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| DAY 1 | Breakfast | Lunch | Dinner | Snacks | Total Calories |
|  | 3 egg whites (51)1 toast w/butter (91)1 slice of cheese (95) | 1 cup of air fried chicken breast (350)2 cups of romaine salad (33)1 tablespoon of ranch dressing (73) | 1 cup of chicken breast (335)1 cup of wild rice (100)1 cup of broccoli (33) | 1 apple (95 calories)1 string cheese (80 calories)1 banana (89) | Breakfast237Lunch 456Dinner 468Snacks 264 |

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| DAY 2 | Breakfast | Lunch | Dinner | Snacks | Total Calories |
|  | 1 bowl of oatmeal with Blueberries (375) | 1 cup of air fried chicken breast (350)2 cups of romaine salad (16)1 tablespoon of ranch dressing (73) | 1 cup of chicken breast (335)1 cup of wild rice (100)1 cup of broccoli (33) | 1 banana (89 calories)1 cup of sugar free jello (10 calories)1 orange (62 calories) | Breakfast 375Lunch 439Dinner 468Snacks 161 |

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| DAY 3 | Breakfast | Lunch | Dinner | Snacks | Total Calories |
|  | 3 egg whites (51)2 toasts w/ butter (182) | 1 cup of air fried chicken breast (350)2 cups of romaine salad (16)1 tablespoon of ranch dressing (73) | 1 cup of chicken breast (335)1 cup of wild rice (100)1 cup of broccoli (33) | 1 apple (30)1 cup sugar free jello (10) | Breakfast 233Lunch 439Dinner 468Snacks 40 |

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| DAY 4 | Breakfast | Lunch | Dinner | Snacks | Total Calories |
|  | 3 egg whites (51)1 toast w/butter (91)1 slice of cheese (95) | 1 cup of air fried chicken breast (350)2 cups of romaine salad (16)1 tablespoon of ranch dressing (73) | 1 cup of chicken breast (335)1 cup of wild rice (100)1 cup of broccoli (33) | 2 bananas (178)1 sugar free jello (10)1 apple (30) | Breakfast 237Lunch 439Dinner 468Snacks 218 |

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| DAY 5 | Breakfast | Lunch | Dinner | Snacks | Total Calories |
|  | 1 bowl of oatmeal w/ banana (364) | 1 cup of air fried chicken breast (350)2 cups of romaine salad (16)1 tablespoon of ranch dressing (73) | 1 cup of chicken breast (335)1 cup of wild rice (100)1 cup of broccoli (33) | 1 apple (30)2 bananas (178) | Breakfast 364Lunch 439Dinner 468Snacks 208 |

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| --- | --- | --- | --- | --- | --- |
| DAY 6 | Breakfast | Lunch | Dinner | Snacks | Total Calories |
|  | 3 egg whites (51)1 toast w/butter (91)1 slice of cheese (95) | 1 cup of air fried chicken breast (350)2 cups of romaine salad (16)1 tablespoon of ranch dressing (73) | 1 cup of chicken breast (335)1 cup of wild rice (100)1 cup of broccoli (33) | 1 banana (89)1 apple (30) | Breakfast 237Lunch 439Dinner 468Snacks 119 |

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| DAY 7 | Breakfast | Lunch | Dinner | Snacks | Total Calories |
|  | 3 egg whites (51)1 toast w/butter (91)1 slice of cheese (95) | 1 cup of air fried chicken breast (350)2 cups of romaine salad (16)1 tablespoon of ranch dressing (73) | 2 slices of cheese pizza (475) | 1 string cheese (80)1 sugar free jello (10)1 banana (89) | Breakfast 237Lunch 439Dinner 475Snacks 179 |

This week was the week that I started meal prepping in order stay within my diet limitations. I have become a non- meat eater and mostly eat vegetables, but I have begun incorporating chicken breast into my diet. I want to eat more protein and I have started preparing chicken breast for myself. It was easy to document my diet because all the food was prepped on Sunday night. I have started an exercise program, and plan to stay on my current diet until I reach my weight loss goals.

Here is a meal plan to stay on a low calorie diet all week.

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| --- | --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Dinner | Snacks | Total Calories |
|  | 3 egg whites (51)1 toast w/butter (91)1 slice of cheese (95) | 1 cup of air fried chicken breast (350)2 cups of romaine salad (16)1 tablespoon of ranch dressing (73) | 1 cup of chicken breast (335)1 cup of wild rice (100)1 cup of broccoli (33) | 1 apple (95 calories)1 string cheese (80 calories)1 banana (89) | Breakfast 237Lunch 439Dinner 468Snacks 264 |

 My three main nutrition goals that I followed was:

Do not consume any sugary beverages and drink only water. I swapped out all soda, and my beverage of choice used to be Canada Dry ginger ale. That one can of soda is 124 calories, and I swapped it for water which is 0 calories.

Next, when I craved something sweet, I ate a sugar free jello instead of a snickers candy bar. The snickers are 224 calories, and the jello is only 10 calories. 224-10= I saved approximately 214 calories by not eating the chocolate bar.

Lastly, when I felt like eating Doritos cool ranch, I ate a crispy apple instead. The crispy apple satisfied the crunch that I was craving. Doritos are 260 calories, and the apple is 105 calories. I saved 155 calories with that swap.

This assignment helped me to better understand my cravings and think about what is healthy versus unhealthy. The most important feature when dieting is meal prep because you are always setting yourself up for success. I packed all my food ahead of time and didn’t mind eating the same meals all week. lost 4 pounds this week through diet and exercise, and I plan to continue my current path of weight loss. I know not every week is going to be this easy, but I did reward my self on Sunday with 2 slices of cheese pizza. All aspects of life seem to be easier if there is a reward system in place. My reward was a cheat meal and not a cheat day.