Usually vs. As usual

he wakes up at 8 in	the morning, does short training,
cooks breakfast (he eats two boiled eggs, some ham,
cheese and drinks black coffee).	, he comes to work at
10am and works till 14.	at this time he has a lunch break
with his colleagues at the local restaurant. He always orders a nice juicy	
steak and a glass of wine. Today	he repeated his order
After the break he works till 20	and then <i>either</i> goes
home or to the cigar club, where	e meets his friends he
drinks three four glasses of dry g	gin and smokes a lovely Cuban cigar. By
midnight he is as	leep in his bed.