

Food Addicts BreakingFree Recovery Food Plan

A Guide to CleanAbstinence

Recovery Food Plan by Kay Sheppard LMHC

This current food plan supersedes any prior publications

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Food addiction is a biochemical chronic brain disease which can be treated successfully. This Food Addicts BreakingFree (FAB) food plan is our *prescription* for recovery. It eliminates cravings and manages volume. The basic foundation of recovery is abstaining on a physical level from all mood-altering substances. For food addicts, abstinence from highly refined food and mood-altering chemicals constitutes the absolute foundation of recovery from food addiction. It is crucial to begin at this point.

Goals of the Recovery Food Plan

Eliminates the addictive substances

Balances protein and carbohydrate

Manages volume

Provides scientifically sound nutrition

Distributes nutrients throughout the day to maintain a level metabolism

Absolutes

The FAB food plan, along with the FAB twelve steps, will ensure the greatest growth in recovery

This is not a diet, it's a food plan that creates metabolic balance in our bodies and brains

Connect with recovering food addicts daily, our addiction breeds isolation

A sponsor is crucial to successfully implementing the food plan and working the FAB twelve steps

Check labels rigorously, including currently used abstinent foods, producers/manufacturers change ingredients without notice

Know the names of addictive substances

Planning, preparing and reporting accountability is the key to successful recovery

Commit to weighing and measuring food according to this plan

If any of your binge foods appear on the food plan, eliminate them as a personal choice

When we admit that we are powerless over addictive foods-- that our lives are unmanageable, we have taken the first step of recovery

Consult your physician before using this or any other food plan

Kay Sheppard is the creator of the Food Addicts BreakingFree Food Plan. It is with her permission and approval that we name it as such and adapt it to our fellowship to include in our literature. We commit to using it based on her research and development of a scientifically sound nutrition plan for our food addiction community.

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 4 oz. 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 | Oats, steel cut 1/3 cup raw |
| Barley, use hulled or hullless, not pearled | Oat groats |
| Barley flakes ½ cup raw | Quinoa, all colors |
| Buckwheat groats, this is not a form of wheat | Quinoa flakes ½ cup raw |
| Cream of buckwheat 1/3 cup raw | Rice, brown |
| Cream of brown rice 1/3 cup raw | Ryeberries |
| Cream of rye 1/3 cup raw | Teff, brown or ivory |
| Kasha, this is roasted buckwheat | Tempeh 4 oz. with rice or other grain as ingredient |
| Millet | |
| Oat bran ½ cup raw | |

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

| | | |
|------------------|----------------|--------------------------|
| Aduki beans | Kidney beans | Red beans |
| Black beans | Lentils | Refried beans (fat-free) |
| Black-Eyed peas | Lima beans | Soybeans |
| Cannellini beans | Mung beans | Split peas |
| Chickpeas | Navy beans | White beans |
| Edamame | Northern beans | White kidney beans |
| Garbanzo beans | Pinto beans | |

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 |
| Mayonnaise: Duke's regular (not fat free) | (except flavors with fruit juice concentrate) |
| Mayonnaise (make your own, recipe in Absolutely | Sesame oil |
| 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 | |

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 |
| Ketchup (recipe in Absolutely Abstinent | (No balsamic vinegar) |
| 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, maltodextrose, 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 appear 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, air 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. There

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.

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