

EQUAZEN[®] MINDFULL[™] MENU IDEAS

One of the biggest daily challenges for parents of children with ADHD or other neurodiverse conditions is planning healthy meals and snacks. Often the focus is on dietary restrictions, and the list of foods to avoid feels overwhelming.

Instead, Tricia Griffin, RDN, LD recommends shifting the focus. “As a nutritionist working with kids with ADHD and neurodiverse conditions, I found it helped to offer parents meal ideas rather than a long list of foods to avoid,” she explains.

“Parents and caregivers were always more interested in what their children could eat, not what they should not eat.”

This MindFULL Menu provides eight days of food options to help you add more health-promoting, “green light” protein sources, complex carbohydrates, and healthy fats to meals and snacks. Parents and caregivers can easily customize these menu items to fit their child’s personal preferences and dietary restrictions.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
BREAKFAST	<p>Yogurt Parfait: Layer Greek yogurt, fresh fruit, nuts, granola as desired.</p>	<p>Overnight oats: (make ahead of time) Combine old-fashioned oats, milk, fruit, nuts, seeds, a drizzle of honey in jars, and refrigerate until ready to eat.</p>	<p>Power Tropical Smoothie: Blend Frozen pineapple chunks, avocado, chia seeds or macadamia nuts, a scoop of vanilla protein powder, milk, and a few drops of coconut extract.</p>	<p>Banana In a Blanket: Spread peanut butter on a medium whole wheat tortilla. Place a peeled banana near one end and roll it up.</p>	<p>Lazy Vegetable Omelet: Spray a large microwaveable mug with cooking spray. Combine eggs, cheese, and any chopped vegetables and add to the mug. microwave for 1 minute 30 seconds, stirring every 30 seconds.</p>	<p>Breakfast Burrito: Add scrambled eggs, cheese, and salsa to a whole wheat tortilla. Roll or fold into a burrito.</p>	<p>Protein Pancakes or Waffles: Make pancake or waffle batter with ground buckwheat, eggs, Greek yogurt, and milk to thin. Top with fresh fruit or no added sugar jam.</p>	<p>Savory French Toast Rollups: Make French toast with whole wheat bread. Layer Swiss cheese and ham or turkey and roll-up.</p>

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SNACKS	<p>Trail Mix: Combine nuts, pumpkin seeds, any unsweetened dried fruit, unsweetened shredded coconut, and dark chocolate chips if desired.</p>	<p>Rice Cakes with Almond butter and sliced strawberries.</p>	<p>Chocolate Walnut Energy Bites: Oats, walnuts, dates, cocoa powder. Combine in a food processor and roll into balls.</p>	<p>Tuna Salad: Mix light tuna with hummus. Spread on crackers and celery.</p>	<p>Fruit & Yogurt Parfait topped with granola or chopped nuts.</p>	<p>Chips, Veggies & Dip: Combine plain Greek yogurt with "Everything But the Bagel" seasoning to make a savory dip for pita chips and veggies.</p>	<p>Deviled Eggs & Sliced Veggies with Hummus.</p>	<p>Fruit Kabobs with Nuts: Skewer strawberries, grapes, kiwi slices, and pineapple chunks. Serve with almonds or other nuts.</p>
LUNCHES	<p>Homemade "Lunchable" Bento Box: Hard-boiled egg, rolled up turkey, raw veggies fruit, nuts</p>	<p>Avocado Toast: Spread mashed avocado on whole-wheat toast, top with sliced cucumbers and shredded carrots</p>	<p>Rollup Sandwich: Whole grain tortilla, spread with hummus or another bean dip, top with shredded chicken, lettuce, and tomato.</p>	<p>Warm Grain Bowl: Combine leftover cooked rice or other grain with shredded chicken and leftover cooked vegetables. Drizzle warmed vinaigrette dressing over.</p>	<p>Rainbow Pasta Salad: Combine tri-color corkscrew pasta, canned or leftover cooked salmon, steamed broccoli, chopped red peppers, black olives, Italian seasoning, oil, and vinegar.</p>	<p>Grilled Cheese: Whole grain bread with cheese and tomato if desired. Serve with tomato soup or cut veggies and hummus.</p>	<p>Pita Pizzas: Top whole-grain pita bread with pizza sauce, shredded cheese, and veggies. Broil until the cheese is melted.</p>	<p>Easy Ramen Noodle Soup: Combine leftover angel hair pasta shredded carrots, thinly sliced scallions, and sliced mushrooms. Heat chicken stock from a carton in the microwave and pour over the noodles and veggies.</p>
SNACKS	<p>PBJ Smoothie: Blend frozen mixed berries with Greek yogurt, milk, and a tablespoon of peanut butter.</p>	<p>Apple Nachos: Slice an apple into round slices and arrange it on a plate. Drizzle almond butter over the slices and sprinkle with sunflower seeds and mini chocolate chips. strawberries.</p>	<p>Hummus Platter: Serve hummus with cut veggies and pita bread cut into quarters.</p>	<p>Ants on a Log: Fill celery sticks with peanut butter and raisins.</p>	<p>Egg Salad with Crackers and Fruit: Mix chopped hard-boiled egg with plain Greek yogurt. If desired, add chopped scallion or red onion. Serve with whole-grain crackers and grapes on the side.</p>	<p>Fruit Dippers: Combine plain Greek yogurt with a tablespoon of cream cheese and a few drops of vanilla extract. Serve as a dip for assorted cut fruit.</p>	<p>Stuffed Baked Potato: Bake a small potato in the microwave for 5 minutes. Slice open and fill with shredded cheese, plain Greek yogurt, and chopped scallions.</p>	<p>Banana Sushi: Spread peanut butter over a banana. Roll in finely chopped nuts and shredded coconut. Freeze for about 30 minutes or just until firm. Cut into slices.</p>
DINNERS	<p>Grilled Fish with fruit salsa (diced mango, red pepper, avocado, scallion, cilantro). Serve with brown rice, and steamed broccoli.</p>	<p>Roast Pork Tenderloin with baked sweet potato cubes and green beans tossed with olive oil.</p>	<p>Personal Enchilada Pie: Layer small corn or whole wheat tortilla, enchilada sauce, shredded chicken, cheese, black beans. Bake or microwave until warmed throughout and the cheese is melted.</p>	<p>Spaghetti & Meatballs: Whole grain spaghetti with turkey or chicken meatballs and sauce. Serve with a large mixed salad.</p>	<p>Homemade Fish & Chips: Dip fish fillets in beaten egg and then seasoned whole wheat, Panko. Bake 350°F for 12 minutes or until the fish flakes. Serve with sweet potato fries and steamed vegetables.</p>	<p>Chicken Skewers: Skewer chunks of boneless chicken breast, pineapple, mushrooms, red pepper, and red onion. Brush with olive oil and tamari. Serve with barley pilaf with slivered almonds.</p>	<p>Roast Chicken Dinner: Roast a whole chicken (save leftovers for lunch or another dinner). Serve with mashed potatoes, steamed carrots, and green beans.</p>	<p>Vegetable Frittata: Beat 1-2 eggs per person with milk, dijon mustard, salt, and pepper. In an oven-proof saute pan, saute any vegetables in olive oil to soften. Pour egg mixture over, and top with cheese if desired. Bake at 400° until puffed and golden (about 20 minutes).</p>

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