

Meal Timing Schedule

This is a typical meal timing schedule for the day, which can be adapted according to your routine and preferences:

1. **Breakfast:** The optimal time for breakfast is between 7:00 and 9:00 AM. This helps kickstart your metabolism and provides energy for the first half of the day.
2. **Mid-Morning Snack:** About 2-3 hours after breakfast, typically between 10:00 and 11:00 AM. This can be a light snack to help maintain energy levels until lunch.
3. **Lunch:** The ideal time for lunch is between 12:00 and 2:00 PM. This time helps replenish energy stores after the first half of the day and prepares you for the second half.
4. **Afternoon Snack:** A good time for an afternoon snack is about 2-3 hours after lunch, around 3:00-4:00 PM. This snack can help prevent an energy slump in the middle of the day.
5. **Dinner:** It's best to have dinner between 6:00 and 8:00 PM. It's recommended to eat dinner 2-3 hours before bedtime to allow your body to digest the food before sleep.
6. **Evening Snack:** If you go to bed late, you can have a small snack around 9:00-10:00 PM, but it should be light to avoid overloading the stomach before sleep.

This schedule serves as general guidance and may vary based on individual needs, daily routines, and habits. Adjustments might be needed based on your lifestyle, work schedule, and dietary needs.

