



BULIMIA SUCKS!

STRUCTURED EATING PROGRAM WEEKLY DIARY

TIME	MEAL AND SNACKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30 AM	BREAKFAST							
11 AM	SNACK							
1 PM	LUNCH							
4 PM	SNACK							
7 PM	DINNER							
10 PM	SNACK							

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