The family of Muhammad (ﷺ) never ate two meals in a day except that one of them was dates

‘Ā’ishah, the Mother of the Believers (may Allah be pleased with her), reported: The family of Muhammad (ﷺ) never ate two meals in a day except that one of them was dates.

[Authentic] [Agreed upon]

The Mother of the Believers, ‘Ā’ishah (may Allah be pleased with her), reported that the members of the Prophet's (ﷺ) household never ate two full meals in a single day unless one of those two meals was dates.

http://sunnah.global/hadeeth/en/show/65815