

# ADHD Weekly Meal Planner

Deciding what to eat shouldn't take 45 minutes.

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

## GROCERY LIST

### Produce

- .....
- .....
- .....
- .....
- .....

### Dairy / Fridge

- .....
- .....
- .....

### Protein

- .....
- .....
- .....

### Pantry / Frozen

- .....
- .....
- .....

## LOW SPOON MEALS (UNDER 15 MINUTES)

1. Scrambled eggs + toast + fruit  
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2. Quesadilla (tortilla + cheese + microwave)  
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3. Frozen stir-fry + minute rice  
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4. Peanut butter banana sandwich  
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5. Rotisserie chicken + bagged salad  
.....

6. Pasta + jar sauce + parmesan

7. Cereal. It's a meal. Fight me.

8. Frozen pizza (no shame, real nutrition)

9. Yogurt + granola + berries

10. Cheese, crackers, deli meat, apple = adult lunchable

*Feeding yourself is an accomplishment. Not every meal needs to be Instagram-worthy. ❤️*