



Small routines + compassion = nourishing & consistent meals

Impulsivity & Snacks

- Pre-portion meals and snacks
- Use a 5-minute timer before going back for more
- Pair snacks with protein or fiber

Remembering to Eat

- Set phone reminders for meals
- Keep grab-and-go options ready
- Pair eating with a routine activity

Meal Planning Made Simple

- Batch cook and freeze meals
- Use 5-ingredient or quick recipes
- Visual meal planning chart

Emotional Eating

- Pause: “Am I hungry or stressed?”
- Try non-food coping tools (walk, call a friend, breathe)
- Allow all foods—avoid “good” vs. “bad” labels

Sensory Sensitivities

- Mix textures gradually
- Start new foods with familiar favorites
- Make meals visually appealing

Routine & Structure

- Eat at similar times each day
- Plan snacks ahead
- Keep water or tea handy