The ADHD Eating Reset

Printable worksheets

These pages are from the book, for you to print and fill in as often as you like. They are free for personal use. Please do not sell or republish them.

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Worksheets

Six pages to fill in. Each one is a plan or a list. None of them asks you to record what you ate; that's deliberate (see Chapter 3).

1. Fridge Five (Chapter 6)
2. My meal anchors (Chapter 8)
3. Dose-Day Food Plan (Chapter 9)
4. My No-Cook Kit (Chapter 10)
5. Four-by-Four Menu (Chapter 15)
6. Grocery Template (Chapter 15)

Write in the book, or copy the page first so you can redo it later. The free toolkit has printable copies, so you can fill them in more than once (see "The free toolkit").

Worksheet: Fridge Five

Five foods I've eaten recently that were fine. When I'm stuck, I pick one. I don't have to decide.

	FIVE FOODS I KNOW ARE FINE
1	
2	
3	
4	
5	

Written on: _____

Cut this list out (or copy it) and stick it on the fridge. Change a line whenever a food wears out.

Worksheet: My meal anchors

Start with anchor 1 only. Add the next one when the first has held for about two weeks. Keep the food where the habit happens.

	EVERY TIME I...	...I EAT	START DATE
Anchor 1			
Anchor 2			
Anchor 3			

Where I keep the food for anchor 1: _____

If an anchor keeps failing, the habit may be less regular than you thought. Pick a different one. If your anchor is ADHD medication, read Chapter 9 first.

Worksheet: Dose-Day Food Plan

A plan to take to your prescriber. No doses and no food log. Never change your dose or timing yourself.

	DAY 1	DAY 2	DAY 3
I took my medicine at			
My appetite came back around			

MY PLANNED EATING TIMES	MORNING	MIDDAY	AFTERNOON	EVENING
Time				

EASY FOODS I LIKE FOR LOW-APPETITE HOURS	FOOD READY FOR WHEN MY APPETITE COMES BACK

MY QUESTIONS FOR MY PRESCRIBER (AND ANYTHING ON THE LIST IN CHAPTER 9)

Worksheet: My No-Cook Kit

Foods I actually like that need no cooking, or only heating. Tick the last column when the food is in the kit.

KIND OF FOOD	WHAT I LIKE	IN THE KIT
Something warm to heat		
Protein that keeps on the shelf		
Something crunchy		
Something from the freezer		
Something I look forward to		
Something else		

My kit lives here: _____

When I use something, I add it to my shopping list or default cart.

Worksheet: Four-by-Four Menu

Four of each. Every food must be proven (eaten at least twice), makeable on a normal day, and liked.

BREAKFASTS	LUNCHES

DINNERS	SNACKS

Made on: _____ Remake it when you find yourself avoiding most of the list.

Worksheet: Grocery Template

What I need for my Four-by-Four Menu. If I shop online, I save this as my default cart.

PROTEINS (EGGS, BEANS, MEAT)	CARBS (BREAD, RICE, PASTA)	FRUIT AND VEGETABLES I EAT	THINGS I LOOK FORWARD TO

☐ Default cart saved. Last updated: _____