

Welcome.

This isn't another strict diet plan.

No calorie counting.

No meal prep Sundays that take 4 hours.

No "eat chicken and broccoli forever."

This is about making food easier.

Because with ADHD, eating well usually isn't hard because you don't know what to eat.

It's hard because:

- You forget to eat
- You get overwhelmed by choices
- You grab whatever is easiest
- You snack for dopamine
- You do really well for 2 weeks... then disappear

So we're going to keep things simple.

Better, not perfect.

The Real Problem

You don't struggle with food. You struggle with friction.

You know protein is good.

You know vegetables are good.

You know takeaway every night probably isn't helping.

That's not the problem.

The problem is...

You get home exhausted.

You open the fridge.

Nothing feels appealing.

So suddenly, you're eating cereal out of the box at midnight.

Sound familiar?

We're going to lower friction.



The ADHD Food Rule

Don't diet. Simplify.

Calorie counting is not a practical solution for most ADHDers. But we still need to translate your caloric intake into a very simple portion control system.

For most meals:

Protein = 1-2 palms

Carbs = 1-2 handfuls

Vegetables = 2-3 fists

Healthy fats = 1-2 thumbs

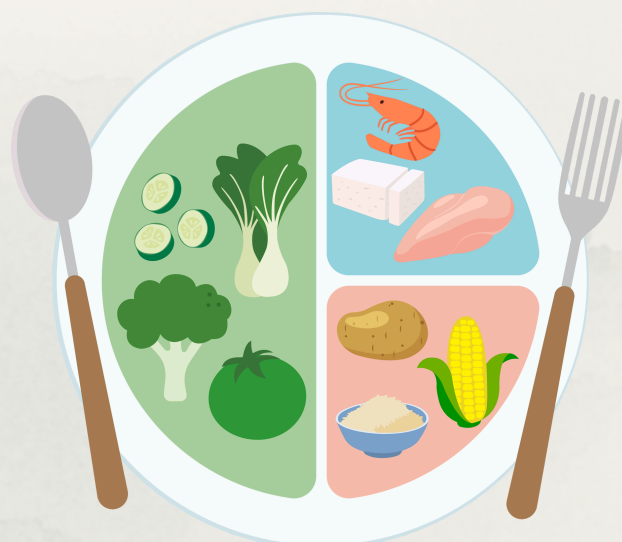
No weighing.

No apps.

No calorie counting.

Just build a plate and move on.

This is how this could look on a plate.



PORTION CONTROL CHART



Protein (PALM)

Eat 1-2 **palm sized portions of lean protein**, both in width and thickness, with every meal. Choose protein dense foods such as meat, fish, dairy and beans.



Vegetables (FIST)

Eat 2-3 **closed fist sized portions of vegetables**, with every meal. Vegetables such as broccoli, spinach, carrots, peppers, mushrooms, etc.



Carbs (HANDFULS)

Eat 1-2 **cupped handfuls of carbohydrate-dense foods** like grains and starches with most meals. E.g. rice, potatoes, quinoa, etc.



Fats (THUMB)

Eat 1-2 **thumb-sized portions of healthy fats** with every meal. Include fat dense foods such as nuts, seeds, oils, butter, avocado, etc.

Every Meal Needs Protein

Protein is your brain's best mate

ADHD brains often chase quick dopamine and quick energy.

That's why sugary foods, snacks, and random cravings can feel so hard to ignore.

The problem is:

Quick energy often crashes quickly too.

And then you end up feeling tired, distracted, hungry... and suddenly standing in the kitchen looking for "something."

Protein can help slow that cycle down.

Protein may help:

- Keep you fuller for longer
- Reduce random snack attacks
- Support steadier energy
- Support your brain chemicals (dopamine needs building blocks)
- Help avoid big energy crashes
- Make meals feel more satisfying

Think of protein like putting proper fuel into a car.

Not exciting, but it helps the engine run a lot smoother.

EASY ADHD-FRIENDLY PROTEIN OPTIONS:

- Eggs
- Greek yogurt
- Protein shakes
- Chicken
- Tuna packets
- Lean mince
- Cottage cheese
- Protein bars
- Rotisserie chicken

Don't overthink it.

Your goal isn't perfect eating.

Your goal is making it easier for your brain.

FOOD OPTION CHART

VEGETABLES

There is an almost unlimited choice of vegetables out there so, other than potatoes that we are classing as a carbohydrate, everything else is fair game. Brussels Sprouts, Carrots, Asparagus, Cabbage, Cucumber, Celery, Bean sprouts, Radishes, Pumpkin, Leeks, Broccoli, Kale, Squash, Spring onions, Cauliflower, Lettuce, Mushrooms, Rocket, Peppers, Spinach, Watercress; the list just keeps going on. There are a million different ways to prepare vegetables.



BAD BRAIN DAY FOOD



Let's be honest.

Some days you're motivated.

You've got energy.

You've planned meals.

You feel organised.

And then there are the other days.

The days where work was chaos.

The kids were chaos.

Your brain feels overstimulated

Those are usually the days when we tell ourselves...

"I'll just grab something quick."

And suddenly you're halfway through cereal, toast, chips... whatever was easiest.

That's why I want you to stop trying to be perfect.

Build yourself an emergency food system instead.

Keep a few simple foods around that require almost no thinking and almost no effort.

Things like:

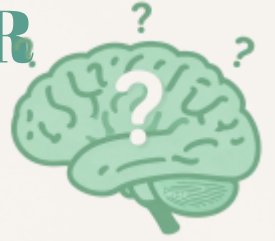
Protein shakes, Greek yogurt, Eggs, Rotisserie chicken, Microwave rice, Fruit, Wraps, Protein bars, Nuts, tuna or salmon cans, prewashed salads

Because on difficult days, easy usually beats perfect.

And honestly?

The best healthy choice is often just the healthy choice you'll actually eat.

ARE YOU HUNGRY... OR IS YOUR BRAIN BORED?



This one got me for years.

I'd eat dinner.

Feel completely full.

Then 20 minutes later I would suddenly think:

"I need something sweet."

Or:

"I just feel like eating something."

And sometimes it wasn't hunger at all.

ADHD brains often chase stimulation.

Food can become a really easy source of that.

Especially sugary foods, salty foods, or foods that give you a quick hit.

That doesn't mean there's something wrong with you.

And it doesn't mean you need more willpower.

It just means it's useful to pause for a second and ask:

"Am I actually hungry right now... or am I looking for a dopamine hit?"

Try this:

Drink some water.

Wait 10 minutes.

Eat something with protein first if you're still hungry.

Then decide.

Because sometimes your body needs food.

And sometimes your brain just needs something.

My ADHD Friendly Day

Morning:

Protein shake + banana or Greek Yogurt with Blueberries



Lunch:

Chicken wrap + fruit



Snack:

Greek yogurt



Dinner:

Protein + carbs + vegetables



Done.

No perfection.

No complicated recipes.

The Tiny Habits That Matter

- Keep protein visible
- Buy foods you'll actually eat
- Buy fewer "emergency dopamine foods"
- Keep meals repetitive if it helps
- Stop expecting motivation

FOOD OPTION CHART

PROTEIN

MEATS

Lean beef

Top sirloin steak
Fillet steak Extra
lean mince Any
other lean cut of
beef

Lean poultry

Chicken
breast Turkey
breast Lean
mince

Pork

Pork loin Pork
chops Extra
lean mince

Game meat

Buffalo
Goose
Ostrich
Pheasant
Venison
Wild turkey
Duck

SEAFOOD

Fish

Bass Cod
Grouper
Halibut Red
snapper
Salmon Sea
bass
Tilapia
Trout Tuna
Shrimp



OTHER

Egg

Chicken
Duck
Goose
Quail
Turkey

Vegetables

(also high in carbs)

Beans
Lentils
Quinoa
Chickpeas

Vegan

Tofu
Tempeh
Edamame

Supplements

Whey
(Isolate/Complex)
Hydrolyzed Beef
Vegan (Plant-
Based)
*Avoid soy-based
powders*

FOOD OPTION CHART

CARBS

FRUITS

SIMPLE SUGARS/LOW FIBRE

Mixed berries
(blueberries,
raspberries,
cherries,
strawberries, etc.)
Apples
Bananas
Mango Pineapple

STARCHES

COMPLEX CARBS/HIGH FIBRE

Sweet potato
White potatoes
Brown rice
Wild Rice
Whole oats
Quinoa
Beans
Lentils

*Whole

Grain/Whole

Wheat Products*
(Conservatively)

POST-W/O

OPTIONAL PROCESSED SNACKS

70% dark
chocolate (after
exercise)
White rice (after
exercise)



FOOD OPTION CHART

FATS

NUTS

Macadamia nuts
Walnuts
Brazil nuts
Cashews
Almonds
Chestnuts
Hazelnuts
Pine nuts
Nut butters
(cashew, almond,
etc.)
Pistachios

SEEDS

Hemp seeds
Chia seeds
Flaxseeds
Pumpkin seeds
Sesame seeds
Sunflower
seeds

COOKING OILS

X-Virgin Olive oil
Hempseed oil
Avocado oils
Flaxseed oils
X-Virgin Coconut oil
Fish oil
MCT oil

OTHER

Natural Cheeses
Supplements
Omega-3
Krill oil pills
Fish oil
pills CLA
MCT oil

