

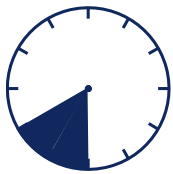


Regular mealtimes

- Help keep your energy and blood sugar level stable and maintain proper alertness.
- Help in the achievement of clear feelings of hunger and satiation, as well as in the reduction of food cravings and snacking.
- When combined with moderate serving sizes, reduce the likelihood of digestive issues such as bloating or heartburn.

Eating at least every 3 to 4 hours, i.e. 4 to 6 times per day, is the best for most people.

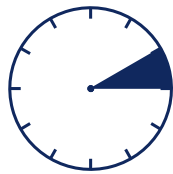
Example of a day's meals



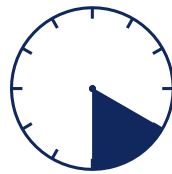
Breakfast
6 to 8 am



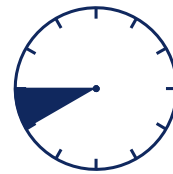
Lunch
11 to 12 am



Snack
2 to 3 pm

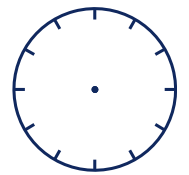
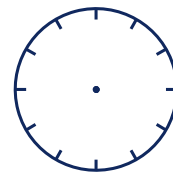
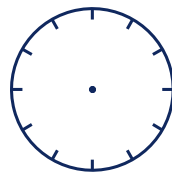
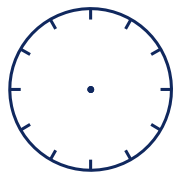
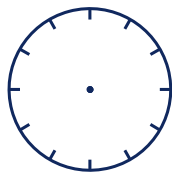
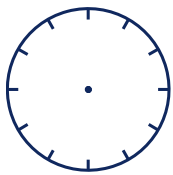


Dinner
4 to 6 pm



Evening snack
8 to 9 pm

My mealtimes



My alternative mealtimes

