Reorder these sentences to make a coherent paragraph

It is important that you eat something every four hours.

You can eat junk food, just as pizza or a hot dog but should only do this once a week.

Also, you should eat the four meals and avoid missing any of them.

First things first, you should start eating a balanced diet.

You should include more fruits, like bananas and apples and more vegetables such as carrots and spinach.

Dear Max,