ADHD-Friendly Meal Planning

Instructions: Use this simple template to plan meals that are easy, enjoyable, and nourishing.

Breakfast Ideas:

Example: "Yogurt with granola and fruit," or "Peanut butter toast."

Snacks to Keep Handy:

Example: "Cheese sticks, apple slices, or trail mix."

One-Week Meal Planner:

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Dinner					