

Eating routine planner

From "How to Retrain Your Appetite" by Dr Helen McCarthy

- Jot down the times you want to eat meals to fit around your work and home lifestyle
- If there are long gaps, add in planned snacks
- Ignore any boxes you don't need to fill in (no need for 3 meals & 3 snacks – just the ones you want)
- Allow flexibility - you might have one routine for workdays and one for weekends

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast							
Morning snack							
lunch							
Afternoon snack							
dinner							
Evening snack							

