



# Food Addiction Reset

## BRIEF FOOD PLAN FOR FOOD ADDICTION

You can use any food plan as long as it doesn't contain addictive processed foods. [The Excluded Foods List is here.](#)

Once the processed foods are out, many food plans work great. These include Paleo, Low-Carb, keto, and carnivore. Even Mediterranean works fine once addictive foods are removed.

The plan shown here is adapted from Kay Sheppard. You can change portion sizes and eliminate categories to suit your preferences.

### **Breakfast.**

6oz animal protein (or 3 eggs or 1 c plant protein), 6oz unprocessed starch, 6oz fruit, 2t fat.

### **Lunch and dinner are the same.**

4oz animal protein (or 1 c plant protein) 6oz unprocessed starch, 7oz vegetables (at least half raw) and 2t fat

### **Snack**

2oz animal protein and 6oz raw fruit.

### **What's an unprocessed starch?**

Non-gluten grains such as non-gluten oatmeal, millet and brown rice.

Beans and lentils.

Sweet potato.

Winter squash including pumpkin, spaghetti squash, acorn squash and butternut squash.

Quinoa and buckwheat. (Buckwheat is not wheat.)

### **What's a low-sugar fruit?**

Apples, pears, peaches, plums, (any stone fruit)

Oranges, tangerines, grapefruit (any citrus)

Strawberries, blueberries, raspberries (any berries)

Kiwi, cantaloupe, honeydew melon

## Summary Shopping List for One Person for Seven Days

This list assumes that 20% of plants will go to waste in trimming and proteins will shrink by 30%.

Cold pressed oils (coconut, olive)

Spices (avoid blends that contain salt, sugar, dextrose)

Mineral salt

6.5lbs Low-sugar fruit

7.5lbs Vegetables

9.5lbs Starches. You can reduce the number of starches purchased if you're buying rice and beans.

9lbs Proteins. If buying 1 dozen eggs, you can reduce the proteins by 2 lbs.

### Plant-based adaptation to the plan:

Plant-based proteins are:

quinoa,

amaranth,

lentils,

beans,

The amounts for proteins are. 9oz. at breakfast, 6oz at lunch and dinner, and 3oz. at snack time.



### Plant based Food Plan for Recovery From Processed Food by Joan Ifland



**You do not have to eat animal protein or soy to recover from Processed Food Addiction!**

**Plant based protein examples: Amaranth, Quinoa, Lentils, Beans. (except soy).**



**Breakfast: 9oz. plant based protein, 6oz. unprocessed starch, 6oz. low sugar fruit, 2tsp. unrefined cold pressed olive oil or coconut oil.**

**Lunch: 6oz. plant based protein, 6oz. unprocessed starch, 7oz. raw or cooked vegetable, 2tsp. unrefined cold pressed olive oil or coconut oil.**

**Dinner: 6oz. plant based protein, 6oz. unprocessed starch, 7oz. raw or cooked vegetable, 2tsp. unrefined cold pressed olive oil or coconut oil.**

**Snack: 3oz. plant protein, and 6oz. low sugar fruit.**

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Nothing here can be taken as medical advice. Consult your health professional before making changes in your diet.