



Meal Timing Guide

Need help planning your meals and snacks? Use the guidelines below to structure a healthy day. Remember, if you are still hungry, eat more vegetables!

Wake Time: _____

Breakfast Time (Eat within 1-2 hours of waking): _____

Snack Time: _____

Lunch Time: _____

Snack Time: _____

Dinner Time: _____

Optional Snack Time (Leave 2 hours before bed without eating): _____

Bed Time: _____

Meal Timing Guide Tips

⇒ Benefits of eating every 4-5 hours:

- ✓ Prevents excessive hunger, likely causing you to eat less and have more energy
- ✓ Reduces food cravings
- ✓ Some research suggests eating every 4-5 hours can speed metabolism and assist with weight loss

⇒ Tips for staying on track with your meal-timing guide:

- Eating early in the day may help you eat less food over the course of the day, so try to eat within 1-2 hours of waking up.
- If you can't eat what you might consider a "breakfast" when you first wake up, it's OK to have a "snack." Don't be afraid to eat lunch and dinner foods for breakfast if you don't like "breakfast" foods. Leftovers can be a quick and easy breakfast!
- If you don't feel hungry in the morning, try starting with a small snack. Eventually you will start to feel hungrier when you wake up, and will likely gradually start eating less throughout the day.
- If you're too busy in the morning, prepare breakfast ahead of time or try a quick breakfast like a protein bar or low-sugar protein shake.
- If there are more than 4 or 5 hours between breakfast and lunch, and more than 4 or 5 hours between lunch and dinner, consider having a snack between meals. This keeps your metabolism going so you burn more calories, and also helps you to eat less overall by not letting yourself get SO hungry that you give in to cravings.
- You may need a snack before bed, based on your activity and hunger level, but try not to eat within 2 hours of going to bed. It may help to prevent mindless eating and overeating. If you choose to have an evening snack, try a small snack of fruit or vegetables.