



Welcome to CSPMA where you can kick your addiction for good
Sex, Porn and Masturbation Addiction

Online Course | Affordable | CSPMA.ORG

Nutrition plays an important role in how you recover from an addiction.

Document 7 meals. Then take a look at those meals and look for ways you can make a better nutritional change.

Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6	Meal 7

Now make a meal plan for next week.

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
Breakfast							
Lunch							
Snack							
Dinner							

