



ADHD Diet

Shopping List



Vegetables

- Spinach
- Broccoli
- Carrots
- Bell peppers
- Cauliflower
- Kale
- Zucchini
- Sweet potatoes
- Cucumbers
- Tomatoes

Protein

- Chicken breast
- Turkey
- Salmon
- Tuna
- Eggs
- Lean beef
- Greek yogurt
- Lentils
- Quinoa
- Cottage cheese

Whole Grains

- Brown rice
- Oats
- Whole wheat bread
- Barley
- Buckwheat
- Whole grain pasta
- Popcorn

Nuts and Seeds

- Almonds
- Walnuts
- Flaxseeds
- Chia seeds
- Pumpkin seeds
- Cashews
- Pistachios
- Sesame seeds
- Sunflower seeds
- Hazelnuts

Healthy Fat

- Avocado
- Olive oil
- Peanut butter
- Chia seeds
- Salmon

Fruit

- Blueberries
- Oranges
- Strawberries
- Apples
- Bananas
- Grapes
- Pineapple
- Watermelon
- Kiwi
- Mango

Dairy and Dairy Alternatives

- Greek yogurt
- Milk
- Cheese (mozzarella, feta)
- Cottage cheese
- Almond milk
- Soy milk
- Coconut milk
- Plain yogurt
- Kefir
- Tofu



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

