

1. General Balanced Diet (No Restrictions)

Breakfast:

- Scrambled eggs with spinach and whole grain toast
- Greek yogurt with walnuts, chia seeds, and berries

Lunch:

- Turkey and avocado wrap with whole wheat tortilla
- Quinoa salad with chickpeas, cucumber, and olive oil

Snack:

- Apple slices with almond butter
- Hummus with carrot and cucumber sticks

Dinner:

- Baked salmon with roasted sweet potatoes and steamed broccoli
 - Stir-fried chicken with brown rice and bell peppers
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2. Dairy-Free ADHD Meal Plan

Breakfast:

- Chia pudding with almond milk, berries, and flaxseeds
- Smoothie with banana, spinach, almond milk, and sunflower seeds

Lunch:

- Grilled chicken with quinoa and roasted zucchini
- Lentil soup with a side of whole grain crackers

Snack:

- Coconut yogurt with pumpkin seeds and blueberries
- Avocado on whole grain toast with hemp seeds

Dinner:

- Grilled salmon with roasted carrots and brown rice

- Turkey meatballs with tomato sauce and zucchini noodles
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3. Gluten-Free ADHD Meal Plan

Breakfast:

- Scrambled eggs with sautéed mushrooms and gluten-free toast
- Smoothie with coconut yogurt, banana, and flaxseeds

Lunch:

- Quinoa and black bean salad with olive oil dressing
- Baked sweet potato stuffed with shredded chicken and avocado

Snack:

- Rice cakes with almond butter and banana slices
- Roasted chickpeas with sea salt and cumin

Dinner:

- Grilled steak with mashed cauliflower and roasted Brussels sprouts
 - Gluten-free pasta with pesto and grilled shrimp
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4. Vegetarian ADHD Meal Plan

Breakfast:

- Oatmeal with walnuts, chia seeds, and cinnamon
- Tofu scramble with bell peppers and spinach

Lunch:

- Lentil and quinoa bowl with roasted vegetables
- Chickpea salad sandwich on whole grain bread

Snack:

- Trail mix with pumpkin seeds, cashews, and dried fruit
- Carrot sticks with almond butter

Dinner:

- Stir-fried tofu with brown rice and mixed vegetables
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