

THE VISION:

A strict program that becomes more and more flexible and intuitive to help transition patients to the real world. Starting with rules helps separate the person from the eating disorder and provide a community standard of living



RECOVERY DIRECTED EATING: PROGRESS THROUGH PHASES

Highly Structured Plated Meals
100%

Everyone starts here

Family Style
100%

Must be phase 2 and weight restored

Advanced Family Style
100%

Must be phase 2 and weight restored, has additional main dish options

Intuitive Eating
(no specified %)

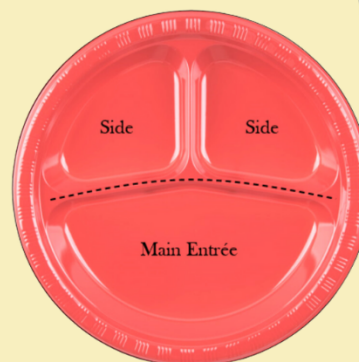
This is the goal for eating when recovered. (Usually not phased in while at CFC)

THE 100% INDICATION MEANS THAT PATIENTS MUST EAT 100% OF MEALS OR SUPPLEMENT WITH BOOST TO MAKE SURE THE BRAIN IS GETTING ADEQUATE NUTRITION;

ALWAYS REMEMBER: RE-FEEDING THE BRAIN IS WHERE RECOVERY STARTS. WEIGHT RESTORATION IS THE FIRST PRIORITY

THE PLATE METHOD

This provides guidance for serving sizes when plating meals at CFC or at home, rather than using rigid measurements



CHALLENGING FOOD EXPERIENCES

In phase 1, these may include:

- Therapeutic Food Day
- Recovery Directed Lunch
- Friday Night Snack
- Challenges
- Extras

In phase 2, these may also include:

- Meal Passes
- Snack Passes
- Abundance Eating
- Food Exposure
- Solo with Food
- Grocery Store Trip
- Cooking Class

MEAL PLANNING FOR DISCHARGE:

Patients will work with their dietician to develop a post-discharge meal plan that works for their needs and living situation. Many of these plans follow the zones described below

Red Zone

Your loved one's eating disorder is calling the shots. They are engaging in ED behaviors (restricting food intake, counting calories, bingeing, purging, exercising excessively) and may be losing weight.

Yellow Zone

Your loved one is renourished. They completed weight restoration, if necessary. With support they are able to follow their meal plan (3 meals and 3 snacks/day), and are compliant using Boost Plus (or food) to make up for any restriction. Their ED urges fluctuate, but they are generally following food and movement guidelines.

Green Zone

Your loved one has been able to follow their meal plan, correcting for restriction, for 6 months. They are eating a variety of foods and honor taste preferences, eating "challenge" foods regularly. They are now Boosting for taste preference, not to avoid foods. They are honest about ED thoughts and urges.

Blue Zone

Your loved one has been in the Green Zone for 12-18 months. They are eating intuitively and exhibit food flexibility at home, with family and friends, at restaurants, and while traveling. When food is restricted due to illness or circumstance, they increase their food intake to compensate appropriately.

Let go of the belief that you can choose your weight and recover from an eating disorder. Diets don't work.

Unpacking the diet culture surrounding us and creating a healthy relationship with food *and* our bodies is possible.

Intuitive Eating, as well as the **Intuitive Eating Workbook** (both by Tribole & Resch) are available on Amazon and excellent resources for loved ones who want to understand the principles and goals of eating as a recovered person.

