Chantel Ray: All right, Logan. So tell me what do your meals look like on a typical day?

Logan: A typical day's worth of meals is I do not typically eat breakfast. I have a moderate sized lunch, and then dinner is where I kind of go and eat really whatever I want to, whatever I'm craving for the day.

Chantel Ray: Perfect. If you had to say what size your lunch is, would you say it's like small or medium?

Logan: Typically my lunch portion size would be like a medium sized lunch.

Chantel Ray: Okay, so your lunch would be a medium sized, your dinner would be large?

Logan: Correct.

Chantel Ray: Okay. Tell me what you ate yesterday. So you didn't eat breakfast, what did you have for lunch?

Logan: For lunch I actually ate Taco Bell.

Chantel Ray: Okay. And how many tacos did you have?

Logan: I had two tacos from Taco Bell. I was kind of in a hurry.

Chantel Ray: Okay. And would that be about the portion size you'd have is two tacos?

Logan: Yeah, roughly.

Chantel Ray: Okay. And then did you have any snacks in the afternoon?

Logan: I did. I had dried fruit, it's like the tropical mix, so that's a normal kind of snack.

Chantel Ray: Okay. And then for dinner, what did you have for dinner?

Logan: For dinner I had, which is honestly a typical work week for me because I work nights, I eat at work, so I had a chicken sandwich with a garden salad.

Chantel Ray: Okay. And did you eat the entire chicken sandwich?

Logan: I did eat the entire chicken sandwich.

Chantel Ray: Okay. And then just a side garden salad?

Logan: Correct. And I typically put ranch dressing on the salad.

Chantel Ray: Okay. And then do you ever count your calories or count the number of carbs that you're eating?

Logan: No, I do not usually count calories or count carbs of any sort.

Chantel Ray: Okay. And would you say do you overeat at all or would you say that you just eat when you're hungry, stop when you're full.

Logan: There are times that I do overeat. If I'm working a lot, I kind of catch up a little bit for the day if I haven't ate, I'll do a little bit more than I probably should. Other than that.

Chantel Ray: So let's say that on a scale of 0 to 5, 4 would be that your full 3.8 is you're not that full, but you're almost full and then 5 would be like Thanksgiving Day stuffed. Okay? So using that metric. Okay? Would you say that when you stop eating, you're stopping at 3.8, stopping at 4, stopping at 4.2, where would you stop eating at on a normal basis?

Logan: Okay. On a normal basis of a scale to 1 to 4, 4 being full. I usually try to go to like a 4.1 and get in all my food for my lifestyle. I'm always super busy so I got to eat when I can eat.

Chantel Ray: How often would you say you're at a level 5 where level 5 would be Thanksgiving Day full, where like having to like unbutton your pants to eat?

Logan: A level 5 would be a few days out of the month. Typically just when I go to all-you-can-eat sushi.

Chantel Ray: Okay. But for the most part you're stopping at like 4.1, you would say, is where you're stopping?

Logan: Yes, for the most part.

Chantel Ray: Now, do you ever use food for something other than fuel for your body? Meaning like I'm super stressed, I need to eat an entire pan of brownies. Or would there be another alternative that you would say I'd rather go for a walk or I'd rather go to the gym? What's your go to? Like when you're stressed, would you say I'd rather have a glass of wine or I'd rather go out with friends? Or would you say I'd rather eat a pan of brownies?

Logan: I do use food for other things than like nutrition. I am a big stress eater. I definitely have like potato chips on hand at all times or if I had like a bad day or I'm stressing, it kind of is a mixture of having something to do with my hands and then getting the satisfaction of actually consuming the potato chips.

Chantel Ray: Okay. Is there any foods for you that you would say are not negotiable? Meaning like this is not a food that I'm going to eat and why would that reason be?

Logan: Really, I'm very open with anything that I eat. I love trying new stuff. The only foods that are super non-negotiable me are the allergy foods that I have, obviously.

Chantel Ray: Okay. Describe those for me.

Logan: I have a allergy to blue cheese and certain mushrooms so I have to stay away from anything with mushrooms. Actually I saw a study one time that they tested all the shiitake mushrooms in like restaurants and stores and like a large percent of them came back to be a different species. So I avoid those at all costs, kind of cuts out a lot of like pasta. Other than that I have some texture issues. I don't really like avocados. I don't like things that are solid for one second and then mush out.

Chantel Ray: Give me an example of that.

Logan: Like avocados or jello or certain types of sushi. Other than that I'm very open. I love exploring foods and trying everything.

Chantel Ray: Good. And then do you feel like you ever have like a window of weight? Like if you say I feel like my clothes are getting a little bit tighter, maybe I'll back off of sugar. Or you know, I feel like things are getting ... Is there ever a time where you say, and how much weight is that for you? Would you say it's like, "When I gain more than three pounds then I'm like maybe I'll kind of cut back my portion size," or five pounds. What is that window of weight for you?

Logan: My optimal window of weight that I kind of stay at is about 127. My concerns are usually when I go lower, like if I hit 125 that's what I'm like, "Oh I need to incorporate some protein shakes or some extra bulk." The only thing I do kind of concern about is my salt and alcohol intake because I notice it gets bloat. So that's the one portion of my diet that I really do keep track of because I retain a lot of water weight in my face and places.

Chantel Ray: Got you. Now what is your workout plan? Do you work out a lot or not work out a lot?

Logan: My workout plan is almost nonexistent because as a bartender, my job is a super big workout. I'm on my feet anywhere between eight to 17 hours a day, moving kegs, pouring drinks. So when I say I don't work out, really my lifestyle is super active, so ...

Chantel Ray: Got you. So when you are stressed, what would be some of the things, besides food, that you would do to kind of eliminate stress?

Logan: My biggest stress eliminator that I love to do is just sit in the bottom of my shower for like an hour, just enjoy it. I do aromatherapy, I love doing those like with the lavenders and tea tree essential oils, those helped me a lot, especially with like stress headaches. Other than that, I don't really do much other for stress-wise.

Chantel Ray: Okay, perfect. And then name some of the foods you love to indulge in. So if you said, "Here's the foods that I love to indulge in," what would they be?

Logan: My favorite indulgence food, I'm super big country girl, so I call it the Irish diet. I love meat, cheese, and potatoes. If I've had like a big week, that's my go to. I want a nice steak dinner. I want baked potatoes, I want mac and cheese.

Chantel Ray: Perfect. And then have you ever been on a diet in your entire life where you've said, "You know, I've got to count calories, count carbs," any kind of like diet out there?

Logan: The only diet that I've ever attempted to count calories or count carbs was for this past pageant season. I definitely counted calories and I counted the good carbs where I tried to gear my diet more towards gaining and bulking a little bit of weight. I kept track of obviously like my protein shakes and protein waters, macros and micros for like sweet potatoes, grains, and whatnot. I was only on that diet for about a month, but I did see a difference when I did it.

Chantel Ray: Got you.