

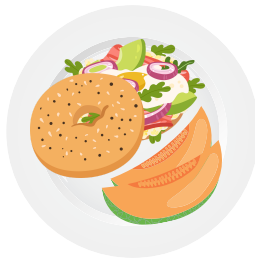
Sample Binge Eating Recovery Meal Plan

Your dietitian may recommend an exchange based meal plan, like this one.

Exchanges are based on fuel groups, or the foods that give your body energy.

The number of fuel groups included in your meal plan will depend on your unique needs and where you are in your recovery.

Eating regular meals and snacks provides your body with fuel, and can help regulate your hunger cues.



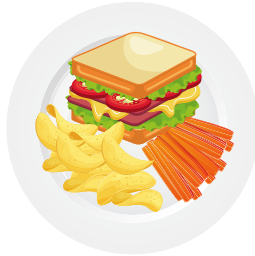
Breakfast:

- 1 Carb
- 1 Protein
- 1 Fat
- 1 Dairy
- 1 fuel group of your choice



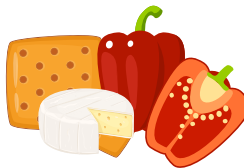
Snack:

- 1 Fruit
- 1 Fat



Lunch:

- 1 Carb
- 1 Protein
- 1 Fat
- 1 Dairy
- 1 fuel group of your choice



Snack:

- 1 Veggies
- 1 Fat
- 1 Carb



Dinner:

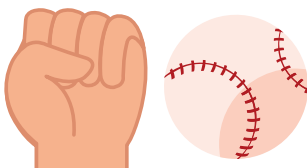
- 1 Carb
- 1 Protein
- 1 Fat
- 1 Dairy
- 1 fuel group of your choice



Dessert:

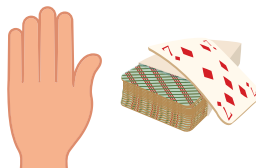
- 1 Carb
- 1 Fat

Carbohydrates



Fist or baseball

Proteins



Palm or deck of cards

Fats



Two thumbs or golf ball

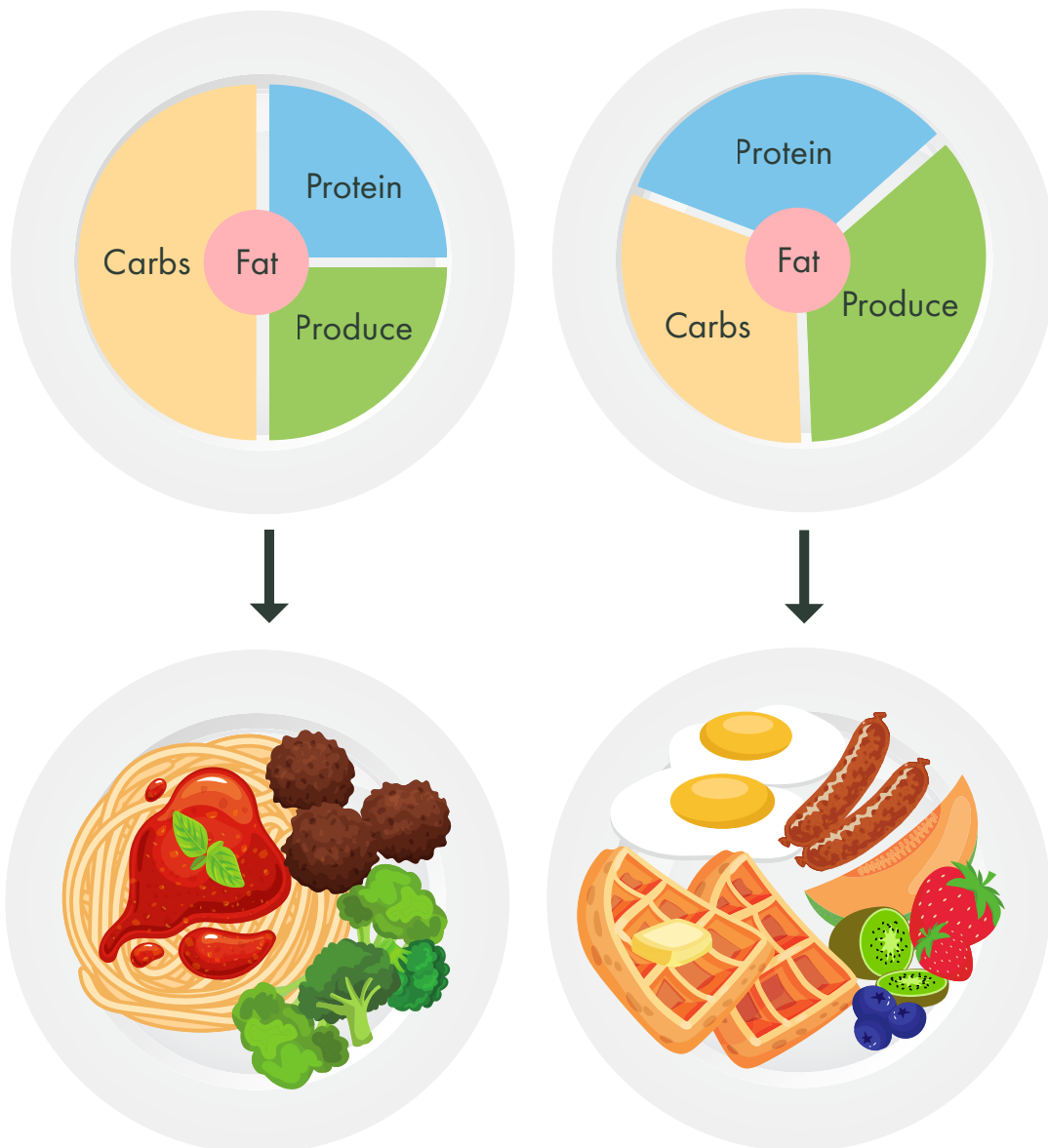


Sample Binge Eating Recovery Meal Plan

Your dietitian may also recommend a plate-by-plate approach, like this one.

With a plate-by-plate plan, you fill your plate with your fuel groups. This type of meal plan is helpful for caregivers who are plating their loved one's food.

With this approach you are encouraged not to overthink it! The goal is to get equal ratios of carbs, protein, and fats, and normalize portions.



Sample Binge Eating Recovery Meal Plan

A successful recovery meal plan will include the following:

- Regular meals throughout the day, so you don't go too long without eating
- A balance of carbs, proteins, and fats at meals and snacks
- An adequate amount of food to meet your body's energy needs
- A variety of foods-- no food is off limits!

Not sure how to start?

Contact one of our expert eating disorder dietitians today!

(301) 474-2499 or rbitzer.com/contact



DISCLAIMER: THIS MEAL PLAN IS A SAMPLE AND TO BE USED FOR EDUCATIONAL PURPOSES ONLY. IT IS NOT A SUBSTITUTE FOR MEDICAL ADVICE. EATING DISORDERS CAN BE DEADLY. IF YOU OR A LOVED ONE IS STRUGGLING WITH AN EATING DISORDER, CONTACT A HEALTH PROFESSIONAL FOR A PERSONALIZED CARE PLAN.



Rebecca Bitzer & Associates