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Can changing my eating habits to this diet help me see a loss of weight?

Hmmm...? asked:

I'm 16, 5'11, and weigh 156 pounds. At the beginning of the year, I weighed about 152ish. I want to lose a few pounds before summer and start progressively jogging more each week.

Here's what I eat every day at school.

Morning:

1 pack (two pastries) of Grape poparts
1 Propel

Lunch:

3 Chicken strips
about 1 and 1/2 cups of mashed potatoes
1 roll
1 liter of water

Dinner just depends on where I'm eating and whether or not I'm eating at home or eating out.

Here's what I would like to change my diet to:

Breakfast:

1 banana
2 cups of milk
1 Propel

Lunch:

Salad w/ ranch dressing
4 Saltine crackers
1 liter of water

Dinner:

Salads, grilled chicken, or tilapia

Plus - I was planning on jogging and sprinting 2-3 times a week, and drinking plenty of water.

If I start this diet tomorrow, could I see a change in weight?

And also, feel free to add anything or subtract anything to the new diet.

Tips are well appreciated!

Thanks for your help.

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