

Recovery Food Plan

A Guide to Clean Abstinence

Recovery Food Plan by Kay Sheppard LMHC

This current food plan supersedes any prior publications

For more information about the food plan and recovery from food addiction, Read *Food Addiction: The Body Knows* and *From the First Bite* by Kay Sheppard

Consult your physician before using this or any other food plan

Daily Portions

Breakfast	Lunch/Dinner	Metabolic Adjustment	Daily
1 protein	1 protein	1 fruit	1 fat
1 grain or starch	1 grain or starch	1 dairy	
1 dairy	1 cooked vegetable		
1 fruit	1 raw vegetable		

The metabolic adjustment (MA) before bed is in place to feed the sleeping brain for 8 hours. In the event that dinner is very late, have the MA between lunch and dinner to maintain blood glucose levels.

Daily Options

Spice 1 tablespoon
Condiments 2 tablespoons
Broth 1 cup

Consider having 2 cups cooked vegetable or 2 cups raw at each meal to save time and to make interesting soups, stews, casseroles and salads.

BASIC FOOD PLAN

Protein 4 oz., 2 eggs, Tofu 8 oz.
Grain 1 cup
Starch 1 cup, 8 oz. potato
Vegetable 1 cup
Fruit 6 oz.
Dairy Milk 1 cup
Yogurt 1 cup or 8.6 oz.
Greek yogurt $\frac{3}{4}$ cup or 6 oz.
Cottage cheese $\frac{1}{2}$ cup
Fat 1 tablespoon = 3 teaspoons

BASIC PLUS FOOD PLAN*

Protein 6 oz., red meat 5 oz., 3 eggs, Tofu 12 oz.
Grain 1 cup
Starch 1 cup, 8 oz. potato
Vegetable 1 cup
Fruit 6 oz.
Dairy Milk 1 cup
Yogurt 1 cup or 8.6 oz.
Greek yogurt $\frac{3}{4}$ cup or 6 oz.
Cottage cheese $\frac{1}{2}$ cup
Fat 2 tablespoons = 6 teaspoons

*The basic plus food plan is for maintenance, men, pregnant/nursing mothers and athletic women

FOOD PLAN FOODS

PROTEINS: Basic Plan 4 oz., Basic Plus Plan 6 oz., except red meat 5 oz.

Beef*	Shellfish
Chicken (White meat, no skin)	Lamb*
Eggs (2 large on basic plan, 3 large on basic plus plan)	Pork*
Fish	Turkey
	Veal

*Red meat is limited to three times per week

Check fresh or frozen turkey and chicken for dextrose or other starches or sugars
Fish and salmon foil packs are great for travel, not all foil packs are appropriate for our plan, look for water packed tuna without added flavoring

Limit eggs, they are highly allergenic, we encourage limited exposure to them

Basic - two eggs two times a week for a total of 4 eggs per week

Basic plus- 3 eggs two times a week for a total of 6 eggs per week

No Eggbeaters or egg whites

Be sure to select the leanest product available, animal fat triggers cravings

Raw equivalents for recipes

Basic- 5 ½ oz. raw meat or fish equals 4oz. cooked protein

Basic plus - 6.75 oz. raw equals 5 oz. cooked red meat, and 8.25 oz raw equals 6.0 oz. cooked poultry and fish

VEGETARIAN PROTEIN or STARCH

Edamame 1 cup without the shells, fresh or frozen

Soybeans 1 cup

Soy milk 2 cups unsweetened with only 2 ingredients: soy and water

Tempeh Basic: 4 oz. plain soy without rice or other added grains Basic plus: 6 oz.

Tofu Basic: 8 oz. Basic plus:12 oz. weigh before cooking or patting dry, keep unused portion covered in water

Beware of overuse of soy products which may cause health problems. We never recommend soy be used exclusively for protein.

GRAINS AND STARCHES: 1 cup cooked

Amaranth

Barley, use hulled or hullless, not pearled

Barley flakes ½ cup raw

Buckwheat groats, this is not a form of wheat

Cream of buckwheat 1/3 cup raw

Cream of rice 1/3 cup raw

Cream of rye 1/3 cup raw

Kasha, this is roasted buckwheat

Millet

Oat bran 1/2 cup raw

Oats, steel cut 1/3 cup raw

Oat groats

Quinoa, all colors

Quinoa flakes 1/2 cup raw

Rice, brown

Ryeberries

Teff, brown or ivory

Tempeh 4 oz. with rice or other grain as an ingredient

All grains are measured one cup cooked, raw equivalents where noted

Rolled oats are not on the plan because they are too processed and trigger cravings

BEANS: 1 cup starch (rinse starchy liquid before using)

We do not use beans for protein. They deliver too much starch and too little protein. Basically, starch is our drug of choice and animal protein stabilizes blood glucose levels better than plant protein.

Soybeans which are high in protein and soybean products are the exception: soybeans, edamame, tofu, and tempeh.

Azuki beans

Black beans

Black-Eyed peas

Cannellini beans

Chickpeas

Edamame

Garbanzo beans

Kidney beans

Lentils

Lima beans

Mung beans

Navy beans

Northern beans

Pinto beans

Red beans

Refried beans (fat-free)

Soybeans

Split peas

White beans

White kidney beans

Others

STARCHY VEGETABLES

Peas 1 cup, fresh or frozen

Potatoes (all varieties) 8 oz. cooked, 10 oz. raw*

Squash 1 cup: All Hard Squashes such as Acorn, Butternut, Spaghetti and Hubbard

Sweet Potatoes 8 oz. cooked, 10 oz. raw*

Yams 8 oz. cooked, 10 oz. raw*

*If the cooking process dehydrates potato such as oven baked fries or slices, measure 10 oz. before baking. Whole potatoes can be measured at 8 oz. after baking.

VEGETABLES: 1 cup

Artichoke hearts, canned in water	Mushrooms
Asparagus	Okra
Bamboo shoots	Onion
Bean sprouts	Parsley
Beets	Parsnips
Belgian endives	Pasta sauce, no natural flavors or sugars
Bok Choy	Peppers
Broccoli	Pickles, Dill*
Brussels sprouts	Pimentos
Cabbage	Pumpkin (both a vegetable and a fruit)
Carrots	Radishes
Cauliflower	Rutabaga
Celery	Salsa 1 cup cooked vegetable if in jar or can
Celery root	Salsa 1 cup raw vegetables if fresh
Cilantro	Sauerkraut
Cucumber	Scallions
Eggplant	Snow pea pods
Endive	Spinach
Escarole	Sprouts
Fennel	Sugar snap peas
Garlic	Swiss chard
Green and yellow beans	Tomatoes (both a vegetable and a fruit)
Greens	Turnips
Hearts of palm	V8 Juice (not low sodium) 1 cup cooked vegetable**
Jicama	Water chestnuts
Kale	Watercress
Leeks	Yellow crookneck squash
Lettuce, all varieties	Zucchini

*Check the label on dill pickles carefully, watch out for natural flavors and other ingredients not on the food plan.

** We prefer Knudsen Organic Low Sodium Very Veggie Juice

It is okay to have 2 cups cooked at one meal and 2 cups raw at the other meal

Use 3 cups of raw or frozen vegetables to make 2 cups cooked for recipes

FRUITS: 6 oz fresh or frozen

Apple	Orange
Apricot	Papaya
Berries	Peach
Cantaloupe	Pear
Cranberries	Pineapple
Figs, raw	Plum
Grapefruit	Pumpkin (both a fruit and a vegetable)
Honeydew	Rhubarb
Kiwi	Tangerine
Lemon	Tomato (both a fruit and a vegetable)
Lime	Watermelon
Nectarine	

No applesauce, cherries, grapes, bananas, persimmons, pomegranates or mangoes
No dried fruits (concentrated sugar)
Check frozen fruits for sugar
Weigh fruit before cooking

DAIRY: Non-Fat

Cottage cheese, 1/2 cup, 1% is acceptable
Milk, fat free/skim 1 cup
Powdered milk, fat free 1/3 cup
Yogurt, 0% fat, plain 1 cup or 8.6 oz.
Greek yogurt, 0% fat, plain 3/4 cup or 6 oz.

DAIRY SUBSTITUTES:

Soy milk 1 cup unsweetened with 2 ingredients: soy and water
2 oz. any protein or tempeh without rice or other grain
4 oz. tofu
1 egg

We absolutely abstain from all coconut, oat, hemp or nut milk and yogurt.

FATS: Basic Plan: 1 tablespoon=3 teaspoons, Basic Plus: 2 tablespoons=6 teaspoons

Avocado oil	Olive oil
Coconut oil	Other seed oils
Flaxseed oil	Nut oils
Grapeseed oil	Primal Kitchen Mayo with Avocado Oil (not all flavors)
Mayonnaise: Duke's regular (not fat free) *	Sesame oil
Mayonnaise (make your own, recipe in Absolutely Abstinent Cookbook p 103)	Sesame oil toasted or roasted
Newman's Own Olive Oil and Vinegar	

HERBS and SPICES: 1 Tablespoon per day

Basil	Ginger
Chili Powder	Himalayan Pink Salt
Cinnamon	Italian Spices
Dill	Nutmeg
Garlic Powder	Others

CONDIMENTS: 2 Tablespoons per day

Bragg Liquid Aminos	Mustard
Dill Pickle	Salsa
Horseradish	Tomato Sauce
Hot Sauce	Vinegar: white, red wine, rice and apple cider (No balsamic vinegar)
Ketchup (recipe in Absolutely Abstinent Cookbook pg. 96)	Yogurt
Milk	

DAILY OPTIONS

Broth 1 cup
Condiments 2 tablespoons
Spices 1 tablespoon

TRIGGER FOODS

- We abstain from all forms of alcohol, cocoa, chocolate, caffeine, decaf coffee and artificially sweetened products including gum, desserts, yogurt, candy, & soda. We abstain from all brands of diet soda
- We abstain from all forms of sugar such as sucrose, fructose, corn sweetener, dextrose, maltodextrin, polydextrose, whey, syrups, malt, rice sweeteners, honey, natural flavors, mannitol, sorbitol, caramel color, stevia, inulin, artificial sweetener packets and liquid, guar gum, xanthan gum, isomalt carrageenan and licorice root and others. A word about Natural Flavors. If natural flavors appears on the list of ingredients, assume it is sugar unless you call and check with the company. It has been our experience that customer service representatives usually will say it is proprietary information that cannot be disclosed. In that case, do not buy the product.
- We abstain from all forms of flour such as corn and corn meal, wheat, rice, barley, rye, almond, coconut, bean and products such as corn chips and tacos
- We abstain from all forms of wheat products including macaroni, noodles, bread, pizza, crackers, pita, pretzels, bagels, muffins, shredded wheat, whole grain wheat, wheat flour, modified food starch, triticale, kamut, bulgur and spelt
- We abstain from all high fat foods including fried food, butter, sour cream, cream cheese, dairy products 1% or higher fat content, hard cheese, ricotta cheese, nuts, seeds, olives, avocados. (Cottage cheese at 1% fat is the exception)
- We abstain from the following fruits: dried fruit, applesauce, bananas, grapes, cherries, fruit juice, mangos, raisins, persimmons and pomegranate
- We abstain from puffed and popped products including popped corn, puffed grain cereal and rice cakes
- We abstain from rolled oats
- We abstain from corn and all corn products

GUIDELINES TO ABSTINENCE

Check labels for trigger ingredients. Check the list of ingredients every time you buy; food producers change ingredients and add sugar when you're not looking! Best of all buy fresh and frozen foods that have not been processed and whole grains (except wheat). If natural flavors appear on the list of ingredients, call the company to identify the ingredient. It might be some form of sugar. If the company cannot provide the information, do not purchase the product.

Prepare food by baking, boiling, grilling, broiling, steaming, stir frying in cooking spray. Be sure the spray is alcohol free.

When fat content goes down, starches replace it. Beware of non-fat and low-fat food. Check the ingredients carefully; they may contain trigger substances.

Weighing and measuring food is crucial to the success of the recovery food plan. This is the way we manage volume. Volume triggers addiction and cravings. Any small deviation from the food plan renders it useless.

Schedule meals approximately 4 1/2 to 5 hours apart to maintain level metabolism.

Use a variety of foods in order to avoid boredom. Using a single food frequently, may indicate that it is a trigger food.

Eliminate caffeinated and decaf coffee; caffeine is an addictive substance that stimulates appetite. Decaf is not safe for us and has proved to be a cause of relapse.

Plan, report, and commit your food to a sponsor a day ahead. Keep it honest by reporting changes.

Limit eggs, they are highly allergenic, we encourage limited exposure to them.

Basic Plan - 2 eggs two times a week for a total of 4 eggs per week

Basic Plus Plan - 3 eggs two times a week for a total of 6 eggs per week

Iodized salt contains sugar, which keeps iodine in suspension. Look for salt without iodine as a sugar-free choice. Assume restaurant salt contains iodine and sugar if not marked. Be sure to use an iodine supplement. All white salt is refined. The better choice is pink Himalayan salt. Himalayan salt contains iodine, magnesium, zinc, iron and calcium – the five minerals in which the United States population are most deficient.

Check labels on all meat products for added starch and sugar, such as dextrose in fresh and frozen chickens and turkeys. Processed meats often contain sugar, starch and too much fat. Any meat high in fat such as chicken thighs can trigger cravings.

Check your toothpaste and mouthwash. We choose only brands that are alcohol-free and glycerin-free. Some

Arm & Hammer tooth-pastes are appropriate for our plan. Check the ingredients before purchasing. Thera Breath mouthwash is currently acceptable for our plan. Not all Thera Breath products are right for us, check the ingredients before you buy. Unflavored dental floss is the best choice.

Get support by attending meetings and food groups. Get a sponsor who will share his or her experience, strength and hope with you.

When ordering in restaurants ask for protein with no added fat, seasoning or marinade; a dry baked potato; large salad without bacon, eggs, cheese or croutons, with oil and vinegar on the side (no balsamic vinegar). Take your cup and scale with you. Make water your drink of choice,

There is no cheese on the recovery food plan except cottage cheese. Read the label carefully. It is getting harder to find clean cottage cheese.

Caution, animal fat triggers cravings. To protect our recovery and avoid craving, we abstain from cheese, cream, sour cream, fatty meats and other foods that are high in animal fats. The addictive quality of cheese has been compared to heroin. Cheese has "morphine-like compounds" called casomorphins that attach to the brain's opiate receptors creating an addictive response.

Limit red meat (beef, lamb, pork and veal) to three times per week.

We abstain from fatty meats, this includes beef, dark meat poultry, and processed proteins such as sausages (even if the ingredients are acceptable). For instance, we reviewed the steaks at a famous steakhouse and the only low-fat cuts were the fillet and sirloin. For ground meat, look for the lowest fat percentage such as 96 percent extra lean ground beef and ground turkey breast or extra lean ground turkey meat. To lower the fat content, mix half ground turkey meat with half ground turkey breast.

Make water your drink of choice. It is the fluid your body needs. Adequate hydration supports abstinence. If you are thirsty your body is telling you it needs water. You can calculate your hydration needs on the internet.

Avoid extreme exercise programs. The food plan supports about 45 minutes exercise a day.

Use a multi-vitamin daily because good nutrition supports abstinence.

Get 8 hours of sleep.

You Need to Know

The amount of protein in the food plan is favorable to the brain chemistry of the food addict. Combining protein with carbohydrate makes the food plan work because the protein moderates the production of brain serotonin from the carbohydrates. We abstain from refined carbohydrates which are the most effective precursor of brain serotonin. They flood the brain with this chemical which acts like a pain killer and a tranquilizer. Since protein decreases the production of brain serotonin when combined with more slowly metabolized complex carbohydrate, it is vital to a successful food plan. Reduction or elimination of high-quality protein foods will render the food plan useless.

Definition of Abstinence pg. 89 in *From the First Bite*

"One of the greatest struggles in recovery is defining abstinence, which is a must for reaching and maintaining physical recovery. Some who have difficulty staying abstinent never get physically clean. When a food addict ingests even a small amount of an addictive substance, cravings are triggered and along with them the urge to binge.

It has become popular to use an abbreviated (no sugar, flour, wheat) definition of abstinence. There is a problem with this abbreviation. We could abstain from sugar, flour and wheat for the rest of our lives and continue to stay in the disease forever by eating high-fat foods, volume and refined carbohydrate snacks...This definition is just too limited. Abstinence needs to be defined as abstinence from all addictive foods and behaviors, including personal binge foods and volume, plus a commitment to a weight and measured food plan."

Volume triggers addiction, just like refined foods. Any small deviation from the food plan renders it useless. When in doubt leave it out.

September 2021