

SAMPLE

# At-Home Eating Routine



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

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

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

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

