

MCDONALD'S DIET PLAN

DAY 1

Breakfast: 1 Egg white delight, plain coffee

Calories: 250	Carbs: 30 g	Protein: 18 g	Fat: 8 g	Sodium: 770 mg
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Lunch: 1 Premium crispy chicken ranch BLT sandwich, side salad, diet soda

Calories: 630	Carbs: 61 g	Protein: 33 g	Fat: 28 g	Sodium: 1400 mg
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Dinner: 1 Premium southwestern salad with grilled chicken

Calories: 290	Carbs: 28 g	Protein: 27 g	Fat: 8 g	Sodium: 680 mg
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Snack: 1 Honey mustard snack wrap (grilled)

Calories: 250	Carbs: 27 g	Protein: 16 g	Fat: 8 g	Sodium: 650 mg
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Total:	1410 kcal	146 g C	93 g P	52 g F	Sod 3,5 g
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DAY 2

Breakfast: 1 Sausage McMuffin with eggs, plain coffee

Calories: 450	Carbs: 30 g	Protein: 16 g	Fat: 21 g	Sodium: 860 mg
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Lunch: 1 Bacon clubhouse grilled chicken sandwich, side salad

Calories: 610	Carbs: 55 g	Protein: 40 g	Fat: 25 g	Sodium: 1570 mg
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Dinner: 1 premium McWrap chicken sweet chili (grilled)

Calories: 380	Carbs: 47 g	Protein: 27 g	Fat: 10 g	Sodium: 1090 mg
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Snack: 1 Fruit & yogurt parfait

Calories: 150	Carbs: 30 g	Protein: 4 g	Fat: 2 g	Sodium: 70 mg
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Total:	1590 kcal	162 g C	87 g P	58 g F	Sod 3,59 g
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DAY 3

Breakfast: 1 *Southern style chicken biscuit, plain coffee*

Calories: 410	Carbs: 41 g	Protein: 17 g	Fat: 20 g	Sodium: 1180 mg
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Lunch: 2 *Honey mustard snack wraps (grilled), side salad*

Calories: 270	Carbs: 31 g	Protein: 17 g	Fat: 8 g	Sodium: 660 mg
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Dinner: 1 *Premium bacon ranch salad with grilled chicken*

Calories: 220	Carbs: 8 g	Protein: 29 g	Fat: 8 g	Sodium: 690 mg
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Snack: 1 *small French fries, 1 hamburger*

Calories: 481	Carbs: 58g	Protein: 15 g	Fat: 21 g	Sodium: 629 mg
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Total:	1381 kcal	138 g C	78 g P	57 g F	Sod 3,15 g
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DAY 4

Breakfast: 1 *Steak and egg McMuffin, plain coffee*

Calories: 430	Carbs: 31 g	Protein: 26 g	Fat: 23 g	Sodium: 960 mg
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Lunch: 1 *Big Mac, side salad*

Calories: 550	Carbs: 51 g	Protein: 25 g	Fat: 27 g	Sodium: 970 mg
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Dinner: 1 *Premium grilled chicken ranch BLT sandwich*

Calories: 450	Carbs: 43g	Protein: 36 g	Fat: 15 g	Sodium: 1230 mg
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Snack: 1 *ranch snack wrap (grilled)*

Calories: 280	Carbs: 25 g	Protein: 16 g	Fat: 13 g	Sodium: 720 mg
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Total:	1610 kcal	150 g C	103 g P	78 g F	Sod 3,9 g
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DAY 5

Breakfast: 1 regular Bacon, eggs and cheese biscuits with egg whites, plain coffee

Calories: 410	Carbs: 36 g	Protein: 20 g	Fat: 20 g	Sodium: 1400 mg
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Lunch: 1 Double cheeseburger, side salad

Calories: 450	Carbs: 35 g	Protein: 24 g	Fat: 21 g	Sodium: 1050 mg
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Dinner: 1 premium McWrap chicken and ranch (grilled)

Calories: 450	Carbs: 42 g	Protein: 30 g	Fat: 18 g	Sodium: 1170 mg
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Snack: Chicken nuggets (6 pieces)

Calories: 280	Carbs: 18 g	Protein: 13 g	Fat: 18 g	Sodium: 540 mg
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Total:	1590 kcal	131 g C	87 g P	77 g F	Sod 4,1 g
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DAY 6

Breakfast: 1 regular sausage biscuit with egg whites, plain coffee

Calories: 460	Carbs: 34 g	Protein: 18 g	Fat: 27 g	Sodium: 1180 mg
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Lunch: 1 Quarter pounder + cheese, side salad

Calories: 540	Carbs: 45 g	Protein: 31 g	Fat: 26 g	Sodium: 1110 mg
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Dinner: 1 Premium bacon ranch salad with grilled chicken

Calories: 220	Carbs: 8 g	Protein: 29 g	Fat: 8 g	Sodium: 680 mg
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Snack: 1 Chipotle BBQ snack wrap (grilled)

Calories: 260	Carbs: 37 g	Protein: 14 g	Fat: 8 g	Sodium: 780 mg
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Total:	1480 kcal	124 g C	92 g P	69 g F	Sod 3,7 g
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DAY 7

Breakfast: *1 egg white delight, 1 fruit & yogurt parfait, plain coffee*

Calories: 400	Carbs: 62 g	Protein: 22 g	Fat: 9 g	Sodium: 870 mg
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Lunch: *1 Bacon McDouble, side salad*

Calories: 480	Carbs: 38 g	Protein: 29 g	Fat: 24 g	Sodium: 1130 mg
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Dinner: *1 Premium southwestern salad with grilled chicken*

Calories: 290	Carbs: 28 g	Protein: 27 g	Fat: 8 g	Sodium: 680 mg
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Snack: *1 medium McCafé caramel hot chocolate with nonfat milk*

Calories: 310	Carbs: 57 g	Protein: 14g	Fat: 3,5 g	Sodium: 240 mg
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Total:	1480 kcal	185 g C	92 g P	44,5 g F	Sod 2,9 g
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