1st day – 12/04

· Breakfast: 2 Bananas

· Snack: A 9oz bag of utz potato chips

· Lunch: Whole Wheat noodles with chicken soup

· Dinner: Steamed kale and tomatoes with lemon

· Water intake: 72oz

Mood: I was super grumpy, and I had the worst headache. I also didn’t have my breakfast til 12pm and got up at 7am for work (so that probably explains it)

2nd day – 12/05

· Breakfast: 1 Grapefruit (my first time eating it)

· Snack: 4oz cup of blue diamond whole natural almonds

· Lunch: 5.3oz Chobani zero sugar strawberry yogurt, and 1 large fuji apple

· Dinner: N/A

· Water intake: 72oz

Mood: I felt grumpy like the 1st day, but my headache was worse. I felt like I had no energy. On the plus side, I really liked the grapefruit. I Craved sugar, and almost ate a cupcake today.

3rd day – 12/06

· Breakfast: N/A

· Snack: N/A

· Lunch: Starbuck’s Venti Iced black tea & 1 homemade protein box (includes: 6oz cup of blue diamond whole natural almonds, 1 fuji apple cut into 8 slices, 1 naval orange & 2 hard-boil eggs)

· Dinner: Spinach and egg fried rice seasoned with salt and pepper

· Water intake: 64oz + Starbucks

Mood: I woke up kind of late today so I didn’t eat breakfast, but I had lunch around 2:30pm. I started to feel better than I did the first two days, but the headache is still there.

4th day – 12/07

· Breakfast: N/A

· Snack: N/A

· Lunch: Starbuck’s Venti Iced Passion Tango tea & 1 homemade protein box (includes: 2 hard-boil eggs, 1 navel orange, 1 white peach, slices of grilled chicken seasoned with salt & pepper and lemon)

· Dinner: Homemade Chicken noodle soup w/ black mushrooms

· Water intake: 72oz + Starbucks

Mood: Definitely a lot better than the first 3 days. Headaches are going away, but I did not feel energetic at all.

5th day – 12/08

· Breakfast: 5.3oz of Chobani zero sugar strawberry yogurt

· Snack: N/A

· Lunch: Steamed Sea Bass fish with Scallions, Ginger & vinegar, seasoned with salt and pepper and Rice

· Dinner: Kale salad with roasted peanuts and almonds

· Water intake: 47oz

Mood: I was delighted. I was so happy that today was my last day and I didn’t have a headache and my mood was definitely a lot better. I don’t feel like I have a ball of anger inside of me anymore.

First day of SUGAR:

After completing the 5 – day sugar free challenge, the first thing I ate for breakfast was a lemon bao. It a bao (traditional Chinese style bread) stuffed with lemon jam filled in the middle with a lemon glazed over the top baked til perfection. For lunch I had sushi and I think I cried because I was craving sushi all week and I could finally eat it. I didn’t have anything for dinner because I wasn’t very hungry. Overall, I felt happy and bubbly because I was able to consume some form of sugar in my food. I didn’t consume a lot, but I still had some especially in my lemon bao and I was able to eat sushi which I’m pretty sure it contains a good amount of sugar. I was happy and I didn’t have a headache and I felt energetic