



Elite Recovery Brain Trust for Eating/Nutrition Challenges

Challenge/Problem	Solutions	Benefit/Motivation
Eating Breakfast	<p>Make a Plan for what to eat Doesn't have to be "breakfast foods"</p> <p>Options: eggs (boiled, scrambled etc.) Oatmeal, Cereal, Smoothies (add protein)</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  4b - Smoothie-Builder.pdf </div> <div style="text-align: center;">  9 - LiveBest-Breakfast.pdf </div> </div> <p>Allow time for the meal- get up earlier Do some prep the night before while preparing dinner</p> <p>Consume caffeine after eating something instead of before so your appetite is better</p>	<p>Kick start your metabolism by "breaking the fast"</p> <p>Brain food</p> <p>Weight Maintenance – decreases snacking and/or large meal at night</p>
<p>Eating late at night/ One meal per day</p> <p>Late night munchies (medication induced?)</p>	<p>Start day with breakfast (within an hour of waking up)</p> <p>Try adding small meals during the day to start</p> <p>Plan ahead = Have nutritious snacks easily accessible to choose from: jerky, trail mix, nuts, carrots</p> <p>Mindfully assess type of hunger (stomach vs emotionally/habit driven)</p> <p>Stay hydrated with water – hungry or thirsty?</p> <p>If medication induced – explore with pharmacist/prescriber the timing and/or dosage of medication Improve sleep hygiene – caffeine restricted to morning</p>	<p>More mindful</p> <p>Improved health</p> <p>Improved sleep – More rested</p> <p>Weight more easily maintained or lost</p> <p>Improved satisfaction</p> <p>Save money</p>

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<p>Lack of cooking skills</p>	<p>Recipe Sources – internet, library, friends/family Websites: https://www.supercook.com https://books.leannebrown.com/good-and-cheap.pdf</p> <p>Meal kits from grocery store – may be \$\$, but makes several servings</p> <p>Order from Amazon Fresh (many items are EBT eligible)</p> <p>Share the load – take turns cooking with others in the house</p> <p>Helpful Utensils: microwave, toaster oven, electric grill (George Foreman), crock pot, blender (Magic Bullet)</p>	<p>Home cooking is more nutritious and balanced</p> <p>Home cooking is mor budget friendly</p> <p>Feel more accomplished</p>
<p>Craving for sweets (candy, ice cream, pop etc) as substitution for alcohol</p> <p>Pg 34 Alcoholics Anonymous: have chocolate available for quick energy value at times of fatigue</p>	<p>Have nutritious sweets easily accessible to choose from: dark chocolate (done mindfully), fruit including grapes and apple sauce, sugar free candy, pudding, jello, Chobani flip yogurt, smoothies</p> <p>Be selective – only choose sweets that you really enjoy and skip the marginal ones</p> <p>Balanced eating throughout the day – consider timing of Meals</p> <p>Use “speed bumps” = Enjoy sweets in moderation socially or if you go out for it vs having it alone and readily available at home. Also, buy in smaller portions or pre portion vs eating from the bag/carton</p> <p>Practice mindful eating</p>	<p>Healthier</p> <p>Have more energy</p> <p>Greater satisfaction</p>

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Increased consumption of pop for sugar and caffeine	<p>Explore different brands of sparkling water and herbal/green teas</p> <p>Try making your own substitution with sparkling water and fruit juice (orange, cranberry , etc)</p> <p>Limit caffeine to 400 mg or less/day to get benefits without developing a dependence on caffeine</p> <p>Identify how much caffeine is consumed and when and then gradually decrease intake with above substitutions to minimize withdrawal symptoms</p>	<p>Decreased added sugar</p> <p>No artificial ingredients including sweeteners or caffeine</p> <p>Improved sleep</p>
Binge on weekends	<p>Explore if too restrictive during the week</p> <p>Mindfully assess type of hunger (stomach vs emotionally/habit driven)</p>	Awareness
How to lose weight gained in early recovery	<p>Improve food choices - MyPlate</p> <p>Practice portion control</p> <p>Split meals at restaurant with someone or ask for them to split the meal prior to serving so you have leftovers</p> <p>Routinely eat 2-3 well balanced meals per day (include breakfast)</p> <p>Stay hydrated with water – get a water bottle</p> <p>Incorporate enjoyable physical activity</p> <p>Practice mindful eating</p> <p>Allow yourself seconds after 20 minutes if still hungry</p>	<p>Improved health both physically and mentally</p> <p>Improved body image and confidence</p> <p>Feel more in control and disciplined</p>