

# TIPS FOR MEAL PLANNING

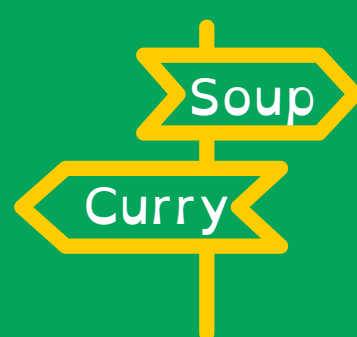


Planning meals can help to get some stress of cooking, for example by knowing what to buy at the supermarket, and knowing what to cook. However, planning and ADHD don't always go together, and motivation, medication use and other factors can make meal planning hard if you live with ADHD. Below we share some tips that might help you!

## 1

### Keep your options open

- Plan ingredients, rather than meals. Based on what you want in the moment, make a meal with the ingredients.
- Have a few different batch-cooked dishes in your fridge/freezer to choose from.
- Keep a well-stocked pantry, so there are always some basic meals you can cook.



## 2

### Big batches

- Make a recipe twice or three times the amount and put the rest in the fridge or freezer.
- You can apply the same to components of a meal, for example when making pasta sauce.
- Turn a big batch into different meals. For example, sheet pan roasted vegetables can be eaten as a side dish, pureed into soups or sauces or mixed into a salad.



## 3

### Have recipes to rotate

- Keep a notebook, list or online document of recipes you like to eat and are easy to cook.
- Schedule recipes from this list for one or multiple weeks
- Some people plan recipes for 4-5 weeks and afterwards restart the rotation.



## 4

### Don't do it alone

- If you live with someone who is better at meal planning, do it together.
- Use an app for planning your meals.
- Use a meal planning service.



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