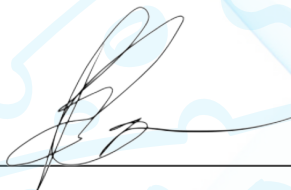


Approved Nutrition Plan Certification

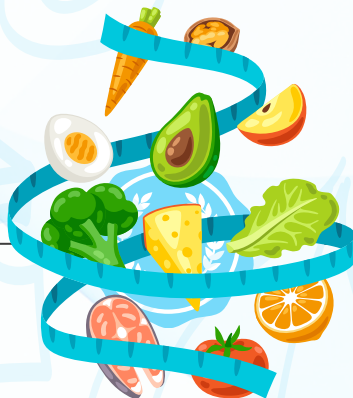
Dietitian + Psychologist

Bertus Coetzer

This is to certify that the nutritional meal plan utilised at Choose Life Specialist Recovery Centre has been reviewed and approved in accordance with professional dietary and nutritional standards, ensuring balanced and health-conscious meals for individuals in recovery.



B.COETZER
RD/PSYCH



JV GOSS
FACILITY CEO



@justthrive

Meal Plan

| WEEK 1 | | | WEEK 2 | | | WEEK 3 | | |
|---------------------------|-------------------|------------------|---------------------------|-------------------|------------------|---------------------------|-------------------|------------------|
| Breakfast includes | | | Breakfast includes | | | Breakfast includes | | |
| Albran | | | Albran | | | Albran | | |
| Weetbix | | | Weetbix | | | Weetbix | | |
| Musli | | | Musli | | | Musli | | |
| Cornflakes | | | Cornflakes | | | Cornflakes | | |
| Plain yogurt | | | Plain yogurt | | | Plain yogurt | | |
| Milk | | | Milk | | | Milk | | |
| Eggs | | | Eggs | | | Eggs | | |
| Bacon | | | Bacon | | | Bacon | | |
| Fish finger | | | Fish finger | | | Fish finger | | |
| Baked beans | | | Baked beans | | | Baked beans | | |
| Livers | | | Livers | | | Livers | | |
| Wors | | | Wors | | | Wors | | |
| MONDAY | | | MONDAY | | | MONDAY | | |
| | Option 1 | Option 2 | | Option 1 | Option 2 | | Option 1 | Option 2 |
| Lunch | Bean Curry | Chicken Lasagne | Lunch | Bean Curry | Chicken Pie | Lunch | Beef Curry | Pepper Steak Pie |
| Dinner | Beef Stroganoff | Veg Biryani | Dinner | Beef Stroganoff | Roast Chicken | Dinner | Chicken Schnitzel | Cottage Pie |
| TUESDAY | | | TUESDAY | | | TUESDAY | | |
| Lunch | Beef Lasagne | Chicken Biryani | Lunch | Beef Lasagne | Tripe | Lunch | Veg Biryani | Beef Stroganoff |
| Dinner | Chicken Pie | Mac and Cheese | Dinner | Chicken Pie | Beef Curry | Dinner | Roast Chicken | Beef lasagne |
| WEDNESDAY | | | WEDNESDAY | | | WEDNESDAY | | |
| Lunch | Meatballs & Gravy | Tripe | Lunch | Meatballs & Gravy | Beef Stroganoff | Lunch | Mac and Cheese | Beef Bobotie |
| Dinner | Chicken Stir fry | Beef Bobotie | Dinner | Chicken Stir fry | Beef lasagne | Dinner | Chicken Lasagne | Beef Curry |
| THURSDAY | | | THURSDAY | | | THURSDAY | | |
| Lunch | Beef Curry | Pepper Steak Pie | Lunch | Beef Curry | Pepper Steak Pie | Lunch | Beef Curry | Chicken Stir fry |
| Dinner | Chicken Schnitzel | Cottage Pie | Dinner | Chicken Schnitzel | Cottage Pie | Dinner | Chicken Schnitzel | Cottage Pie |
| FRIDAY | | | FRIDAY | | | FRIDAY | | |
| Lunch | Veg Biryani | Beef Stroganoff | Lunch | Veg Biryani | Tripe | Lunch | Meatballs & Gravy | Tripe |
| Dinner | Roast Chicken | Beef lasagne | Dinner | Roast Chicken | Beef Bobotie | Dinner | Chicken Stir fry | Beef Bobotie |
| SATURDAY | | | SATURDAY | | | SATURDAY | | |
| Lunch | Mac and Cheese | Beef Bobotie | Lunch | Mac and Cheese | Chicken Biryani | Lunch | Beef Lasagne | Chicken Biryani |
| Dinner | Chicken | Beef Curry | Dinner | Chicken | Chicken Stir | Dinner | Chicken Pie | Mac and |
| SUNDAY | | | SUNDAY | | | SUNDAY | | |
| Lunch | Bean Curry | Chicken Pie | Lunch | Bean Curry | Chicken Lasagne | Lunch | Bean Curry | Cottage Pie |
| Dinner | Meatballs & Gravy | Roast Chicken | Dinner | Meatballs & Gravy | Veg Biryani | Dinner | Beef Stroganoff | Veg Biryani |

All meals are served with liquid options of: Water, Juice, Milk, Tea and Coffee

Please note that meal substitutions may occur as per the dietitian's approved back-office meal plan, ensuring all meals meet nutritional standards while allowing for necessary adjustments.



The Importance of a Nutritional Plan in Your Recovery

At **Choose Life Specialist Recovery Centre**, we recognise that nutrition is a fundamental part of your recovery journey. Substance and alcohol use disorders can have significant effects on your physical health, impacting your metabolism, organ function, and brain chemistry. A structured, dietitian-approved meal plan is essential for restoring balance and promoting lasting recovery.

The Science Behind Nutrition & Recovery

✓ **Rebuilding Physical Health & Organ Function**

Chronic substance use can deplete essential vitamins and minerals, affecting liver function, gut health, and overall immunity. Our regulated meal plan ensures that you receive macro- and micronutrients critical for cellular repair, energy production, and detoxification.

✓ **Stabilising Blood Sugar & Reducing Cravings**

Irregular eating patterns and nutrient deficiencies can lead to hypoglycaemia (low blood sugar), increasing cravings and emotional instability. A structured meal plan, rich in complex carbohydrates and proteins, helps maintain steady glucose levels, reducing mood swings and impulsive behaviour.

✓ **Neurochemical Recovery & Mental Health**

Alcohol and drug use disrupt neurotransmitters like dopamine, serotonin, and GABA, which regulate mood, motivation, and stress response. Nutrients such as omega-3s, B vitamins, and amino acids found in our meals support the brain's natural ability to restore chemical balance and improve mental clarity.

✓ **Regulation & Compliance with Health Standards**

Our 21-day meal plan is formulated in accordance with dietary guidelines for rehabilitation centers, ensuring that service users receive meals that meet nutritional and therapeutic requirements. Each meal is designed to support detoxification, manage withdrawal symptoms, and enhance overall well-being.

✓ **Long-Term Behavioural & Lifestyle Change**

Research in behavioural psychology emphasises the importance of structured routines in recovery. Having scheduled, nutritionally balanced meals promotes healthy eating habits, reduces stress, and encourages mindful consumption—key components in preventing relapse.

By following this structured nutritional plan, you are actively supporting your body's healing process, strengthening your mind, and reinforcing the foundation for lasting recovery.

 ***Eat well. Heal strong. Stay committed to your journey.*** 