

CONTENTS

- 1** Good Nutrition:
An Essential Part of Your Recovery Process, **1**
- 2** Alcohol and Ailments:
Why You Need to Eat Nutritious Foods, **11**
- 3** Foods that Help You Repair, Renew, and Recover, **33**
- 4** The Goals of Recovery Eating, **61**
- 5** The Daily Eating Plan:
Menus for Recovery, **101**
- 6** Eating More Home-Cooked Meals:
Recipes for Recovery, **163**
- 7** Enhancing Recovery with Nutritional Supplements, **291**
 - Acknowledgments, **299**
 - Healthy Food Resources, **300**
 - Recommended Reading, **308**
 - Organizations for Alcoholism and Recovery, **309**
 - Selected Bibliography, **312**
 - Index, **315**