

PAGE FIVE: Plan of eating - what it is and is not

An effective Plan of Eating helps the member stop eating compulsively and move toward or maintain a healthy body weight. For a member to stay stopped requires more than just a Plan of Eating. Working the Twelve Steps and using the Tools of Recovery brings a return to sanity around food and a fuller recovery experience spiritually and emotionally.

Think back to some of the items we discussed earlier during our brainstorming activity and from your own experience write briefly about what A Plan of Eating is or does for you:

Examples include:

- Developed by an honest look at eating behaviors
- Eliminates personal binge/ trigger foods
- Defines what, when, how and where and why we eat

Think back to some of the items we discussed earlier during our brainstorming activity and from your own experience write briefly about what A Plan of Eating is NOT or DOES NOT DO does for you:

Examples include:

- A fast weight lose gimmick
- Doing what I can get away with
- A substitute for working the Twelve Steps