
Early Recovery Nutritional Challenges

Majority of Addicts Suffer From:

- Malfunctioning neurotransmitters
- Hypoglycemia
- Digestive problems
- Food allergies/sensitivities
- Adrenal fatigue
- Nutritional deficiencies/malnutrition

Existing Negative Food Patterns Usually Include:

- No breakfast
- High sugar/refined carbohydrate diet
- Highly processed food diet
- Low protein intake
- Low fruit and vegetable intake
- High milk intake

All of these challenges attribute to a malnutrition referred to as the “hidden hunger” similarly seen in food insecure or underdeveloped nations. Because of the digestive issues caused or exacerbated by drug and alcohol addiction the organs can no longer use nutrients to their best effect.

Ex: Alcohol abuse causes the liver to not produce sufficient digestive enzymes for the body to utilize vitamins and mineral, so even if a person is consuming sufficient levels they are not being put to use in the body.

All of this comes together to produce more cravings and withdrawal like symptoms of fatigue, depression, mental confusion, irritability and general malaise. Our menu supplies clients with the nutrition they need to begin to break this cycle of malnutrition.

Our Menu

Our menu focuses on providing clients with a balanced diet. Limiting refined foods and replacing with nutrient dense whole foods can quickly improve mood and focus. Complex carbohydrates, protein and healthy fats are the building blocks to keep us going.

1. Complex Carbohydrates

Many of our clients are used to a diet of simple and refined carbohydrates often consumed through highly processed food. In offering a diet rich in complex carbohydrates we can better regulate the incoming energy sources to be slow releasing and slow releasing for sustained motivation throughout the day. Complex carbohydrate sources also contain needed fiber and micronutrients that simple carbs lack. Complex carbohydrates are a good choice to lesson digestive issues brought on by drug and alcohol use and can relieve constipation or diarrhea often seen in early recovery. Main meals feature many of these items as well morning shakes and afternoon snacks contain at least one of these complex carbohydrate sources to fight mid-afternoon hunger and sugar cravings.

Menu Sources of Complex Carbohydrates

Nuts, Seeds & Legumes	Whole Grains	Fruits & Vegetables
- Lentils	- Brown/Wild Rice	- Peas
- Kidney beans	- Corn	- Broccoli
- Chickpeas	- Whole Wheats	- Sweet Potato
- Split peas	- Oats	- Tomato
- Soybeans	- Quinoa	- Cucumber
- Soymilk	- Whole Grain Pastas	- Pears
	- Whole Grain Breads	- Apples

2. Proteins & Essential Amino Acids

Protein is important for everyone in all life stages, even more so for someone in early recovery. Protein is what contains the essential amino acids that we need to get through our dietary choices. Essential amino acids are critical in regulating many mood and hormonal functions. This is important to us as if we have a calm and content client they will better focus on their program work. Clients requires a high protein diet to support/re-regulate tissue repair, a healthy immune system, hormone production and mental functions. Our protein choices focus on being easily digestible and non-inflammatory in order to get the most out of our menu items and to accommodate any digestive issues. In order to be efficiently used in the body our main meal protein sources do not exceed 6oz at a time. Additional protein sources are found in baked items and smoothies throughout the day.

Menu Sources of Proteins

Fish/Meat	Grains/Legumes	Nuts/Seeds
<ul style="list-style-type: none"> - Chicken - Turkey - Beef - Tuna - Salmon - Cod 	<ul style="list-style-type: none"> - Quinoa - Brown/Wild Rice - Tofu - Tempeh - Corn - Beans - Fortified Cereals 	<ul style="list-style-type: none"> - Peanut - Peanut Butter - Almond - Cashew - Sunflower Seed - Pumpkin Seed

Egg/Dairy	Vegetables	Combinations/Other
<ul style="list-style-type: none"> - Eggs - Yogurt - Cheese 	<ul style="list-style-type: none"> - Peas - Broccoli - Spinach - Avocado - Cauliflower 	<ul style="list-style-type: none"> - Lentils & Rice - Beans & Rice - Protein Powders

3. Healthy Fats

Fat is necessary in our daily diets to maintain healthy cell function, absorb vitamins and minerals and is required for the production of serotonin (elevates mood and assists good sleep). Omega 3 and Omega 6 are the essential fatty acids our menu will focus on providing, while limiting sources of refined or hydrogenated fats.

Menu Sources of Healthy Fats

Fish/Seafood	Eggs/Dairy	Seeds/Nuts	Oils	Fruit/Veg
- Tuna - Salmon - Cod	- Whole Eggs - Butter- - Greek Yogurt	- Chia - Flax - Pumpkin - Nuts - Nut butters	- Olive Oil - Sunflower Oil	- Avocado - Coconut