dinner	Post-exercise recovery
22:00	Herbal tea or casein protein (optional)	Overnight repair & gut support

will be sharing results i one month

Beautiful dance party and dj set

[23.11.22]



I stumbled upon these guys while listening the youtube music in radio mode, enjoyed the whole one and a half hour. Best with a good stereo system.

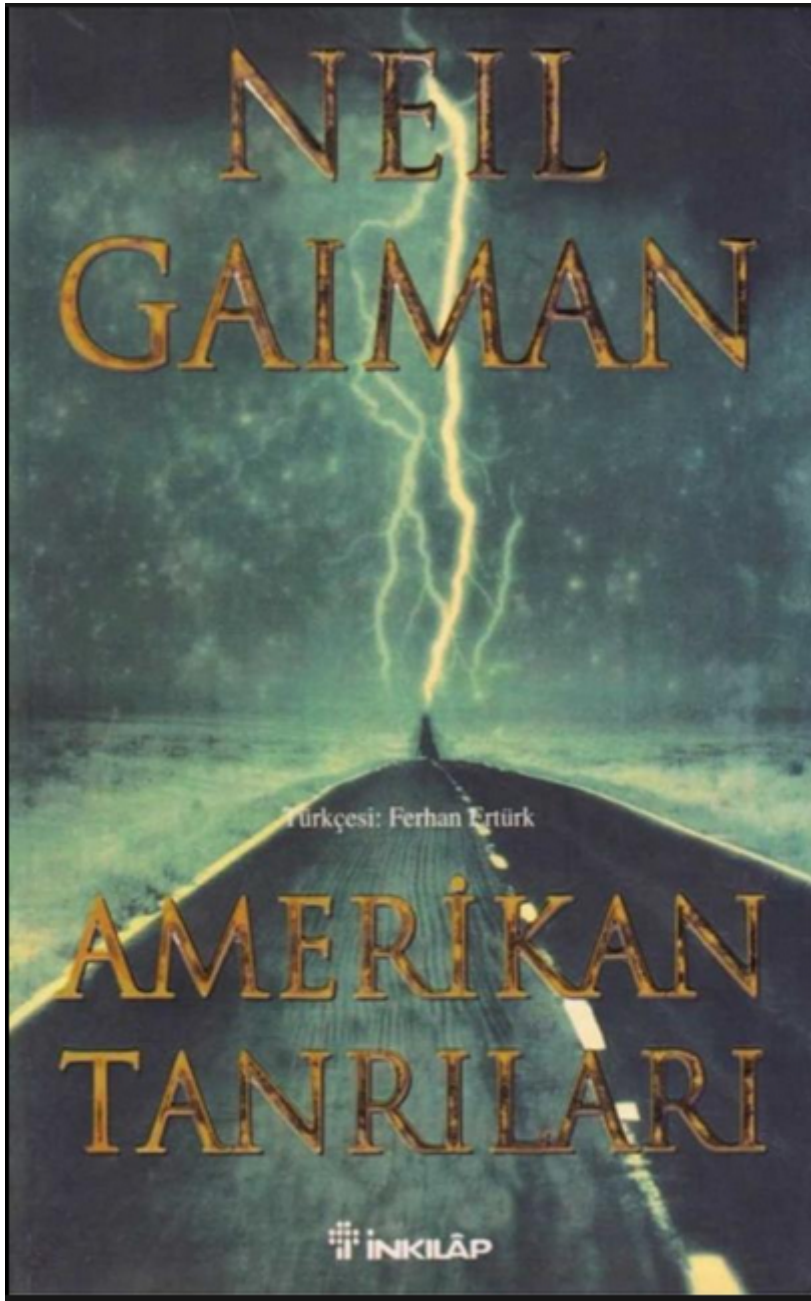
They happen to have 3 of their singles in Europes top10 dance music list of 2022, best one is dopamine i recon.

I will definitely look for concerts near Turkey.

[Have a listen](#)

The american gods

[16.11.22]



An interesting find, this book started so maniacally i couldn't even get to 20th page after giving it a lot of credit it started to grow on me around page 60. I definitely recommend it, if you happen to like fantasy and sci-fi combined. Have a good read ! And i had a blast when i heard [secrets of the american gods](#) from the famous Blind Guardian check that one too.

Going back to basics, welcome x270

[16.11.22]

I just bought a x270 just because i like the design and durability of the devices. I just installed Ubuntu on it

```
mesut@mesut-ThinkPad-X270-W10DG:~$ neofetch
      .-/+oossssoo+/-.
      `:+ssssssssssssss++:`
      -+ssssssssssssssyyssss+-
      .ossssssssssssssdMMMMyssso.
      /ssssssssshdmmNNmmyNMMMMhsssss/
      +ssssssshmydMMMMMMNdddyssssss+
      /ssssssshNMMMyhhyyyhmNMMMNhssssss/
      .sssssssdMMMNhssssssshNMMMdssssss.
      +ssshhhyNMMNysssssssssyNMMMyssssss+
      ossyNMMMNyMMhssssssssshmmhssssso
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      +ssshhhyNMMNysssssssssyNMMMyssssss+
      .sssssssdMMMNhssssssshNMMMdssssss.
      /ssssssshNMMMyhhyyyhdNMMMNhssssss/
      +sssssssdmydMMMMMMNdddyssssss+
      /ssssssssshdmmNNNmyNMMMMhsssss/
      .ossssssssssssssdMMMMyssso.
      -+ssssssssssssssyyssss+-
      `:+ssssssssssssss++:`
      .-/+oossssoo+/-.

mesut@mesut-ThinkPad-X270-W10DG
-----
OS: Ubuntu 22.04.1 LTS x86_64
Host: 20K5S13R04 ThinkPad X270 W10DG
Kernel: 5.15.0-50-generic
Uptime: 1 hour, 50 mins
Packages: 1806 (dpkg), 11 (snap)
Shell: bash 5.1.16
Resolution: 1920x1080
DE: GNOME 42.4
WM: Mutter
WM Theme: Adwaita
Theme: Yaru [GTK2/3]
Icons: Yaru [GTK2/3]
Terminal: x-terminal-emul
CPU: Intel i5-6300U (4) @ 3.000GHz
GPU: Intel Skylake GT2 [HD Graphics]
Memory: 4857MiB / 7693MiB

mesut@mesut-ThinkPad-X270-W10DG:~$
```

I know

- The wifi is 2.4 ghz only
- battery is probably dead
- ssd drive might not have many minutes left

But it's beautiful don't you think ?

