



MEAL SPACING CHEAT SHEET

Notes from Coach Jen:

We want to aim for 3-4 hours between each meal or snack.

"BETWEEN" MEANS FROM THE END OF ONE MEAL TO THE START OF THE NEXT.

Notable Situations:

First thing in the morning - we want to fuel our bodies not too long after we wake. It's OK to have a coffee or on-plan beverage with collagen for protein shortly after you wake if you don't feel like a big meal.

After you've had your beverage, you can eat breakfast a short time later without waiting the full three hours as long as the Fuel Type is the same, or as long as either the coffee or meal are an FP.

Between meals - Waiting 3 full hours is highly recommended, but if you are very hungry it's OK to have a very light FP between meals on occasion. If you notice you are hungry often, I'd recommend eating more at each meal to help prevent snacking and grazing between meals.

Before and after exercise - possible meal combinations:
E meal/snack before workout, FP meal/snack just after
S meal/snack before workout, FP meal/snack just after
FP meal/snack before workout, FP meal/snack just after
E meal/snack before workout, E meal/snack just after
S meal/snack before workout, S meal/snack just after
FP meal/snack before workout, FP meal/snack just after

No matter what combination you choose, you don't have to wait three hours from the time that you consume your pre-meal workout to the meal or snack after. After you consume your post-workout snack or meal, you'll want to wait a full three hours to eat again per THM's recommendations.

After dinner - If you have dessert, you'll want to have a dessert that is the same fuel type as your dinner, or an FP dessert, and consume both dinner and dessert within 1 hour. OR you can wait a full three hours and have a dessert with some protein three hours later.