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Overeaters anonymous food plan sheet

DISCLAIMER *** The Recovery Group provides information for various feeding plans only for review and does not endorse or endorse it. You have no opinion on the foods listed or the recommended suggestions. The Recovery Group, however, strongly asks: 1. Please do not attempt to follow this food plan without the advice of your personal doctor or nutritionist. 2. Please do not attempt to use this food plan without a personal sponsor who has had experience in using this plan. 3. Please do not send this food plan to anyone. END OF LIABILITY *** DIFFERENCES BETWEEN HOW, GREYSHEET AND FAA The main differences between the Grey Leaf and the CEA/HOW food plan are as follows: The food plan allows grains after the first 30 days The added food plan 1 tsp oil / margarine / butter with each meal The food plan counts all vegetables servings such as 1 cup (no 1/2 cup vegetables) Additional selections were added to food lists such as bananas and grapes in the fruit list are in the food plan How next is the text of the original Anonymous Overeaters (O.A.) Grey Sheet food plan. Those who follow this plan are called grissheeters and have started their own group called Greysheeters Anonymous. Greysheeters Anonymous is a group of Overeaters Anonymous splinters for those who follow the gray leaf food plan. Greys are firm this is more than a low-carb diet; it's a whole way of life based on the 12 steps of Alcoholics Anonymous. Gray leaf withdrawal is defined as following the food plan listed below, including three heavy meals and measurements each day with nothing in between, except for calorie-free beverages. Before deciding on a food plan please read the History of Overeaters Anonymous and its Grey Leaf to learn more about how it became the gray leafy food plan, and why it is not officially supported by Overeaters Anonymous today. PAGE ONE OA PAMPHLET (Suggested for weight loss) BREAKFAST 1 Protein 1 Fruit Coffee LUNCH 1 Protein 1 Vegetable Finger Salad (without dressing) DINNER 1 Protein 1 Vegetable Salad For people sensitive to carbohydrates, sugars and artificial starches create a craving for more of the same. Therefore, these foods cannot be eaten at all This plan provides for complete abstinence from artificial sugars and starches and any food with more than 10% carbohydrate content. We suggest three measured meals a day with nothing in between, except black coffee, tea or calorie-free soft drinks. Overeaters Anonymous offers a selection of three disciplined feeding plans: to lose weight ... Plan A, low in (this brochure) or Plan B, basic groups of four foods. To maintain normal weight ... low-carb maintenance plan. Before choosing any plan, see your doctor. If you have a medical problem, follow your doctor's plan. You will still refrain from Eat. Remember... OURS IS A TRIPLE DISEASE. THESE SUGGESTED EATING PLANS CAN GUIDE US ON A PHYSICAL LEVEL, BUT WE NEED THE 12 STEPS TO REMEMBER OUR RECOVERY ON A SPIRITUAL AND EMOTIONAL LEVEL AS WELL. PAMPHLET OA TWO PAGE Proteins can be mixed (i.e. chef's salad). Vegetables can be mixed. If a cup and a half of vegetables are included, the entire serving cannot exceed the cup and a half. Sugar should be on the 5th or bottom of the ingredient labels: not among the first 4 items (e.g. vegetable oil, water, salt, spices, sugar.) Check the labels for the sugar content: packaged meats, low and regular dressings, mixed spices, canned vegetables and jars. Dextrose, lactose and corn syrup are forms of sugar. It should appear at 5th or lower on the labels. Mix family salads, then measure two 8-ounce cups on your own, using up to 2 tablespoons of sugar-free dressing. A finger salad is three small raw vegetables or green salad without dressing. When eating out, if the vegetable cooked in unavailable has a 4th raw vegetable. If fresh fruits are not available, use frozen fresh not packaged in sugar or syrup, fruits packed in water, or your own juice, not added sugar. Fruit mixture except 1/2 cup fruit to total 1 cup. Use only real mayonnaise, not smoothie dressing. Watch out for high-carb artificial sweeteners. If you are concerned about artificial sweeteners, talk to your doctor. 1. Use dietary catsup and regular mustards on your meats and fish. 2. 3-tsp. Lemon juice daily can be used in tea or finger salad. If milk is used as a protein, some of that milk can be used ... PAGE THREE OF OA PAMPHLET Beef - 4 oz. Cheese - 2 oz. Chicken - 2 pieces Clams - 4 oz. Crab - 1/2 cup. Cold cuts - 2 slices. Cottage Cheese - 1/2 cup. Eggs - 2. Fish - 4 oz. Frankfurters - 2 Ham - 4 oz. Heart - 4 oz. Kidney - 4 oz. Lamb - 4 oz. Liver - 4 oz. Lobster - 4 oz. Oysters - 4 oz. Pork - 4 oz. Salmon - 1/2 cup sardines - 1/2 cup shrimp - 4 oz. Soyburger - 4 oz. (soy proteins, ham and sausages) Steak - 4 oz. Tongue - 4 oz. Tuna - 1/2 cup Turkey - 4 oz. Beef - 4 oz. Milk - 8 oz. 1/2 Buttermilk protein, 1 cup 1/2 protein Yogurt, low in plain fat 1 cup protein 1 protein Artichoke Asparagus Bean sprouts Cabbage sprouts Cauliflower Be eggplant Green Aubergine: Mustard, Necklace, beetroot, spinach, turnip lettuce mushrooms Okra Peppers - green, red bouquets parsley pickles - sour, dill Sauerkraut String Beans Summer Squash Tomatoes Lee Squashes Zucchini Beets Onions Pumpkin Rutabagas Winter Pumpkin Germ - 1/8 cup All spices, Hotradish, Soy Sauce and Pasta, Worcesterstshire Sauce. PAGE FOUR OA PAMPHLET Apricots - 3 medium apple - 1 medium blackberry - 1/2 cup blueberries - 1/2 cup blueberries - 1 cup blueberries - 1 cup melon - 1/2 House Melonba - 1/4 blueberries - 1 cup currants - 1 cup grapefruit - 1/2 honey dew melon - 1/4 lemons and lemons - 2 oranges - 1 (3 diam.) Pineapple - 1 cup peach - 1 medium plum - Medium raspberries - 1/2 cup rhubarb - 1 cup strawberries - 1 cup mandarin - 2 large This is the food plan. It'll get rid of the external manifestation, fat. It's just part of our program. The 12 Steps will take care of our life problems. You can ask, can I do it? Yes, the key is inside yourself. All you need is honesty, will and an open mind. A lot of the things you hear will sound strange at first. Just listen to the new ideas. Let them flow over you. Give these concepts time to settle down. A choice is open to you. You can choose to be responsible to yourself, by yourself. Learn, one day at a time, to like and love yourself. Recovery begins here. The choice is yours. Keep coming back! PAGE FIVE OF OA PAMPHLET Here are the steps that are suggested as a recovery program. 1. We admitted that we were powerless about food, that our lives had become unmanageable. 2. He came to believe that a Power greater than ourselves could restore us to sanity. 3. He made the decision to give our will and our lives to God's care as we understood it. 4. We made an intrepid and fearless moral inventory of ourselves. 5. Admitted to God, ourselves and another human being the exact nature of our evils. 6. They were totally ready for God to eliminate all these character flaws. 7. He humbly asked her to eliminate our shortcomings. 8. He made a list of all the people we had harmed and who were willing to amend all of them. 9. Directly amending these persons wherever possible, except when doing so would harm them or others. 10. He continued to take personal inventory and when we were wrong, he admitted it quickly. 11. We seek through prayer and meditation to improve our conscious contact with God as we understood it, praying only for the knowledge of His will for us and the power to accomplish that. 12. Having had a spiritual awakening as a result of these Steps, we try to bring this message to compulsive overeaters and practice these principles in all our affairs. PAGE 6 AND PAMPHLET FINAL PAGE We use an 8-ounce measuring cup (level) and a postal or kitchen scale. Food is measured and weighed after cooking. Meat can be roasted, baked, boiled, roasted, fried or grilled. Eggs may be fried. Sugar-free salad dressing once a day; a pat of butter or margarine can be used in the cooking of vegetables. Cake, caramel, candy-coated gum, catsup, biscuits, honey, jam, jelly, nuts, cakes, peanut butter, cake, sugar, sugary soft drinks, syrups, creamy foods, or scallops. Cereals, noodles and spaghetti, beer, wine and other alcoholic beverages. Condensed milk, cream cheese, sour cream and whipped cream. Cookies and all bread products. 1. Write your food plan daily; Call your food sponsor for a month. 2. Eat slowly, taking small bites. 3. Eat your meals sitting down. 4. There are no second aids in meals. 5. Do not skip any food. 6. Just think that one month. 7. Avoid your food with individual binge eating. 8. Call before taking that first bite. DO NOT EAT FOOD OR SWEETS DIET NOT ON THE FOOD PORTION SHEET WHEN IN DOUBT, LEAVE IT OUT. Appendix 1. Our common well-being must be the first; personal recovery depends on the OA drive. 2. For our group purpose there is only one ultimate authority: a loving God as can be expressed in our group consciousness. Our leaders are but trusted servants; they don't rule. 3. The only requirement to be an OA member is the desire to stop eating compulsively. 4. Each group must be autonomous, except in matters affecting other groups or OA as a whole. 5. Each group has only one main purpose: to take its message to the compulsive eaves that it still suffers. 6. An OA group should never endorse, finance or lend the OA name to any related facility or third party company, so that money, ownership and prestige issues divert us from our primary purpose. 7. All OA groups should be fully self-sufficient, decreasing external contributions. 8. Anonymous Overeaters must remain uns professional forever, but our service centers may employ special workers. 9. The OA, as such, should never be organized; but we can create service boards or committees directly responsible for those they serve. 10. Overeaters Anonymous has no opinion on external issues; therefore, the name OA should never be dragged into public controversy. 11. Our public relations policy is based on attraction rather than promotion; we always need to maintain personal anonymity at the level of press, radio, movies, television and other public media. 12. Anonymity is the spiritual foundation of all these Traditions, always reminding us that we face principles before personalities. The story of the Anonymous overeaters and their grey leaf