



BRIEF FOOD PLAN FOR FOOD ADDICTION - animal protein

This food plan was first published in 1989 in *Food Addiction: The Body Knows* by Kay Sheppard. It was based on a food plan that was first developed in Overeaters Anonymous in the 1960s. Each person develops their food plan based on their lifestyle, budget, and food preparation skills. It's important to start slowly to avoid being overwhelmed.

Breakfast.

Animal protein (or eggs), unprocessed starch, raw or grilled fruit, fat/cold-pressed oil.

Lunch and dinner are the same.

Animal protein, unprocessed starch, vegetables (at least half raw), and fat/cold-pressed oil.

Snack

Animal protein and raw fruit.

What's unprocessed starch?

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

Beans and lentils.

Sweet potato.

Winter squash includes 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

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