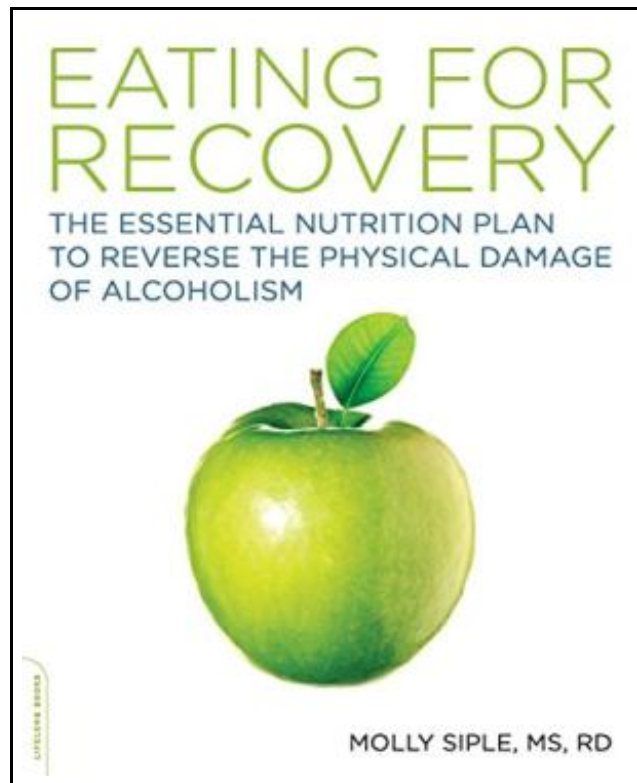


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- \* Lists of recovery foods that help combat specific ills and improve health
- \* Manageable recovery goals and easy ways to implement them
- \* Easy-to-make recipes for every meal, including snacks and beverages
- \* 21 days worth of menus to jump-start nutritious eating
- \* Shopping lists, recommendations for eating out, and other resources

Eating for Recovery's guidelines, practical tips, recipes and varied meal plans make it the essential resource for anyone seeking to restore their health and vitality after alcohol abuse.



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