

BULIMIA SUCKS! STRUCTURED EATING PROGRAM PLAN

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

Bulimia Sucks!

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