

Daily Meal Schedule

Here is a good meal schedule, as well as approximately how many grams of protein you'll want to consume at each. Hang this in your "Command Central," where you can see it!

Meal	When to Eat	Time of Day	Protein
Fruit (1/2 cup) or an Egg	Immediately upon waking	7:30 a.m.	12 grams
Breakfast	Within 30 minutes of waking	8:00 a.m.	12-24 grams
Morning Snack	2-3 hours later	10:00 a.m.	12 grams
Lunch	Middle of the day	Noon	24 grams
Afternoon Snack	2-3 hours later	3:00 p.m.	12 grams
Supper	2-3 hours later	6:00 p.m.	12-24 grams
Bedtime Snack	Shortly before bed	9:00 p.m.	12-24 grams

Notes:

1. Some women will fuss about the times I've listed. These are *ideal* times, which complement a healthy circadian rhythm. If your schedule simply won't permit these times, do your best to at least create a *consistent* daily schedule.
2. Don't forget to take enzyme supplements with each meal or snack! Other supplements are usually best taken with food as well. Develop the habit of checking in at your "health department" cupboard each time you fill a plate with food.
3. If you are depressed and you find yourself getting more depressed, if you're losing weight too quickly, if you're feeling sluggish, or if you're suffering from insomnia, increase your carbohydrate consumption by 6 grams carbohydrate per meal or snack, until you find the amount that makes you feel well. On the flip side, if you're gaining too much weight, try reducing (but not eliminating) your carbohydrate intake. Be meticulous about writing down your dietary intake and symptoms!