At-Home Eating Routine

**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

**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.”**

**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.**

**SAMPLE**