

## ANTI-DRUG DIET PLAN



CREATED BY GYMNASIUM

## OVERVIEW:

This Nutrition program is designed for someone who is going through Drug Rehab treatment through rehab centers or medications, etc. They need to follow the nutrition plan which will help to improve the Brain functioning, production of Red Blood Cells, reproductive system & hormone imbalance, strengthen the immune system, etc. During the drug addiction, it causes some pretty serious nutritional deficiencies. Your body needs nutrients to heal. Providing your body with those missing nutrients is going to be crucial to helping it cope with withdrawals and get back on track. Plus, when you're feeling better, it's much easier to ignore cravings.

### Your body needs fiber

While a multivitamin does help replace some nutrients if you've been eating poorly for a while, it can't sustain you long-term. Make sure you're getting lots of vegetables, fruits, and whole grains. Not only will the fiber keep your digestive system happy, but it also regulates your blood sugar. That means fewer mood swings, and an easier time staying on course.

### You don't want to replace your addiction

Yes, sugar is the far lesser of two evils. But many people in recovery use sugar and caffeine to keep feeling awake and alert. Over time, your brain will expect food to taste sweet, and the healthier foods just won't taste as good. Gaining more weight than is healthy can become a problem if you're using sugar as a substitute for your addiction.

## DRUG EFFECT

### Opiates

Opiates such as **Heroin**, **Chitta** affect the digestive system, and individuals addicted to these substances will often deal with constipation, nausea, diarrhea, and vomiting. Because of this, individuals with opiate addictions often have an electrolyte imbalance. Focusing on a high-fiber diet will help sort out the gastrointestinal problems. Think vegetables, whole grains, and beans.

### Alcohol

Alcoholism usually causes deficiencies in vitamin B6, thiamine, and folic acid. Individuals with alcoholism also often have an imbalance of fluids, electrolytes, and protein. All of this can lead to damage in the liver and pancreas, as well as high blood pressure and seizures.

A recovering alcoholic will need a well-rounded diet to combat the often-severe malnutrition. Women who have been heavy drinkers for a while will often benefit from calcium supplements as they're at a high risk for osteoporosis.

### Stimulants

Stimulants such as **cocaine**, **Crack** and **meth** give a high that reduces appetite and the need for sleep. Because of this, your body will likely need lots of liquid to combat dehydration, and all around better nutrition. Staying up for extended periods of time can do a number on your body, and heavy stimulant use can cause permanent memory damage. So eat food rich in Omega 3

### Marijuana

Unlike other drugs, marijuana increases your appetite. However, this means you'll often be eating foods high in fat and sugar. During detox, your focus will be on scaling back your caloric intake and finding balance with foods that nourish your body.

## IMPORTANT NUTRIENTS

### Water - Start with hydration

Alcohol is notorious for dehydrating the body, and many drug users do not feel the need to drink water while using. Your body needs hydration to function well. In addition to lots of water, try electrolyte-packed beverages such as Gatorade and coconut water as well, especially if you've been vomiting. If you're able to make an investment, consider getting a juicer to start getting fruits and vegetables to start getting vitamins back in your system while you hydrate.

### Eat your fruits and veggies

Aim for 4 to 5 servings every day. And don't be afraid to have fun with this! There are tons of different types of fruit out there. Not big on apples? Try mangos, Papaya, Grapes. A spinach salad with cucumber, chopped walnuts, and a light vinaigrette (Red Vinegar) is easy to make and delicious.

### Protein

Protein is a building block of a healthy body. It helps to repair the cells. Protein isn't just in meat, a small container of yogurt has about 11 grams, and a cup of dry beans has 16.

### Multivitamin

A multivitamin can be extremely beneficial to kick-start your detox. Many people in recovery can benefit from a multivitamin with zinc, Vitamin A, Vitamin C, and B-complex. You may even want to look into homeopathic supplements like turmeric, milk thistle, and green tea. However, be sure to talk to your doctor before trying adding vitamins to your diet. Every person's body is different, and you may need more of one nutrient than another. Also, certain vitamins can be harmful depending on what else you've been taking.

### It's not drug cravings; you're hungry

Many people who have been using drugs for a long time have forgotten how hunger feels. When your body has a chance to recover, those feelings may come back in full force. If you're craving something, it's likely not drugs, but just food. Stick to regular mealtimes. This will teach your body when to expect food and help keep the hunger under control.

## NUTRITION PLAN

### UPON WALKING UP

DAYS	FOOD
EVERYDAY	DETOX TEA – Coriander Powder, Green Cardamom, Ginger, Basil Leaves, Honey

### MEAL 1

DAYS	FOOD
MONDAY	3 Eggs (1 whole Egg + 2 Egg Whites) – Scrambled Eggs, Add fresh Cilantro, Onion, Salt/Pepper 1 Orange
TUESDAY	½ cup Oats – Add water then add 2sp almonds, 2sp raisins, ½ Apple
WEDNESDAY	Whole Grain Muesli Cereals by Patanjali or Baggary's 1 Apple
THURSDAY	Banana Shake – Add 1 Banana, 240ml Milk & 1sp Peanut butter, Blend all.
FRIDAY	3 Eggs Omelet with 1 whole wheat Chapati
SATURDAY	Bread Toast - 2 Slice Wheat Bread+1sp peanut butter 1 Banana
SUNDAY	4 Boiled Eggs (2whole+2white) 240ml Warm Milk

**MEAL 2**

DAYS	FOOD
MONDAY	1cup Milk – Add 2sp Protinex 28g Cashews
TUESDAY	Banana Shake – Add 1 Banana, 240ml Milk & 1sp Peanut butter, Blend all.
WEDNESDAY	Fruit Salad – Apple + Grapes + Orange + Kiwi + Pine Apple
THURSDAY	1 cup Plain Yogurt (curd)
FRIDAY	1cup Dry Roasted Soy Beans 1cup Tulsi Green Tea
SATURDAY	Flaxseed pinni – Make it with Alsí, coconut oil, wheat flour, honey
SUNDAY	1 Glass Fresh Orange Juice 15 Almonds

**MEAL 3**

DAYS	FOOD
MONDAY	1 Bowl Black Lentil Soup – Cooked with less oil and spices ½ plate Carrots (Raw)
TUESDAY	1 Bowl Orange Lentil Soup – Cooked with less oil and spices ½ plate Cucumber
WEDNESDAY	Egg Bhurji (2whole+2white) – Add peas, green bell pepper, onions, etc. 1-2 Chapati
THURSDAY	Rice Palo – Brown rice with cauliflower, potato, carrot cooked in less oil and less spices.
FRIDAY	1 Bowl Mixed Lentil Soup – Cooked with less oil and spices 1 cup Yogurt
SATURDAY	Mixed Vegetables – cooked in less oil and less spices 1-2 chapati
SUNDAY	Chicken curry (or breast) – cooked in less oil and less spices ½ Rice or 1 Chapati Salad – Cabbage or Lettuce, Tomato, Cucumber, Carrots.

**MEAL 4**

DAYS	FOOD
MONDAY	1cup Dry Roasted Chickpeas 1cup Ginger Tea – No Milk
TUESDAY	1 Glass Fresh Carrot Juice 15 Almonds
WEDNESDAY	1cup Dry Roasted Chickpeas 1cup Ginger/Cinnamon Indian Tea with Milk
THURSDAY	1 Glass Fresh Pomegranate Juice 1 Handful Walnuts
FRIDAY	1 Glass Fresh Orange Juice 15 Almonds
SATURDAY	Banana Shake – Add 1 Banana, 240ml Milk & 1sp Peanut butter, Blend all.
SUNDAY	Fruit Salad – Apple + Grapes + Orange + Kiwi + Pine Apple

**MEAL 5**

DAYS	FOOD
MONDAY	1 cup Kidney Beans – Cooked with less oil and spices 1cup Plain Yogurt ½ cup Brown Rice Salad – Tomato, cucumber, carrots (Eat 30min before dinner)
TUESDAY	1 cup White Channe – Cooked with less oil and spices 1cup Plain Yogurt 1-2 Roti Salad – Tomato, cucumber, carrots (Eat 30min before dinner)
WEDNESDAY	1 cup Black Channe – Cooked with less oil and spices 1cup Plain Yogurt ½ cup Brown Rice Salad – Tomato, cucumber, carrots (Eat 30min before dinner)
THURSDAY	1 cup Cauliflower – Cooked with less oil and spices 1cup Plain Yogurt 1-2 Roti Salad – Tomato, cucumber, carrots (Eat 30min before dinner)

<b>FRIDAY</b>	120g Fish – cooked in less oil and less spices ½ Rice or 1 Chapati Salad – Lettuce, Tomato, Cucumber, Carrots ( <b>Eat 30min before dinner</b> )
<b>SATURDAY</b>	1 cup White Channe – Cooked with less oil and spices 1cup Plain Yogurt 1-2 Roti Salad – Tomato, cucumber, carrots ( <b>Eat 30min before dinner</b> )
<b>SUNDAY</b>	1 cup White Channe – Cooked with less oil and spices 1cup Plain Yogurt 1-2 Roti Salad – Tomato, cucumber, carrots ( <b>Eat 30min before dinner</b> )