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**Abstract**
**Background:** This paper describes a pilot project research methodology design to be used at a narcotic drug treatment Centre with patients, addicted to opioids, who are enrolled in a Methadone maintenance program.
**Materials and method:** The research question is, will sobriety nutritional therapy reduce the desire for opioids among patients who are participating in a methadone maintenance program, resulting in improved health, social functioning, and quality of life? An experimental group of 10 patients and control group of 10 patients will be selected from among the 121 patients currently served by the agency. Pre-testing and post-testing will occur with the study lasting for a six-month period. The nutritional interventions will be individualized based upon the assessed needs of each participant in the experimental group. Review of the literature responding to the nutritional difficulties experienced by people who abuse opioids and various interventions inform how the study is conducted.
**Conclusion:** It is believed that the intervention proposed will be successful in improving not only the nutritional levels of patients but also resulting in improved social functioning in their environment.