

SOBRIETY WITH FOOD HANDOUT

In keeping with sober eating principles, this worksheet is intended to be filled out with guidance from a sponsor, program fellow, or health care professional.

Alcoholic foods (foods you will not eat NO MATTER WHAT)

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Eating behaviors **and attitudes** that trigger obsession

1. _____
2. _____
3. _____
4. _____
5. _____

People you can reach out to for food decisions

1. _____
2. _____
3. _____
4. _____

Program tools that help support sobriety

1. _____
2. _____
3. _____
4. _____

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Food plan

Breakfast options

Lunch options

Dinner options

Snack options
