

May 11 is National Eat What You Want Day

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EXTRA EXTRA!

May 11 is National Eat What You Want Day, a day created by Thomas and Ruth Roy as a way to reward yourself for how you've diligently adhered to your workout plans this year.

For more info, click [here](#).

What are you eating today? Dunkin' Donuts? Twinkies? Big ol' burgers?