
Dinner Recipes (Balanced & Sensory-Friendly)

1. Baked Chicken Nuggets (Crispy & Kid-Approved!)

Ingredients:

- 2 boneless chicken breasts, cut into bite-sized pieces
- 1 cup crushed cornflakes or almond flour (for a crispy coating)
- 1 egg, beaten
- ½ tsp garlic powder
- ½ tsp paprika
- Salt & pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Dip chicken pieces into egg, then coat with crushed cornflakes.
3. Place on a baking sheet and bake for 15-20 minutes until golden.
4. Serve with a side of mashed sweet potatoes or a mild dipping sauce.

 **Tip:** If your child dislikes certain textures, try air-frying for extra crispiness or blending the chicken into a patty.

2. Hidden Veggie Pasta (For Picky Eaters!)

Ingredients:

- 1 cup whole grain pasta
- 1 cup marinara sauce
- ½ cup blended cooked carrots, zucchini, or spinach
- ½ cup ground turkey or lentils
- ¼ cup shredded cheese

Instructions:

1. Cook pasta according to package instructions.
2. Stir pureed veggies into marinara sauce.
3. Brown ground turkey and mix with sauce.
4. Serve with pasta and top with cheese.

 **Tip:** Blending vegetables into the sauce hides textures while keeping nutrients intact.

3. Protein-Packed Pancakes

Ingredients:

- 1 banana, mashed
- 2 eggs
- ¼ cup almond flour or oats
- ½ tsp cinnamon
- 1 tsp vanilla extract

Instructions:

1. Mix all ingredients into a batter.
2. Cook on a greased pan over medium heat for 2 minutes per side.
3. Serve with a drizzle of honey and a side of Greek yogurt.

 **Tip:** Make in bulk and freeze for easy breakfasts!

ADHD-Friendly Snacks

1. **Apple Slices & Almond Butter** – A great balance of fiber, protein, and healthy fats.
2. **Trail Mix** – Nuts, pumpkin seeds, and dried fruit (no added sugar).
3. **String Cheese & Whole Grain Crackers** – Portable and easy to eat.
4. **Carrot Sticks & Hummus** – Creamy texture with a mild taste.
5. **Homemade Energy Bites** – Oats, peanut butter, flaxseeds, and honey rolled into small balls.

 **Tip:** Keep snacks **protein-focused** to prevent blood sugar crashes and mood swings.

Final Thoughts

Helping an ADHD child eat a balanced diet **without battles** takes **creativity and flexibility**. Try **offering choices**, using fun presentations, and **modifying textures** to fit their sensory needs.

Would you like me to create a **weekly meal plan with a shopping list**?