

Flavors of Food Recovery

12-Step Food Recovery

Eating Disorders Anonymous (EDA)

Founded in 2000 by AA members, EDA focuses on recovery from eating disorders by creating life balance rather than abstinence. They believe that a focus on meal plans does not solve life choices that lead to compulsive eating. EDA supports holistic wellness using a nutritionally sound approach and discourages any form of food rules. This free program emphasizes honesty, self-care, and creative expression to gain perspective and peace.

<https://eatingdisordersanonymous.org/about/>

Food Addicts Anonymous (FAA)

Founded in 1987, FAA adheres to a strict abstinence model, eliminating sugar (including artificial sweeteners), flour, and wheat. The food plan incorporates regular meals with a "Metabolic Adjustment" 4th meal (or snack) to manage cravings for fatty foods. It's a low-fat food plan, which may require careful adjustments for premenopausal women. FAA emphasizes working with sponsors and food addiction informed nutritionists to ensure physical well-being during recovery. This free program is generous with their online resources and shares their recommended food plan on their website.

<https://faacanhelpp.org/>

Food Addicts in Recovery Anonymous (FA)

A 12-Step recovery program similar to FAA, FA was founded in 1998 and enforces no sugar, no flour, and three weighed and measured meals daily. Individual sponsors may impose additional restrictions, such as limiting avocado, nuts, or artificial sweeteners. Members are encouraged to attend three meetings a week and maintain daily contact with sponsors and fellow food addicts. Some meetings emphasize weight loss alongside abstinence. FA encourages a structured studying of the 12 Steps through an AWOL (A Way Of Life) that requires a commitment to abstinence and regular attendance.

<https://www.foodaddicts.org/>

Plant Based Food Addicts in Recovery Anonymous

A subgroup of FA that follows a plant-based diet. At the time of this writing, the plant based group meets on Zoom three times weekly.

Group support through WhatsApp: <https://chat.whatsapp.com/F3ZVp9ebvzk1KTRAmTINsO>

Healing in FA

A subgroup of FA that follows a plant-based diet inspired by Anthony William's "medical medium" principles.

Group support through WhatsApp: <https://chat.whatsapp.com/EzVB8CtrpPM3dC1hedqAo9>
<https://www.medicalmedium.com/>

Compassionate Food Recovery

Once an FA offshoot and now a standalone community, Compassionate Food Recovery allows participants to share experiences even if they aren't yet abstinent. It encourages the same abstinence-based food plan as FA but focuses less on the food and more on emotional sobriety.

<https://compassionatefoodrecovery.com/>

Overeaters Anonymous (OA)

OA offers a spiritual, sponsor-led 12-Step program for compulsive overeaters, with significant variations in meeting formats and focus. It provides support for members seeking balance and recovery. They do not offer one specific meal plan or definition of abstinence, although the program generally abstains from refined sugar. They call this "Dignity of Choice" and empower members to find a meal plan that works for them. Many report finding emotional recovery in OA but physical recovery may be less consistent due to the variety of food plans used. OA offers an Action Plan tool that helps bring daily structure and balance that many find helpful.

<https://oa.org/>

OA 90

A disciplined OA special focus group that emphasizes 90 days of abstinence before allowing members to share in meetings. It enforces a strict no sugar, no flour, and no trigger foods meal plan.

<https://oa90.org/what-is-oa90/>

OA A Vision for You

A special focus group of OA focused on in-depth study of the AA Big Book, with individualized sponsorship practices.

<https://www.avision4you.info/>

OA HOW

A structured special focus group within OA that promotes abstinence from sugar and refined white flour through a sponsor-provided meal plan and daily action tools. It focuses on honesty, open-mindedness and willingness. A sponsor is required prior to receiving a food plan.

<https://how-oa.org/about/>

Chronic Compulsive Eaters Anonymous - Big Book Solution Group (CCEA-BBSG)

Originally an OA special focus group, CCEA-BBSG focuses on in-depth study of the Big Book, with individualized sponsorship practices and without a structured meal plan. You can find many recovered bulimics in this group.

<https://www.cceabigbooksolutiongroup.org/>

Faith Based Food Recovery

Full of Faith

A Christian 12-Step recovery program, *Full of Faith* promotes an abstinence-based model involving no sugar, no flour, and three weighed and measured meals daily. While the food plan is more intricate than others, it provides structured guidelines for those struggling with compulsive cravings. Many participants are also members of OA, with sponsorship being individualized. Support is mainly provided through online communities, including Facebook groups and phone meetings.

<http://www.fulloffaith.com/>

Additional Resources

- *Breaking the Stronghold of Food* by Michael L. Brown, PhD
- *Sweet Surrender* by Pam (Auburn, MA)

Paid Food Recovery Support

Becoming Fiercely Free – Food Recovery Coaching with Lund Wellness Collective, LLC

One on one personalized support from Karin Lund, Functional Nutritionist & Women's Health Specialist. Karin specializes in supporting hormonal balance, emotional well-being, and recovery from unhelpful eating patterns. Her approach integrates functional medicine, trauma-informed care, and nervous system regulation to help individuals cultivate a peaceful relationship with food and their bodies. She is particularly passionate about guiding clients through perimenopausal transitions, menstrual health challenges, and food addiction recovery.

Additional Resources

- *Becoming Fiercely Free: Food & Gratitude Journal* by Karin Lund, MS, CN

Bright Line Eating (BLE)

Created by Susan Peirce Thompson, this program merges scientific insights on food addiction with practical methods to overcome cravings. It follows the FA model of no sugar, no flour, and three meals a day, and offers paid coaching and group support. It is low in calories and may be insufficient for those with a regular movement practice or women who are premenopausal. BLE offers a free quiz to assess susceptibility to food addictions.

<https://www.brightlineeating.com/>

HartsSpace Mental Health & Nutrition – Food Recovery Support Group

A weekly online zoom meeting for clients of HartsSpace. The group participates in book studies, mindfulness practices and discussion with the support of a functional nutritionist. *Many major insurances accepted.*

<https://www.hartsspace.com/>

Additional Resources

- *Food, Body & Love* by Dr. Kari Anderson
- *Nourishing Wisdom* by Marc David
- *Women, Food & God* by Geneen Roth

Joel Fuhrman Membership Plan

Dr. Joel Fuhrman’s *Nutritarian* program focuses on whole foods, avoiding sugar, oils, refined grains, and excess animal products. His paid membership offers tailored meal plans and Q&A sessions as well as one-on-one coaching. This food plan is ideal for those who are self-motivated but struggling with food addictions as well as those interested in transitioning to a plant-based diet.

<https://www.drfuhrman.com/membership>

Additional Resources

- *Breaking the Food Seduction* by Neal Barnard, M.D.
- *How Not to Diet* by Michael Gregor, M.D.
- *The End of Dieting* by Joel Fuhrman, M.D.

Intensive Outpatient Food Recovery

Center for Change

Eating disorder treatment center in Utah.

<https://centerforchange.com/>

Center for Discovery

Evidence-based eating disorder treatment in Tacoma, WA and Edmonds, WA as well as a location in Portland, OR.

<https://centerfordiscovery.com/>

The Center * A Place of HOPE

This Edmonds, WA-based treatment center offers a trauma-based approach to eating disorders, rejecting forced abstinence in favor of addressing the root causes of disordered eating.

<https://www.aplaceofhope.com/>

Additional Resources

- *Hope, Help, & Healing for Eating Disorders* by Gregory Jantz, PhD
- *The Body God Designed* by Gregory Jantz, PhD

The Emily Program

Compassionate and personalized approach to eating disorder treatment using DBT, CBT and FBT therapies.

<https://emilyprogram.com/locations/washington/>

SHiFT

Offering both online and in-person programs based in Florida, SHiFT delivers an intensive, abstinence-based recovery model with daily accountability. Meals exclude sugar, flour, and caffeine, with an added "metabolic adjustment" snack in the evening.

<https://foodaddiction.com/>