

Three Times You Could Eat

Set rough times to eat so meals stop depending on whether you feel like it.

WHEN TO USE THIS
Use this if you go most of the day without eating and then feel awful.

Set a rough time for each, and one easy thing you could eat then.

TIME	SOMETHING EASY	ALREADY IN THE HOUSE?

Which of those three is hardest to get to? What gets in the way?

What is your no-cooking option for that one? Something you could eat standing up.

Eating on a schedule is not about doing it right. It is about not running the day on empty.

Something small at roughly the right time beats a perfect meal that never happens.