

SAMPLE

At-Home Eating Routine

UNC[®]
SPORTS NUTRITION

In general, aim to eat 3 meals and 2-3 snacks per day.

While structure is helpful, remember to be flexible too! Don't worry if your eating isn't "perfect."

WAKE UP

8:00 AM

MEAL #1

10:00 AM

SNACK #1

12:30 PM

MEAL #2

3:00 PM

SNACK #2

6:00 PM

MEAL #3

9:00 PM

SNACK #3

BEDTIME

Have compassion with yourself if you're having ups and downs with food right now. It is OK, and you are not alone.

Above all, the priority is getting ENOUGH food and taking care of yourself with whatever means you have.

Build **MEALS** with at least 3 food groups.



Build **SNACKS** with at least 2 food groups.

