

Find a Plan of Eating

I came to OA when I was eight months pregnant, overweight, and gaining more with the pregnancy.

A nutritionist gave me a food plan: three meals and three snacks daily, no sugar or junk food, and a balance of carbs and protein.

I walked into my first OA meeting with my food plan and got the help I needed. I kept going back and experienced abstinence for the first time. But after I had my baby boy, I took back my will and was into the food again big time.

I'm thankful I had the willingness to return. I went to more meetings, found a sponsor, worked the Steps, and used the plan my nutritionist gave me, and I lost 80 pounds (36 kg). Eventually I dropped one snack from my plan, and that worked for a long time, even during my second pregnancy.

Later I dropped my morning snack, and recently I dropped the last snack, making my plan 3-0-1: three meals a day, nothing in between, one day at a time.

I have five years of abstinence now. For a long time, though, I felt my abstinence wasn't good enough because my food plan seemed

different from what I was hearing in OA. But my sponsor reminded me that this works for me and to let it go.

The amazing thing is I didn't just decide to drop a snack from my plan; it happened when I wasn't trying! God did for me what I could never do for myself.

My message for the still-suffering overeater is to find a plan that could work for you and try to abstain just for today. You might be surprised how the days add up and weight comes off, one day at a time.

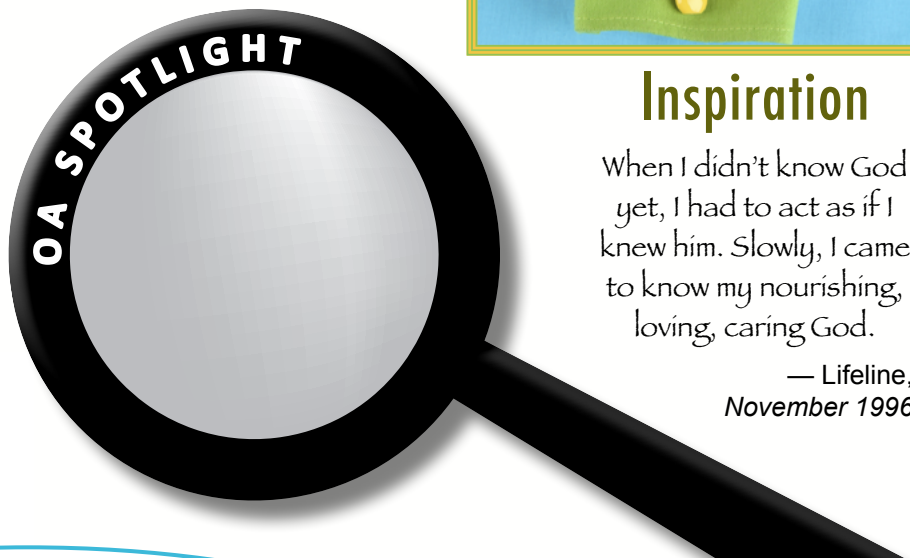
— Lifeline, May 2011



Inspiration

When I didn't know God yet, I had to act as if I knew him. Slowly, I came to know my nourishing, loving, caring God.

— Lifeline,
November 1996



A Call To Service

R.E. from Oaklyn, New Jersey USA, says, "My humble job consists of little more than buying and selling OA-approved literature. It's not a hard job, but it keeps me coming back."

How will you serve this week?

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