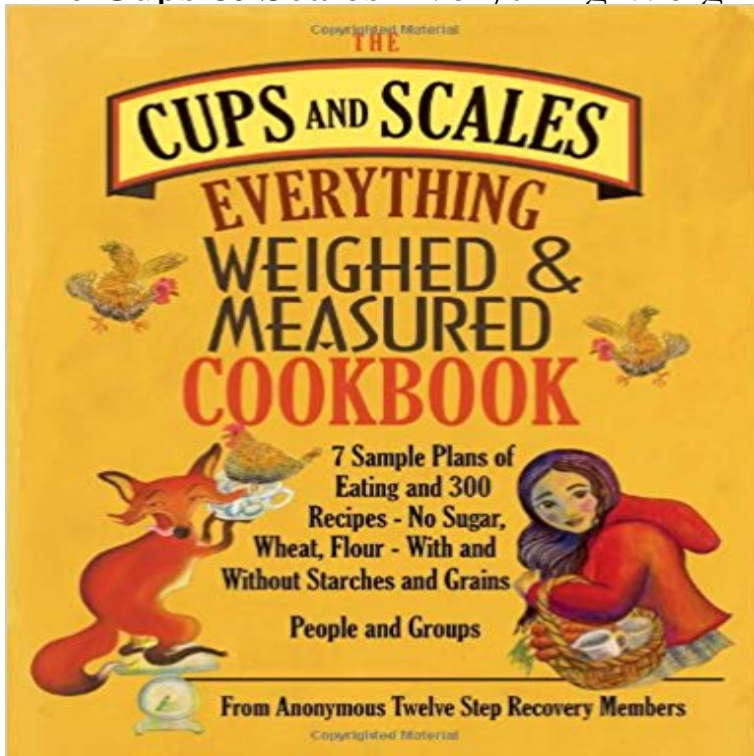


# The Cups & Scales Everything Weighed & Measured Cookbook



The Cups & Scales Everything Weighed & Measured Cookbook is a factual and inspirational guide. It contains 7 Sample Plans of Eating and 300 Recipes - No Sugar, Wheat, Flour - With and Without Starches and Grains - Everything Weighed & Measured. Find Sample Plans of Eating. View seven sample plans of eating - plans with one fruit to four fruits per day, and plans with and without starches and grains. Use the recipes in this book separately or in combination with a plan of eating. See websites where you can obtain plans of eating supported by non-profit overeating and food addiction groups. Read an essay on Facing Plan of Eating Choices with My Healthcare Practitioner & A Sponsor from a Twelve Step Recovery member. Learn about adjustable Frequencies of Meals. See over 300 Recipes - No Sugar-Wheat-Flour - Everything Weighed and Measured, With and Without Starches and Grains. Recipes may be used in combination with the plans of eating. See Whats In It - What Isnt In It, ingredients used in the recipes, and what a serving amount is in the ingredients and foods. Read To Weigh & Measure or To Not Weigh & Measure and learn about The Phenomenon of Weighing & Measuring. Hear one contributors take on The Benefits. I Eat with Safety & Security Because I Shop for the Right Foods & Weigh and Measure I Cook & Eat With Happiness I Cook & Eat Without Remorse I Get Consistent Brain Functioning & Balanced Metabolism I Get Peace of Mind on a Plate I am safe I have never lost the right to eat I have another meal coming I have the comfort of knowing where I will get my next meal I have the safety, security & comfort of knowing what will be in it I use cups and scales for my better ordering and preservation I get clarity and understanding Get information on People & Groups who offer support in letting go of compulsive eating, including people in

Compulsive Overeaters  
Anonymous-HOW. Cups & Scales Forum;  
Food Addicts Anonymous; Food Addicts:  
The Body Knows Online Discussion  
Group; Greysheeters Anonymous;  
Overeaters Anonymous, regular OA  
meetings and OA H.O.W .and 90-Day  
meetings; Recovery from Food Addiction;  
and The Parking Lot. Contacts are willing  
to be your phone buddy or to sponsor you.  
Get access in this book to free phone  
meeting numbers, websites, and email  
addresses to contact people and groups.  
Read an essay on The Science & Spirit of  
Meals vs. Pounce & Grazing, by a Twelve  
Step Recovery Member. Think about  
Sweeteners: Each One Makes a Decision ,  
an essay by a Twelve Step Recovery  
member, including a brief history of sugar.  
See Resources and Links to products some  
of us use, including cups & scales,  
non-aerosol oil misters, soy, and  
non-alcohol no sugar flavorings. This  
book is neither sponsored by nor endorsed  
by any organization. It serves the function  
of press. It gives information. Many men  
and women weigh and measure food as  
part of a personal plan of recovery from  
problem eating. Many recovering  
individuals DO NOT weigh and measure  
food. There are many strong feelings about  
it. The editors take no position on  
weighing and measuring or the sample  
plans of eating illustrated. The thoughts in  
this reader are not intended to diagnose or  
treat or cure any illness and do not  
constitute medical advice. We are not  
engaged in rendering medical, nutritional,  
dietetic or other professional information.  
If medical, nutritional, or diatetic advice or  
other expert advice is required, the services  
of a competent professional person should  
be sought. The best safeguard against  
either compulsive eating or compulsive  
dieting is an active participation in the  
Twelve Step Programs of Recovery. We  
remember that no Twelve Step Program  
member plays Doctor.

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