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Overeaters anonymous grey sheet

The following is the text from the original Overeaters Anonymous (O.A.) Grey Sheet food plan. Those who follow this plan are called greysheeters, and they have started their own group called Greysheeters Anonymous. Greysheeters Anonymous is a splinter group from Overeaters Anonymous for those who follow the food plan greysheet. Greysheeters are adamant this is more than a low-carb diet; it is a whole lifestyle based on the 12 steps of Alcoholics Anonymous. Greysheet abstinence is defined as following the food plan listed below, including three weighted and measured meals each day with nothing in between except for non-calorie drinks. Before deciding on a food plan you can read the history of Overeaters Anonymous and its Grey Ark to learn more about how the grey sheet food plan came to be and why it is not officially supported by Overeaters Anonymous today. SIDE ONE OF OA PAMPHLET (Suggested to lose weight) BREAKFAST 1 Protein 1 Fruit Coffee LUNCH 1 Protein 1 Vegetable Finger Salad (no dressing) DINNER 1 Protein 1 Vegetable Salad For carbohydrate sensitive people, man-made sugar and starch create a craving for more of the same. Therefore, these foods can not eat at all! This plan allows for complete abstinence from man-made sugar and starch and from foods with more than 10% carbohydrate content. We suggest three measured meals a day with nothing in between black coffee, tea or no calorie soft drinks. Overeaters Anonymous offers a choice of three disciplined eating plans: To lose weight... Plan A, low-carbohydrate (this booklet) or Plan B, basic-four food groups. To maintain normal weight ... low-carbohydrate maintenance plan. Before choosing a plan, see your doctor. If you have a medical problem, follow your doctor's plan. You will still refrain from overlooking. Remember.... OURS IS A TRIPLING OF THE DISEASE. THESE PROPOSED EATING PLANS MAY GUIDE US ON THE PHYSICAL LEVEL, BUT WE NEED THE 12 STEPS TO REMEMBER OUR RECOVERY ON THE SPIRITUAL AND EMOTIONAL LEVEL AS WELL. SIDE TWO OF OA PAMPHLET ProteinS can be mixed (i.e. chef's salad). Vegetables can be mixed. If a 1/2 cup vegetable is included, the whole part cannot exceed 1/2 cup. Sugar must be listed 5th or below on ingredient labels; not among the first 4 items (Ex. Veg Oil, water, salt, spices, sugar.) Check the labelling of sugar content: packaged meat, low-cal and regular dressing, mixed spices, vegetables in cans and jars. Dextrose, lactose and corn syrup are forms of sugar. Must be listed 5th or below on labels. Mix family salads, then measure two 8 ounce cups of your own, using up to 2 tablespoons of dressing without sugar. A finger salad is three small, raw vegetables or green salad without dressing. When eating out, if cooked vegetables in has a 4th raw vegetable. If there is no fresh fruit, use freshly frozen freshly frozen in sugar or syrups, fruits packed in water or their own juices, not added sugar. Mixture of fruit except 1/2 cup fruits for a total of 1 cup. Use only real mayonnaise, not whipped dressing. Keep an eye out for high carbohydrate artificial sweeteners. If you are concerned about artificial sweeteners, consult your doctor. 1. Use diet catsup and regular mustard on your meat and fish. 2. 3-teaspoon. lemon juice daily can be used in tea or finger salad. If milk is used as a protein, some of this milk can be used ... PAGE THREE OF OA PAMPHLET Beef - 4 ounces. Cheese - 2 ounces. Chicken - 2 pieces Mussels - 4 ounces. Crab - 1/2 cup. Cold cuts - 2 slices. Cottage cheese - 1/2 cup. Eggs - 2. Fish - 4 ounces. Frankfurters - 2 Ham - 4 ounces. Heart - 4 ounces. Kidney - 4 ounces. Lamb - 4 ounces. Liver - 4 ounces. Lobster - 4 ounces. Oysters - 4 ounces. Pork - 4 ounces. Salmon - 1/2 cup Sardines - 1/2 cup Shrimp - 4 ounces. Soyburger - 4 ounces (soy proteins, ham & sausage links) Steak - 4 ounces. Tongue - 4 ounces. Tuna - 1/2 cup Turkey - 4 ounces. 70-00 - 4 ounces. Milk - 8 ounces = 1/2 protein Buttermilk, 1 cup = 1/2 protein Yogurt, low fat plain 1 cup = 1 protein artichoke asparagus bean sprouts Broccoli Brussel Sprouts Cabbage Cauliflower Fishy Chard Cucumber Eggplant Greens: Mustard, Collard, Beetroot. Spinach, Turnip Salad Mushrooms Okra Peppers - Green, Red Radishes Parsley Pickles - Sour, Dill Sauerkraut String Beans Summer Squash Tomatoes Turnip Zucchini Beetroot Carrots Onions Rut Pumpkinabagas Winter Squash Wheat Kim - 1/8 Cup All Spices, Onion Soup, Peppers, Soy Sauce and Paste, Worcestershire Sauce. PAGE FOUR OF OA PAMPHLET Apricots - 3 medium Apple - 1 medium Blackberries - 1/2 cup blueberries - 1/2 cup Boysenberries - 1 cup Cantaloupe - 1/2 Casaba Melon - 1/4 Cranberries - 1 cup gooseberries - 1 cup grapefruit - 1/2 Honeydew Melon - 1/4 Lemons & Limes - 2 Orange - 1 (3 diam.) Pineapple - 1 cup Peach - 1 medium Plum - 2 medium raspberries - 1/2 cup rhubarb - 1 cup strawberry - 1 cup Tangerine - 2 large This is the food plan. It will get rid of the outer manifestation, fat. It's only part of our program. The 12 steps will take care of our living problems. You might ask: Can I do that? Yes, the key is in yourself. All you need is honesty, willingness and an open mind. Many of the things you hear sound strange at first. Just listen to the new ideas. Let them float over you. Give these concepts time to decide. A choice is open to you. You can choose to be responsible for yourself, for yourself. Learn one day at a time to like and love yourself. The recovery begins here. The choice is yours. Keep coming back! PAGE FIVE OF OA PAMPHLET Here are the steps that are proposed as a program of recovery. 1. We admitted that we were powerless over food, that our lives had become unmanageable. 2. Come to believe that a power greater than ourselves could restore us to reason. 3. Taken decision to turn our will and our lives over to the care of God as we Him. 4. Made a searching and fearless moral inventory of ourselves. 5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. 6. Was quite ready to get God to remove all these character flaws. 7. Humbly asked him to remove our shortcomings. 8. Made a list of all persons we had harmed and were willing to make it right for all of them. 9. Made direct changes to such people where possible, except when doing so would harm them or others. 10. Continued to take personal account, and when we were wrong, immediately admitted it. 11. Searched through prayer and meditation to improve our conscious contact with God as we understood Him, praying only to give us depth his will and the power to accomplish it. 12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs. PAGE 6 AND LAST PAGE OF THE PAMPHLET We use an 8-ounce measuring cup (level) and a record or kitchen scale. Food is measured and weighed after cooking. Meat can be roasted, baked, boiled, roasted, pan-fried or grilled. Eggs can be fried. Salad dressing without sugar once a day; a flap of butter or margarine can be used in cooking vegetables. Cake, candy, candy coated gum, catsup, cookies, honey, jam, jelly, nuts, cakes, peanut butter, pie, sugar, sugary soft drinks, syrup, creamy, fried or frayed foods. Cereals, noodles and spaghetti, beer, wine and other alcoholic beverages. Condensed milk, cream cheese, sour cream and whipped cream. Biscuits and all bread products. 1. Write your food plan daily; call it in on your food sponsor for a month. 2. Eat slowly, take small bites. 3. Eat your meals sitting down. 4. No one else helps at mealtimes. 5. Do not skip any meals. 6. Weigh yourself only once a month. 7. Avoid your individual binge foods. 8. Call before you take the first bite. DO NOT EAT DIET SWEETS OR FOODS NOT ON FOOD PORTIONS SHEET WHEN IN DOUBT, LET IT OUT. Appendix 1. Our shared well-being must come first. personal recovery depends on OA device. 2. For our group purposes, there is only an ultimate authority—a loving God whom He can express himself in our group conscience. Our leaders are trusted servants only; they do not rule. 3. The only requirement for OA membership is a desire to stop eating compulsively. 4. Each group should be independent, except in matters affecting other groups or OA as a whole. 5. Each group has only a primary purpose—to carry its message to the compulsive overeater that is still suffering. 6. An OA group should never approve, finance or lend the OA name to any related facility or outside the business, lest problems with money, property and prestige distract us from our primary 7. Each OA group should be fully self-supporting and decreasing outside contributions. 8. Overeaters Anonymous should forever non-professional, but our service centers can employ specialist workers. 9. As such, OA should never be organized; but we can set up service boards or committees that are directly accountable to those they serve. 10. Overeaters Anonymous has no opinion on external issues; therefore OA name should never be drawn into public controversy. 11. Our PR policy is based on attraction rather than promotion; We need to always maintain the personal anonymity of press, radio, film, television and other public communication media. 12. Anonymity is the spiritual basis of all these traditions that ever remind us to place principles for personalities. The History of Overeaters Anonymous and its Grey Sheet GreySheeters Anonymous (GSA) is a Twelve Step community of men and women who share their experiences, strength and hope with each other to recover from compulsive eating. Our primary purpose is to maintain abstinence and help other compulsive eaters to achieve abstinence. To this end, we are jointly investigating the use of the Program of Alcoholics Anonymous in arresting compulsive eating. What is GreySheet Abstinence? We define abstinence as three weighted and measured meals a day from the GreySheet meal plan, with nothing in between meals, except black coffee, tea and diet soda. How does GreySheet work? Our experience is that compulsive eating is set off by a physical reaction to the same foods from which alcohol is made (grains, sugar and starch) and leads to an obsession with these foods. We obtain and maintain abstinence from these foods by eating only foods found on GreySheet, committing that food to a sponsor and working the twelve steps as they are explained in the Big Book of Alcoholics Anonymous. How much does GreySheet cost? There are no charges or fees for GSA membership. We support ourselves through our own contributions. Food on GreySheet is the common food found in grocery stores and restaurants. How do I know GreySheet is for me? Are you overweight or underweight? Do you eat to calm your feelings? Has your health suffered because of your eating habits? Do you wake up to find out you've eaten during the night? Does your eating cause problems at work or at home? When you start, you find you can't stop eating even when you want to? Are you eating out of control? Are you desperate when it comes to food? If you answer yes to any of these questions, you can find a solution in GreySheet abstinence. How do I get started in GreySheet? The best way to see if GreySheet is for you is to attend at least 4 meetings – either face to face or via the phone bridge. If you hear your story and the people you meet have something you want, find a sponsor. This is a solution that has worked for many of us – some for 35+ years. We hope you find from coercion and obsession around your food and serenity serenity enjoy the rest of your life. We do it one day at a time, and we know you can too. Whatever! What!