



Meal Planner

To recover from bulimia it's essential you practice and become comfortable with eating food regularly. Meal planning helps makes this process easier.

Benefits of meal planning:

- ✓ Dramatically reduce binge urges
- ✓ Overcome malnutrition
- ✓ Boost your metabolism
- ✓ Increase energy levels
- ✓ Regulate blood sugar
- ✓ Greater sense of well-being

Essential steps of meal

Eating regularly is essential for recovery. Leave no more than 3 hours between meals & snacks.

Aim to eat three meals and three snacks (or 6 small meals) daily. Start small and work your way up.

Have a fun food daily or when desired, to help avoid feelings of deprivation

Mix it up! Aim to include a serving of protein, carbs and fat at every meal.

Don't restrict. Increase your food intake to ensure you are getting enough calories.

Go slow! Make small changes to begin with. It's OK if you have a set back!

**These are general guidelines. For specific recommendations, please consult a health care professional or a dietitian*



Step 1 – Make a list of your safe foods

To begin with it's best to stick to your safe foods (foods that are least likely to trigger bulimic behaviours). Over time as you become more confident and comfortable you can add more challenging foods. List your safe foods in each category below:



CARBOHYDRATE e.g. Squash, corn, sweet potatoes, rice, breads, bagels, pasta	PROTEIN e.g Beans, tofu, seafood, nuts, lean red meat, chicken, eggs, whole grains	DAIRY e.g Milk, cheese, yoghurt, fortified soy milk, almonds, broccoli, leafy green vegetables or vegan equivalent	FAT e.g Avocados, egg yolks, salmon, cheese, extra virgin olive oil, nut butters

Eliminating whole groups of foods like carbohydrates or fats encourages binge eating. Include at least one type of food from each food group at every meal

Step 2 – List your snacks

Make a list of handy snacks that you are comfortable eating.

SNACKS

Recommend fruit, complex carbohydrate, or vegetable with a protein food.



Step 3 – Create 3 set meals

A simpler way to meal plan is to create 3 set menus and simply pick and choose between them. Let's create two "safe" menus and one slightly challenging menu. This way you can challenge yourself on the good days and play it safe on other days. Simple, easy to make meals tend to work best.

Safe Menu

Safe Menu 2

(slightly) Challenging Menu

	Safe Menu	Safe Menu 2	(slightly) Challenging Menu
Breakfast Time:			
Snack 1 Time:			
Lunch Time:			
Snack 2 Time:			
Dinner Time			
Snack 3 Time:			



Example – Meal Planner

Here are some samples of what your meal plan could look like. If you need help with your meal plan try consulting a nutritionist.

	Safe Menu	Safe Menu 2	Challenging Menu
Breakfast Time: 08:30am	1 whole wheat English muffin with peanut butter 8 oz. non-fat milk 1 banana	Banana ½ cup or 1 serving Cereal 1 cup Milk (dairy, soy, almond, etc)	1 cup yogurt ½ cup bran flakes
Snack 1 Time: 10:30am	1 apple and string cheese	Protein shake or ½ cup cottage cheese w/pineapple	1 slice whole wheat bread with hard boiled egg and tomato slices
Lunch Time: 1:00pm	Turkey sandwich on whole-wheat bread with cheese, mayonnaise, lettuce and tomato 8 oz. light yogurt, 1 serving grapes	A chicken and bacon salad with lettuce and cherry tomatoes & dressing	Peanut butter and jelly sandwich Tossed salad with almonds and 2 T low fat dressing
Snack 2 Time: 3:30pm	1 serving whole-wheat crackers with salsa	1 serving crackers, pretzels or popcorn	½ cup cottage cheese with fruit
Dinner Time: 6pm	1 chicken breast stir-fried with 1 cup Chinese vegetables 1 1/2 cups white or brown rice	Grilled chicken breast 1 cup broccoli 1 cup noodles w/1 T butter 1 cup milk or soy milk	Veggie burger (make sure has 14 grams protein or more) on whole wheat bun with 1 slice cheese 1 cup steamed broccoli or vegetable 1 cup milk or soy milk
Snack 3 Time: 8:30pm	1 serving ice cream, sorbet, brownie or fruit salad	1 cup yogurt w/1 medium apple	1 serving wheat crackers with 2 T peanut butter



Helpful tips...



Make resuming normal eating habits your first priority in recovery, put it above all else because it is the single most powerful step you can take if you want to kick bulimia out of your life forever.

It's okay to stick to foods you feel safe eating, but do try to include all of the major food groups.

Whenever you're tempted to skip a meal or snack remind yourself that ignoring hunger lowers your metabolism, wastes muscle mass and increases your ability to store fat.

For more help and guidance on how to recover from bulimia follow our FREE Bulimia Recovery Course here:

<http://www.bulimiahelp.org/vp/guide-to-bulimia-recovery.html>

Be prepared to have to eat sometimes even if you don't feel hungry and to stop eating even if you don't feel full. This may seem crazy, but right now you just can't trust your natural hunger and satiety cues.

It's important to take things slow at the beginning so introduce food gradually. Eat what you are comfortable with to begin with and give your digestive system time to power up again.

If you deviate from the plan or experience a binge/ purge just get right back on to the plan as soon as possible.

Consider keeping a record of your food in a food journal to get a better understanding of what works for you and what doesn't.

Understand that small fluctuations in body weight are to be expected.

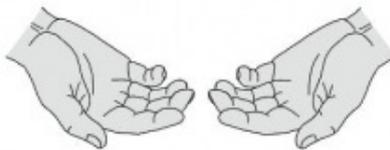


Handy portion guide

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide. (If you're still not sure how to portion food it is okay to count calories for the time being.)



FRUITS*/GRAINS & STARCHES*:
Choose an amount the size of your fist for each of Grains & Starches, and Fruit.



VEGETABLES*:
Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES*:
Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:
Limit fat to an amount the size of the tip of your thumb.

