

karuna

Wellness Studio

The ADHD Meal Plan You Didn't Know You Needed

This meal plan is designed for simplicity, repetition, and executive function support—perfect for ADHD brains that don't want to think too hard about what to eat. Feel free to repeat meals, swap components, and print this plan for your fridge.

Breakfast

Cream of wheat + peanut butter + banana
Instant oatmeal + protein powder + berries
Scrambled eggs + toast + avocado

Lunch

Deli turkey roll-ups + veggie chips + applesauce
Tuna pouch + whole grain crackers + baby carrots
Leftover pasta + bagged salad + orange

Dinner

Rotisserie chicken tacos + shredded lettuce + salsa
·Dump & bake pasta (jar sauce + pasta + cheese) + broccoli
Frozen stir-fry veggies + tofu or shrimp + rice

Snacks

·Trail mix
String cheese + apple
Hummus + pretzels
Yogurt pouch
Roasted chickpeas

Tips for Success:

- Use meal loops instead of rigid weekly menus
- Post this plan on your fridge
- Set reminders to eat
- Use pre-prepped, frozen, or shelf-stable items
- Repeat meals—it's allowed!