

Soberish Mom's Guide

WHAT I EAT IN A DAY

8 FOODS THAT CURB ALCOHOL CRAVINGS +
3-DAY MEAL PLAN

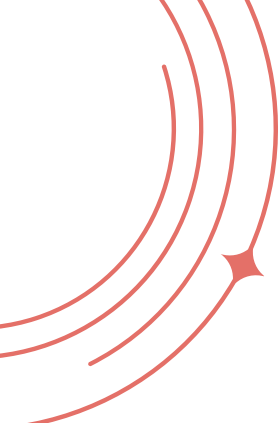
100+g of Protein

Whole Grains & Seeds



Omega-3's & Vitamin B-6

Fermented Foods



“And now I’ll do what’s best for me”

Welcome!

Did you know there are certain foods that can help your body detox from alcohol and reduce those 5pm cravings for a glass of wine? Switching to a healthier way of eating is one of the best ways to crush your urges, increase your energy and improve your mood.

Expert after expert says the same thing: food is medicine. What you put in your body will fuel your energy, directly impact your mood and happiness. A nutritionally well-balanced diet with certain foods will help your body heal from the damage caused by too much alcohol & may help decrease the intensity of cravings. These foods provide essential nutrients that support brain health, stabilize blood sugar levels, help regulate mood, and can even speed up the rate at which you learn new habits (and ditch the old ones, like drinking every weekend).

What are alcohol cravings?

During a craving, you may feel an overwhelming urge to drink. All the best-laid plans for a mocktail are out the f*cking window. Cravings can be triggered for many different reasons, but especially if you are stuck in a habit loop where certain people, places and situations that you associate with alcohol trigger your craving. For me: playing Candy Land for the 17th time at 5pm. Cue me pouring a big ol’ glass of wine.

Take it with a Grain of Salt...

Reducing alcohol cravings with certain healthy foods can be a key element to changing your habits and help you feel your best. However, there’s no smoothie bowl powerful enough in the freaking universe to completely eliminate the desire to drink. You will still be faced with challenging social scenarios and cravings, no matter how many avocados and leafy greens you eat. The good news is that certain foods absolutely will help aid you on your journey, can make the cravings less intense, and help them dissipate faster.



8 FOODS THAT HELP REDUCE ALCOHOL CRAVINGS

Foods that I incorporate into my diet every single day

1. High-Protein Foods

Incorporating high-protein foods into your diet can help stabilize blood sugar levels throughout the day and provide the amino acids necessary for the production of neurotransmitters. These are the chemical messengers that help regulate many bodily functions, including mood, thought, and memory, and are crucial for the brain's ability to learn new habits (like being satisfied with a mocktail at the end of the day instead of alcohol). Lean meats, fish, tofu, and legumes are excellent sources of protein that can aid in regulating mood and cravings. I eat 100+g of protein per day to hit my fitness goals & stay satisfied. I recommend using a free macros app to figure out how much you should be eating based on your own age, gender, body weight and fitness goals.

2. Whole Grains for Stable Energy

Whole grains like quinoa, brown rice, and oats can offer a slow and steady release of energy throughout the day and prevent blood sugar spikes and crashes, which are often linked to increased alcohol cravings. By stabilizing blood sugar levels, whole grains can help curb cravings and provide a steady source of energy.

3. Vitamin B6-Rich Foods

Vitamin B6 is involved in the production of neurotransmitters like serotonin, which plays a role in mood regulation and can influence cravings. Foods rich in vitamin B6, such as bananas, avocados, and chickpeas, should be part of your everyday meals.



4. Omega-3 Fatty Acids

Omega-3 fatty acids support brain health and help reduce inflammation. Chronic alcohol use can also lead to liver damage and inflammation. Omega-3s may help reduce liver inflammation and improve liver health. Including foods such as salmon, walnuts, and flaxseeds will get you a good supply of Omega-3s.

5. Nuts & Seeds

Nuts and seeds provide the perfect pick-me-up in between meals to help you curb your cravings. They contain high amounts of healthy fats, which can provide a fantastic energy boost. They are also rich in many vitamins and minerals including vitamin E, calcium, iron, copper, magnesium, zinc and selenium.

6. “Happy” Fruits & Vegetables

When you cut back on alcohol your body may be lacking the dopamine hit it’s used to getting from that evening cocktail. You can help replace that “good mood hormone” by incorporating lots of fruits and vegetables. Specifically leafy greens, bananas, figs, and berries are great for this.

7. Fermented Foods

Incorporating fermented foods into your diet, such as yogurt, sauerkraut, and kimchi, can have a positive impact on gut health and repairing some of the damage that alcohol causes to your microbiome and stomach lining. These foods are rich in beneficial bacteria, known as probiotics, which can improve gut function and enhance mood.

8. Dark Chocolate

It’s common to experience intense sugar cravings when cutting out alcohol. While you don’t want to go overboard on sweets, dark chocolate can be helpful for combatting cravings and giving your brain a satisfying hit of dopamine.



3-DAY MEAL PLAN



	Day 1	Day 2	Day 3
BREAKFAST	Berry Oatmeal • 1/2 C Oats • 3/4 C Milk • 2TB Flaxseed • 1/2 C Berries • 1 t Agave Protein Shake • 1 Scoop Protein Powder • 10 oz Almond Milk	Power Yogurt Bowl • 3/4 C Greek Yogurt • 1 Scoop Protein Powder • 1/2 C Flax Granola • 1/2 C Fruit • 2 TB Nut Butter • Cinnamon	Berries & Cream Smoothie • 1/2 C Greek Yogurt • 1 C Mixed berries • 1/2 Orange • 8 oz Almond Milk • 2 TB Nut Butter • 1 Scoop Protein Powder
SNACK	Cottage Cheese Bowl • 3/4 C LF Cottage Cheese • 1/2 C Fruit • 2 TB Nut Butter • Cinnamon • Monkfruit Sweetener	Protein Bar + Collagen Coffee <i>(See recommendations below)</i>	PBJ Cakes • 1-2 Brown Rice Cakes • 2 TB Nut Butter • 1 TB Chia Seeds • Berries or Cherries
LUNCH	Turkey Meatball Plate • 3 Turkey Meatballs • 2 TB Pumpkin Seeds • 1 C Roasted Vegetables • 1/2 C Quinoa • 2 TB Kimchi • Top with Siracha	Breakfast for Lunch • 2 Eggs + 1/2 C Egg Whites • 1/2 C Veggies • 2 Slices Turkey Bacon • Sprouted Toast • 1/2 C Berries	Chicken Bowl • 1/2 C Quinoa • 6 oz Chicken • 1 C Roasted Veggies • 2 TB Sauerkraut • 2TB Pumpkin Seeds
SNACK	Mini Yogurt Bowl • 3/4 C Greek Yogurt • 1/2 Banana • 2 TB Nut Butter • Cinnamon • Collagen Decaf Coffee	Chips + Fruit • "Wilde" Protein Chips • 1 C of Berries + Bananas • Collagen Decaf Coffee	Protein Bar + Collagen Decaf Coffee <i>(See recommendations below)</i>
DINNER	Roasted Salmon Bowl • Salmon Filet • 1/2 C Roasted Sweet Potatoes • 1 C Roasted Broccoli 8pm: SF Dark Chocolate	Kimchi Fried Rice • Mixed Vegetables (Edamame, peas, carrots) • Cooked Rice • Kimchi • Tofu + Eggs • Soy, sesame, Siracha	Classic Fish Dinner • 6 oz Mahi Mahi • 1 C Sautéed Kale • 1/C Roasted Sweet Potatoes or Brown Rice • Top with Sesame Seeds, Chili Crisp or Siracha



SUPPLEMENTS & BRANDS I TRUST



Top Researched Brands & Supplements

If you are a frequent drinker or have over-indulgent one too many times in the recent past, you likely have nutrient deficiencies due to the negative impact alcohol has on your body. A healthy diet will certainly help this, but it can only take you so far in reversing the toll alcohol takes on our internal systems. Combining holistic nutrition and supplementation can help repair this damage, detox from alcohol, reduce cravings and even withdrawal symptoms.

This is the current routine I am on which is tailored to a woman in her late-30s, light drinker (0-2 drinks per week), high activity level (5x training per week, 10k steps per day).

Supplements & Brands I Personally Use

1. Women's Multivitamin

This brand was specifically recommended by my doctor for its price and ingredient formula. I definitely noticed the high B12 volume give me a little pep in my step as well!

2. Creatine

This is a great supplement for women with various studies reporting an increase in muscle mass, decrease in fatigue and aid in regulating mood/depression. My physical therapist recommended this brand and to cycle it on and off every six weeks so that your body continues to produce natural creatine.

3. Collagen

I use an unflavored collagen in my afternoon decaf coffee. This helps support healthy skin, joints, hair health and more. Also recommended by my physical therapist as collagen is a protein found in every joint, tendon and ligament in your body.





Supplements & Brands I Personally Use

4. Electrolytes

Electrolytes are essential for hydration, muscle function, energy levels and nervous system function. For active women this is an essential, especially if you are working out with regularity. I recommend Instant Hydration because it has one of the highest doses of magnesium and potassium without too much sodium, no added sugar or artificial ingredients, and the highest quality sea salt. When I do occasionally drink I always take one afterwards to help my body and hydration levels recover, as alcohol is highly dehydrating. You can use code SOBERISH for 30% off your first order.

5. Protein Powder

This brand was specifically recommended to me because I'm lactose intolerant and have a sensitive stomach. It's gluten-free, only about \$1.15 per serving and I love the flavor. I would not be able to hit my fitness goals without a solid protein powder and this one is on the top of the list.

6. Monkfruit Sweetener

I avoid access sugar and personally don't love the flavor of stevia or truvia, so this monk fruit sweetener has been a game-changer for me. It tastes so close to sugar without any of that weird chemical flavor and zero calories. I sprinkle it on my yogurt bowls, make syrups for mocktails with it and bake with it. I've tried other brands but this one dissolves the best for syrups.

7. Functional Gummies

I have been taking the Serenity Gummies since September 2024 and highly recommend them as a swap for your evening glass of wine. I take one about 5pm and they take the edge off with a powerful combination of CBD, ashwagandha, adaptogens and a micro-dose of 1mg THC. This dose will not get you "high" (unless you take more than one), so it's great for those interested in exploring alternatives to alcohol but might be a little timid about THC. You can use code SOBERISH for a discount at check-out.

CONCLUSION

I am so proud of you for taking control of your relationship with alcohol, and am incredibly humbled to be on this journey with you.

If you are looking to cut back your drinking 50%, 100%, or anywhere in between, here are the exact steps I took to start me on my journey to drinking less: **30-Day Guide to Moderation**

Please feel free to share feedback or send questions at any time to katie@soberishmom.com or messaging me on [Instagram](#), I'd love to hear from you.

Katie

