

ADHD Meal Planning Worksheet

Choose one food problem, one low-friction meal, and one cue that makes the next meal easier to begin.

What's the meal problem right now?

Choose the closest problem. The aim is one easier next meal, not a perfect menu or nutrition plan.

- | | |
|--|---|
| ☐ I am hungry and cannot work out what to make. | ☐ I forget ingredients until there is nothing easy at home. |
| ☐ Meal planning becomes a huge project that I avoid. | ☐ I have food but no energy to cook it. |
-

Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
