

# ESTABLISH *Regular Eating*

Establishing a regular eating pattern is the single most important change you can make to end the binge cycle. Most people who struggle with binge eating have lost the ability to know when and how much to eat. To help reestablish this function, regular eating must take place.

## STRATEGIES FOR SUCCESS



### Have a Daily Plan

Map out your daily eating plan at the start of each day. Write down the time you will eat each meal and snack on your monitoring sheet.



### Work Around Obstacles

When planning your day, it is important to take into consideration commitments you can not move. Plan your meals and snacks around these fixed events.



### Eat to Refuel

At this stage, what you eat is less important than ensuring you eat enough to get to the next meal or snack. To reduce an urge to binge, we must feel satisfied after each feeding time.



### Honor Non-Eating Times

Do your very best to not eat between your planned meals and snacks. Think of this time as the stepping stones to get to the next feeding time. This will help reinforce the behaviour of regular eating.

## What does regular eating look like?

Regular eating evenly spaces meals and snacks in 3 hour intervals. The specific time and number of snacks will vary between individuals depending on their wake and sleep schedules. Below is an example of a person that wakes up early and has a bedtime around 10 PM.



### Mid-Morning Snack

- Fruit or vegetable
- Protein source
- +/- Grain
- Water +/- Coffee or Tea

### Mid-Afternoon Snack

- Fruit or vegetable
- Protein source
- +/- Grain
- Water

