



(Meal) timing is everything

When you're hungry, you're hungry, right? Not always. The desire to eat can spring from **external** cues—you see an ad for a favourite food, for instance. But when you're **internally** hungry, it's physical: Your stomach growls, your energy flags, you might have a headache. And most foods are appealing, while external hunger tends to focus on a specific food.

Planning your meals so you eat at regular intervals can help you manage inter-

nal hunger. Think about it: What happens when you haven't eaten in hours and the meal or snack at hand isn't a right-for-you choice? The sight, aroma, and grab-ability of the food might kick in and you eat something you hadn't intended to or even wanted. Aside from keeping you on an even keel physically, a regular eating schedule can ease external urges to eat and help you stick to your SmartPoints® Budget.

WHAT TO DO

Create a schedule

Choose one day this week to schedule your meals, slotting them in every three or four hours (add snack times if you like). Follow your plan, noticing when you feel internally hungry and if those signs change as your body gets used to the regular rhythm. When you're used to following a schedule for one day, plan another day, aiming to reach three planned days a week.

Day to try my eating schedule:

Meal 1 What I'll eat:

When I will eat it:

Meal 2 What I'll eat:

When I will eat it:

Meal 3 What I'll eat:

When I will eat it:



For more on eating schedules, check out the Weekly Topic in your app, or the "Plan Basics" section of My Day.

**Wellness
that Works.™**

Rustic roasted ratatouille soup

Prep 25 min | Cook 45 min | Serves 8



- 1 large eggplant, diced
- 10 ml (2 tsp) salt, divided
- 2 zucchini, diced
- 2 red bell peppers, diced
- 5 ml (1 tsp) olive oil
- 1 large onion, diced
- 2 garlic cloves, minced
- 0.5 ml (¼ tsp) red pepper flakes
- 5 ml (1 tsp) fennel seed
- 5 ml (1 tsp) no-salt Italian seasoning
- 760 ml (26 oz) diced tomatoes
- 1 L (4 cups) fat-free chicken or vegetable broth
- 125 ml (½ cup) chopped basil

1. Place racks in bottom third of oven; preheat to 230°C (450°F). Line 2 rimmed baking sheets with parchment paper.

2. Spread eggplant on 1 sheet; coat with nonstick spray; season with 3 ml (¾ tsp) salt. Repeat with zucchini and bell peppers on 2nd sheet. Roast until lightly browned, stirring and rotating pans halfway through, 35–40 minutes.

3. Meanwhile, heat oil in large pot over medium-low heat. Add onion and remaining salt; cook, stirring often, until soft, 10 minutes. Add garlic, pepper flakes, fennel seed, and Italian seasoning; cook, stirring, 1 minute.

4. Add tomatoes and broth; bring to boil over high heat. Reduce heat to low; simmer, uncovered, 10–15 minutes.

5. Add roasted veggies; cook 5 minutes. Stir in basil.

SERVING SIZE: 250 ml (1 cup)



Roasting the vegetables makes for rich, deep flavours.

Gluten-free Dairy-free Nut-free

PHOTOGRAPHY: JAMES RANSOM (FOOD); KATE SEARS (RECIPE).

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