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**how is my diet.....?**

## **Asked: how is my diet.....?**

bfast:

hard boiled egg white

vitatop ( like a muffin top only healthier )

lunch:

1/4 cucumber

10 raspberries

hard boiled egg white

snack: yoplait raspberry froyo bar

dinner: one smartdog ( vegetarian hotdog )

broccoli

mustard

snack: a green apple,

half a banana,

two tablespoons pb

## **Answers:**

**Answered:**

Oh, I think you are doing wonderful! Way better than I could ever do!

**Answered:**

Very stupid.

Why bother eating so little? In a few weeks you will backfire, binge and end up fatter.

What is the obsession with stupidity and food?

## **Got a better answer? Share it below!**

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