



BRIEF FOOD PLAN FOR FOOD ADDICTION - plant 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.

Plant protein, unprocessed starch, raw or grilled fruit, fat/cold-pressed oil

Lunch and dinner are the same.

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

Snack

Plant 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

Plant-based proteins are:

quinoa,

amaranth,

lentils,

beans,