

schedules

flexible eating schedules



Sample eating plans to accommodate even the strangest schedule.

SLEEPING IN ON A CLASS DAY

12:30 - 1:00pm	"brunch"	yogurt and toast
4:30 - 4:45pm	snack after class	banana, snack bar and water
6:30 - 7:30pm	dinner	stir-fried chicken with vegetables and rice fruit salad frozen yogurt, milk
10:30pm - 12:00am	midnight breakfast	bagel with peanut butter glass of skim milk

EARLY CLASS DAY

8:00am - 8:30am	breakfast	cereal, milk, fruit and toast
11:45am - 12:30pm	lunch	turkey sandwich, small bag of chips, fruit, water
5:30pm - 6:30pm	dinner	salad veggies, baked potato, baked chicken, milk scoop of ice cream
10:30pm - 11:00pm	study break	slice of pizza, water

ON THE FLY

10:00am - 10:15am	walking to class	bagel and coffee
2:00pm - 2:30pm	lunch on the run	roast beef wrap and water
5:00pm - 5:30pm	snack before class	soup and toast
8:00pm - 8:30pm	late dinner	cheese omelet, toast and salad, milk