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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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