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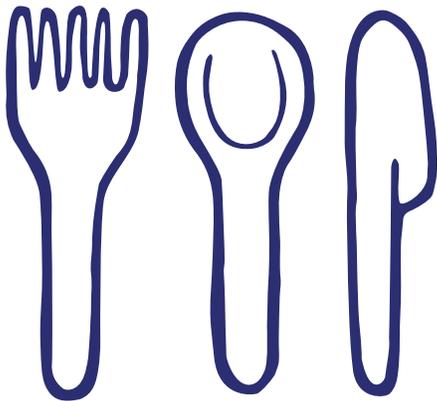
Off Plan Eating Event

Life happens and sometimes you want to eat off plan. Once you have been fat adapted or COMPLETELY off flour and sugar for six weeks you may start to schedule an off plan eating event or OPEE. For your first OPEE you should ideally be alone. I really want you to concentrate on how you feel during your first OPEE and I want you to record how you feel after each bite. I've put together some guidelines on how to do a OPEE properly.

- **You must plan your OPEE 24 hours in advance.**
- **Choose a single food or food type for your OPEE.**
- **You must consume your food within an hour. It should be an off plan food.**
- **Do not start an OPEE if you are at + 4 on the hunger scale or greater.**
- **You should do only one OPEE in a seven day period.**
- **Be ready to experience food urges for 1-2 days following an OPEE.**
- **Stop eating your OPEE when you no longer feel happy while eating.**

When you sit down to do your OPEE, have your notebook ready. Before you start eating I want you to describe in detail what the food looks like and its texture. I also want you to note how you feel before eating and what you are thinking. Then after each bite think about how you feel and write it down. Keep recording after each bite until you are finished. Try to stop eating when you are no longer feeling happiness while eating. If you do keep eating, record

Exception Meal



An off-plan eating event (OPEE) can be wonderful but sometimes we want to eat a whole meal off plan. This is what I call an exception meal and it should be a rare event. I recommend that you don't eat more than one exception meal in a three-month period of time. The idea is that you can eat whatever you want at one meal but you still need to follow most of the rules of an OPEE. Ideally you should be at -3 to -4 before starting to eat and you must stop by +4. You should eat the meal at one sitting and of course you must plan at least 24 hours in advance. Also, I want you to think about your reasons for wanting to do an exception meal and make sure that you like your reasons.



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Off Plan Eating Event Worksheet

What food are you going to eat and when? _____

Why do you want to eat this food? _____

Have you made this decision more than 24 hours in advance? _____

Are you ok with the weight consequences of eating this food? _____

Describe the food:

What color is it? _____

What texture is it? _____

What does it smell like? _____

Is it hot or cold? _____

Describe each bite:

Bite One: _____

Bite Two: _____

Bite Three: _____

Bite Four: _____

Bite Five: _____

Bite Six: _____

Bite Seven: _____

Bite Eight: _____

Bite Nine: _____

Bite Ten: _____

Bite Eleven: _____

Bite Twelve: _____

Bite Thirteen: _____

Bite Fourteen: _____

Bite Fifteen: _____



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At what bite did you stop feeling happiness?

At what bite did you feel satisfied?

Were you able to stop eating when you felt satisfied?

Why or why not?

Could you ever stop eating when you stopped feeling enjoyment of this food?

Answer these questions the next day:

Did you crave more off plan foods after the joy eat?

Were you able to feel the cravings or did you continue to eat off plan?

Can you tell the difference between eating a savory OPEE or a sweet OPEE?

Will OPEE continue to serve you?

Did your weight change?

How did you feel about your weight change?
