

Start Here: How This Vault Works

A full recipe library, an itemized visual food glossary, and a real printable grocery checklist — built so a parent who has never seen some of these ingredients before can still shop for them, cook them, and serve them with confidence.

Document 1 of 8

· Read this once, fully, before opening the others

Selective eating is one of the most consistently reported challenges among families raising a child with autism or ADHD^{[9][14]}. This vault does not try to fix that in one sitting — it gives you 75 real, fully written recipes and 56 individually pictured foods, organized the way an actual kitchen works, so that on any given day you can open one page and know exactly what to buy, what it looks like, and how to make it.

▣ WHAT'S DIFFERENT ABOUT THIS VERSION

1. **Every recipe is a real recipe.** Ingredients with quantities, a serving size, an estimated nutrition value, and numbered steps — not just a meal name.
2. **Every one of the 56 core foods has its own picture.** Shape and colour are matched to the real food, so if a name is unfamiliar (Edamame? Tahini? Ugu?) the picture tells you what to look for at the shop.
3. **The grocery list is a real checklist.** Organized by food group, one box per item — tick as you shop, not a paragraph to decode.

● WHAT'S IN THE BOX

Your 8 documents

Each one does a different job. Use this page as your map.

1 Start Here

This document — read once, then set aside.

2 Visual Food Glossary

All 56 core foods, one picture and one plain-language note each, grouped into proteins, carbohydrates, vegetables, fruits, and healthy fats.

3 Breakfast Recipes

15 full recipes: 5 quick (under 10 minutes), 5 batch-cook (make once, eat all week), 5 texture-swap versions of the most common breakfast foods.

4 Lunch & Dinner Recipes

20 full recipes rotating protein, carbohydrate and vegetable across Nigerian, African and American home-style meals.

5 Snack Recipes

25 quick, simple snacks — most take 5 minutes or less.

6 Smoothie Recipes

15 full recipes: 5 hide-a-vegetable, 5 dairy-free, 5 classic favourites — each with its real blended colour shown.

7 Extended Food-Chaining List

10 pictured, less-familiar foods to introduce next, once the 56 core foods feel comfortable.

8 Grocery Checklist

Print this one. Every core food, one tick-box each, grouped by shop section.

● READING THE VISUALS

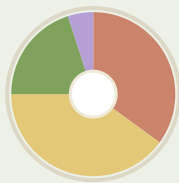
Two pictures you'll see throughout

Because this vault uses illustrated visuals rather than photographs (so every meal is shown consistently, without licensing real food photography), here is what each one is actually telling you.



THE PLATE VISUAL

Next to most main-meal recipes you'll see a small plate divided into colour-coded wedges. This isn't decoration — the wedges are sized to that exact recipe's real protein, carbohydrate, vegetable and fat mix, so you can see the balance of the meal at a glance.



- Protein 35%
- Carb 40%
- Veg 20%
- Fat 5%



THE GLASS VISUAL

Every smoothie shows a glass filled to its real blended colour — the actual shade that recipe produces once everything is combined, plus a small icon of its featured fruit or vegetable.



WHY NOT REAL PHOTOS

We looked at this closely: real food photography would need a separate licensed photo shoot per recipe to avoid using stock images that don't match the actual dish. Instead, every food and every recipe in this vault gets its own true-to-colour, true-to-shape illustration — consistent, and built to make an unfamiliar food recognisable by sight, which is the actual goal.

Gentle Progress Family provides educational nutrition and feeding-support resources. We are not a medical or dietetic provider and don't diagnose, treat, or prescribe. Nutrition values throughout this vault are rounded, kitchen-level estimates for planning, not laboratory analysis. Please involve a pediatrician or registered dietitian for any diagnosed allergy, growth concern, or restrictive diet.

● SOURCES

Full reference list

Every numbered citation across all 8 documents in this vault draws from this same list of four peer-reviewed and public-health sources, 2021–2025.

- [9] *Global prevalence of autism spectrum disorder and its gastrointestinal symptoms: A systematic review and meta-analysis.* (2022). PMC9445193.
- [13] *Optimising Repeated Exposure: Determining Optimal Exposure Frequency for Introducing a Novel Vegetable among Children.* Foods, MDPI (2021).
- [14] *Feeding Behaviours in Families With Children or Young People With Autism: A Systematic Review.* (2025). PubMed.
- [15] *Caregiver-Implemented Feeding Interventions for Autistic Children with Food Selectivity: A Systematic Review.* Review Journal of Autism and Developmental Disorders (2023).