

# How to keep **BS** balanced:

## Weekday Meal Timing Example:

**Wake up:** 6:30AM

**Breakfast:** 7:00–7:30AM

**Lunch:** 11:00–12:00PM

**PM Snack:** 2:30–3:00PM

**Dinner:** 6:30–7:30PM

**Bedtime Snack (as needed):** 9:30PM

## Weekend Meal Timing Example:

**Wake up:** 8:30AM

**Breakfast:** 9:00–9:30AM

**Lunch:** 12:30–1:30PM

**PM Snack:** 3:30–4:00PM

**Dinner:** 7:30–8:30PM