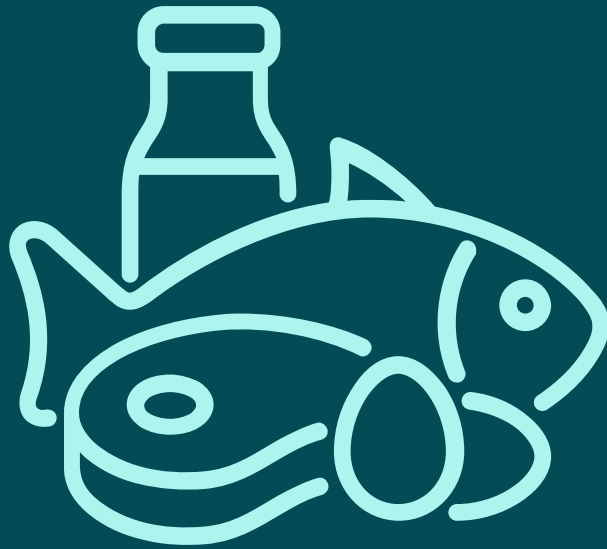




ADHD Protein Cheat Sheet



What 30g of Protein Looks Like



Your brain runs on **neurotransmitters** - and protein is the raw material your body uses to make them.

Aim for 30g of protein per meal during this challenge.





Animal-Based Options



- 4 large eggs
- 150g chicken breast (about a small fillet)
- 150g salmon or tuna
- 200g Greek yoghurt (high protein, unsweetened)
- 250ml protein shake (1 standard scoop of quality whey/vegan protein)
- 200g cottage cheese



Plant-Based Options

- 1 block (300g) firm tofu
- 150g tempeh
- 2 cups cooked lentils (around 400g cooked)
- 1½ cups cooked chickpeas (around 250g cooked)
- 100g seitan
- Plant-based protein shake (1 large scoop = ~25–30g protein)



Easy Meal Combos



- Eggs + 100g smoked salmon
- 150g chicken + ½ cup quinoa
- Greek yoghurt + 30g whey protein stirred in
- Tofu stir-fry with ½ cup edamame beans

Tip!

Don't overcomplicate it - think *“protein first”* when you're building a meal. Your brain will thank you.

