

OA 90 Day Sample Plan of Action

Abstinence:

We don't use any flours whatsoever (including pasta, gluten free flours, whole grain flours). Read ingredients!

We don't use any sweeteners whatsoever (including all natural sweeteners such as honey, etc, sugars, artificial sweeteners, sugar alcohols, herbal sweeteners such as stevia). Read ingredients!

We don't use alcohol, mints, gum, or caffeine, except for residual amounts found in decaffeinated coffee.

We abstain from eating in between meals, and from eating what we “feel” like. We eat meals a minimum of 4 hours and a maximum of 6 hours apart, with breakfast concluding before 11 am and dinner concluding before 11 pm. The meal should be eaten within 90 minutes.

In between meals, unsweetened flavored water, seltzer, herb teas and decaf coffee/tea are permitted.

We abstain from weighing ourselves, except on the 1st of each month. (When we weigh and measure all our food accurately on a digital food scale, it is not necessary to weigh our bodies.)

We abstain from eating (or not eating) anything but **exactly** what is written in our food plan in advance, and called in to our sponsor in advance. Texting/emailing is ok if sponsor is not available.

Spray cooking oils to prepare food, salt and spices are permitted.

Sample Food Plan:

Breakfast: 2 oz. dry oatmeal (plain) cooked w/ 1.25 c water or 3 plain rice cakes

Protein:

2 eggs OR

4 oz. cottage cheese OR

8 oz. plain yogurt OR

2 oz. cheese e.g. cheddar, mozzarella, Muenster, etc OR

4 oz. meat OR fish (trimmed of fat & deboned) OR

2 oz. nuts (no added oil) OR

2 oz. peanut butter (no added sugar/sweeteners)

8 oz. milk OR almond milk (unsweetened)

6 oz. fruit

Lunch and Dinner:

Protein from the list above

4 oz. starch:

white potato, sweet potato, brown rice, sweet peas or corn OR 3 round, traditional brown rice cakes, plain

8 oz. cooked vegetables (not sweet peas or corn)

8 oz. raw vegetables

.5 oz oil (extra virgin olive, safflower, coconut, butter, sesame, etc) OR

1 oz. nuts (no added oil) OR 1 oz. peanut butter (as above) OR

1 oz. olives OR 1 oz avocado OR 2 oz. chummus or tehina

6 oz. fruit

We attend three meetings a week (live or telephone), read OA/AA literature daily, write daily, phone our sponsors daily, and make 3 outreach phone calls a day. We work the 12 Steps to the best of our ability.

This list is just a sample of what one OA member's program is like; others may be different. We live one day at a time putting our lives in the hands of our Higher Power.