



BULIMIA SUCKS!

STRUCTURED EATING PROGRAM PLAN

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							
PM	SNACK							