

Lauren's Kitchen

A Cookbook Made With Love

Your Favorite Foods, Reimagined • No Judgment, All Flavor

Broken Ankle Recovery Edition • ADHD-Friendly Format • Cat-Approved

Built by Andrew • March 2026

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Hey babe. This isn't a diet book. Nobody is telling you what you can't eat. This is about taking the foods you already love and finding ways to enjoy them that make you feel good -- physically and mentally. Every single recipe in here was chosen because it's something you've said you love. Nothing here is punishment food. If you want a 100 Grand bar, eat a 100 Grand bar. But maybe also try the homemade version on page whatever, because it's pretty fire. Love you.

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Your Favorites: The Nutritional Reality

No shame. Just numbers. Knowledge is power, and you deserve to know what you're working with.

The Sweet Stuff

FOOD	SERVING	CAL	FAT	SUGAR	SODIUM	PROTEIN
Samoas (Keebler Coconut Dreams)	2 cookies (28g)	140	7g	9g	75mg	1g
100 Grand Bar	1 bar (43g)	190	8g	22g	75mg	1g
Twix	1 package (2 bars, 50g)	250	12g	24g	115mg	2g
Peach Rings	5 pieces (~40g)	140	0g	26g	15mg	0g
Apple Rings		140	0g	26g	15mg	0g

TOP

Papa Hayden Cake (avg slice)	1 slice	500-700	25-40g	45-60g	250-400mg	5-8g
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The Drinks

DRINK	SERVING	CAL	FAT	SUGAR	SODIUM	PROTEIN
Thai Iced Tea w/ Boba & Pudding	24 oz	450-550	8-12g	55-70g	80mg	4g
Stella Rosa (Red)	5 oz glass	120	0g	12-16g	5mg	0g
Sutter Home (White Zinfandel)	5 oz glass	120	0g	5-8g	5mg	0g
Lactose-Free Whole Milk	8 oz	150	8g	12g	125mg	8g

The Meals

MEAL	SERVING	CAL	FAT	SUGAR	SODIUM	PROTEIN
Chicken Alfredo (restaurant)	1 plate	1,200-1,500	60-80g	6-10g	1,200-1,800mg	50-65g
Papa Murphy's CBR Pizza	2 slices (large)	700-800	35-42g	4-6g	1,400-1,700mg	30-38g
Carl's Jr Teriyaki Burger	1 burger	660	28g	16g	1,310mg	32g
Baja Fresh Shrimp Fajita Plate	full plate	860-1,000	20-30g	8-12g	1,800-2,200mg	40-50g
Campechana (seafood cocktail)	1 bowl	250-350	4-8g	8-12g	800-1,200mg	25-35g

Chicken

Thighs (skin-on, 2) 2 thighs 440-520 28-34g 0g 160-240mg 42-50g

The Sleeper Hit

FOOD	SERVING	CAL	FAT	SUGAR	SODIUM	PROTEIN
Roasted Carrots	1 cup	80	3g	6g	70mg	1g
Chanterelle Mushrooms	1 cup	20	0.5g	1g	5mg	1.5g
Morel Mushrooms	1 cup	20	0.5g	0g	5mg	2g
Panna Cotta (traditional)	1 serving	350-450	25-35g	25-35g	50-80mg	4-6g

Your secret weapons: Roasted carrots, mushrooms, chicken thighs, campechana, and lactose-free milk are all genuinely solid choices. You already like healthy food -- you just also like candy bars. Same, honestly.

The Honest Conversation

This section exists because Andrew loves you and you deserve real information, not sugarcoated BS. Read it once, absorb what lands, skip what doesn't. No quizzes.

Where Things Stand

At 5'10" and ~300 lbs, your body is carrying extra weight that's putting stress on your joints (hi, ankle), your heart, and your energy levels. Your BMI is around 43, which doctors classify as Class III obesity. That's not a moral failing -- it's a medical data point, like a temperature reading.

Here's what's working against you right now:

- **Broken ankle** = less movement = fewer calories burned = weight wants to go up

metabolism slows while you sleep

- **Small kitchen frustration** = cooking feels like a chore = more takeout
- **Recovery from injury** = comfort food cravings are REAL and VALID

What's Working FOR You

- **Vyvanse** -- suppresses appetite AND is literally FDA-approved for binge eating disorder. Your medication is on your team.
- **Wellbutrin** -- also tends to suppress appetite (unlike most antidepressants). Another ally.
- **You like protein** -- steak, chicken thighs, shrimp. Protein keeps you full longer.
- **You like vegetables** -- roasted carrots, mushrooms. These are LOW calorie, HIGH nutrition.
- **You're willing to Instacart** -- that means meal prep is possible if someone builds the list (hi, that's what this book does).
- **You know your body** -- choosing lactose-free milk instead of suffering? That's self-awareness.

The Math (Just Once, Then We Move On)

Your estimated TDEE (Total Daily Energy Expenditure) with a broken ankle and limited activity is roughly **2,200-2,400 calories/day**

A single DoorDash order at midnight can easily hit 1,200-1,800 calories. That's more than half your day in one impulse order.

You don't need to count every calorie. But knowing the ballpark helps. A gentle deficit of 500 cal/day = ~1 lb/week loss = 50 lbs in a year, without ever feeling deprived.

Vyvanse (Lisdexamfetamine)

- Suppresses appetite -- this is actually helpful, but it means you might skip meals and then binge at night when it wears off
- **Strategy:** Eat a real meal within 1 hour of taking your Vyvanse, even if you're not hungry. This prevents the late-night rebound binge.
- Acidic foods/drinks (orange juice, soda, vitamin C) can reduce absorption. Take with water or milk.
- Protein-rich breakfast helps it work more evenly throughout the day

Wellbutrin (Bupropion)

IMPORTANT -- Wellbutrin & Alcohol:

- Wellbutrin **lowers your seizure threshold**. This is a real medical thing.
- Alcohol **also** lowers your seizure threshold.
- Combined, the risk of seizures goes up significantly, especially with binge drinking.
- This doesn't mean you can never have wine. It means: **1 glass of Stella Rosa is probably fine. 3+ glasses is entering risky territory.**
- If you drink, eat food with it (slows absorption) and stay hydrated.
- Never stop Wellbutrin suddenly to "make room" for drinking -- that's even more dangerous.

Interaction Cheat Sheet

SITUATION	RISK LEVEL	WHAT TO DO
1 glass of Stella Rosa with dinner	Low-Moderate	Probably fine. Eat food. Hydrate.
2+ glasses on empty stomach	Higher Risk	Avoid. Eat first. Limit to 1.

Vyvanse + skipping breakfast

Leads to
Binge

Eat within 1 hr of taking it.

Vyvanse + protein breakfast

Ideal

Eggs, chicken sausage, yogurt, etc.

Ankle Recovery Nutrition

Bones need specific nutrients to heal. Your body is literally rebuilding right now. Give it the building blocks.

Calcium

Goal: 1,000-1,200 mg/day

Low lactose free milk is great here - 300mg per cup. Also sardines, fortified OJ, broccoli, almonds.

3-4 cups of milk/day covers most of it.

Vitamin D

Goal: 2,000-4,000 IU/day

Hard to absorb - no sun. Supplement this. Seriously, your bones can't use calcium without it.

A \$8 bottle from Fred Meyer lasts months.

Protein

Goal: 80-100g/day

You already ate protein (steak, chicken thighs, shrimp). Bone healing requires collagen synthesis = protein.

Two chicken thighs + a glass of milk = ~55g right there.

Vitamin C

Goal: 500mg/day

Collagen production requires vitamin C. Bell peppers, strawberries, broccoli, or a supplement.

Take Vitamin C at a different time than Vyvanse.

Instacart Add-On for Ankle Healing: Lactose-free whole milk (already getting this), Vitamin D3 2000 IU softgels, Vitamin C 500mg, frozen broccoli, canned sardines in olive oil, roasted almonds.

The Swaps

Same vibes. Same flavors. Better numbers. Every one of these was built from something you already love.

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Lighter Chicken Alfredo

490 cal

15 min

Serves 2 vs Restaurant: 1,200-1,500 cal

Cauliflower cream sauce that genuinely tastes creamy. The secret is garlic and parmesan doing the heavy lifting.

Ingredients

- 8 oz fettuccine
- 2 chicken thighs, boneless skinless, sliced thin
- 2 cups frozen cauliflower florets
- 1/2 cup lactose-free whole milk



- 1 tbsp olive oil
- Salt, pepper, Italian seasoning
- Red pepper flakes (optional)

Steps

- 1** Boil pasta per package. In the last 5 minutes, throw the frozen cauliflower in the same pot. Drain both.
- 2** While pasta cooks, heat olive oil in a skillet. Cook chicken thigh slices 3-4 min per side. Season with salt, pepper, Italian seasoning. Remove and set aside.
- 3** Blend the cooked cauliflower + milk + garlic + parmesan in a blender until smooth. That's your sauce.
- 4** Toss pasta with sauce. Top with chicken. Hit it with red pepper flakes if you want.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
490	14g	35g	58g	380mg

You saved: ~800 calories and ~50g of fat vs restaurant chicken alfredo. Same creamy vibe.

Air Fryer Teriyaki Chicken Burger

380 cal

12 min

Serves 1 vs Carl's Jr: 660 cal

Same teriyaki-pineapple vibes, half the calories, and you don't have to put on shoes.

TOP

- 1 ground chicken patty (or ground turkey) — 5 oz
- 1 brioche bun (or thin bun for fewer cal)
- 1 tbsp low-sodium teriyaki sauce
- 1 pineapple ring (canned in juice, drained)
- 1 leaf lettuce, 1 slice tomato
- 1 tsp mayo or sriracha mayo

Steps

- 1 Season patty with garlic powder, onion powder, pepper. Air fry at 375F for 10 minutes, flipping halfway.
- 2 Last 2 minutes: brush teriyaki on patty, throw pineapple ring in the air fryer too.
- 3 Assemble: bun, mayo, lettuce, patty, pineapple, tomato.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
380	12g	30g	36g	580mg

Chicken Bacon Ranch Pizza (Homemade)

520 cal / 2 slices

25 min

Serves 4 (8 slices) vs Papa Murphy's 2 slices: 700-800 cal

Papa Murphy's vibes, portion-controlled, and you actually know what's in it.

Ingredients

- 1 store-bought thin pizza crust (or naan bread for personal size)
- 1/3 cup light ranch dressing (as sauce)
- 1 cup shredded rotisserie chicken
- 3 slices turkey bacon, cooked and crumbled



- Dried parsley, garlic powder

Steps

- 1 Preheat oven to 425F.
- 2 Spread ranch on crust. Top with chicken, bacon, mozzarella, onion.
- 3 Bake 12-15 min until cheese is bubbly and golden.
- 4 Cut into 8 slices. Two slices = one serving.

Per Serving (2 slices)

CALORIES	FAT	PROTEIN	CARBS	SODIUM
520	22g	32g	46g	820mg

ADHD Hack: Buy 2 rotisserie chickens from Instacart. Shred one for pizza, use the other for alfredo, salads, wraps all week. One task, many meals.

Shrimp Fajita Bowl

420 cal

15 min

Serves 1 vs Baja Fresh plate: 860-1,000 cal

All the Baja Fresh flavor, skip the massive tortillas and rice mountain.

Ingredients

- 6 oz raw shrimp, peeled (buy frozen pre-peeled from Instacart)
- 1/2 cup cooked rice (or cauliflower rice for 350 cal total)
- 1/2 bell pepper, sliced
- 1/4 onion, sliced
- 1 tbsp olive oil
- Fajita seasoning (cumin, chili powder, garlic, paprika, oregano)
- Lime wedge, cilantro, 2 tbsp pico de gallo

TOP

Steps

- 1 Heat oil in a skillet. Cook peppers and onion 3-4 min until slightly charred.
- 2 Add shrimp and fajita seasoning. Cook 2-3 min per side until pink.
- 3 Bowl it: rice on bottom, fajita mix on top, squeeze lime, add pico.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
420	14g	32g	38g	520mg

Thai Iced Tea (Half-Sweet)

180 cal

10 min + chill

Serves 2 vs Boba Shop: 450-550 cal

Still that gorgeous orange color, still creamy, still feels like a treat. Just less sugar.

Ingredients

- 2 tbsp Thai tea mix (Pantai or Number One brand -- Instacart has it)
- 2 cups boiling water
- 2 tbsp sweetened condensed milk (yes, real -- this is the flavor)
- 1/2 cup lactose-free whole milk
- Ice
- Optional: 2 tbsp boba pearls (adds ~80 cal)

Steps

- 1 Steep tea mix in boiling water for 5 minutes. Strain through a fine mesh strainer or coffee filter.
- 2 Stir in condensed milk while tea is warm. Let cool, then refrigerate.
- 3 Fill glass with ice. Pour tea 3/4 full. Top with lactose-free milk (don't stir -- let it be pretty).

TOP

Per Serving (no boba)

CALORIES	FAT	PROTEIN	CARBS	SODIUM
180	6g	4g	28g	80mg

Batch it: Make a full pitcher on Sunday. Keeps in the fridge all week. Pour over ice whenever the craving hits -- faster than DoorDash.

Vanilla Panna Cotta (Lighter)

210 cal

10 min + 4 hr chill

Serves 4 vs Traditional: 350-450 cal

Still jiggly. Still silky. Still fancy. Just uses lactose-free milk + a splash of cream instead of all cream.

Ingredients

- 1.5 cups lactose-free whole milk
- 1/2 cup heavy cream (yes, some real cream -- it matters for texture)
- 1 packet unflavored gelatin (2.5 tsp)
- 3 tbsp sugar (or 2 tbsp honey)
- 1 tsp vanilla extract
- Pinch of salt
- Optional topping: fresh berries, a drizzle of caramel, or a splash of espresso

Steps

- 1 Sprinkle gelatin over 1/4 cup of the cold milk. Let it bloom for 5 minutes (it'll get wrinkly -- that's right).
- 2 Heat remaining milk + cream + sugar in a small saucepan over medium until steaming (not boiling).

TOP

4 Pour into 4 ramekins or small cups. Refrigerate 4+ hours (overnight is best).

5 Top with berries, caramel, or eat plain. All valid.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
210	12g	5g	20g	65mg

Pro move: Make these in cute little jars. Having dessert already waiting in the fridge kills the "I need to DoorDash dessert" impulse.

Homemade Samoa Cookie Bites

110 cal/bite

25 min

Makes 16 bites vs Keebler: 70 cal/cookie but who eats 2?

Coconut, caramel, chocolate. Portion-controlled bites instead of a sleeve you can't close.

Ingredients

- 1 cup old-fashioned oats
- 1/2 cup shredded coconut (toasted)
- 1/4 cup coconut oil, melted
- 3 tbsp caramel sauce (store-bought is fine)
- 2 tbsp honey
- 1/4 tsp salt
- 2 oz dark chocolate chips, melted

Steps

1 Toast coconut in a dry skillet 2-3 min, stirring constantly (it burns fast).

2 Mix oats, toasted coconut, melted coconut oil, caramel, honey, and salt.

TOP

Per Bite

CALORIES	FAT	PROTEIN	CARBS	SUGAR
110	6g	1.5g	13g	7g

ADHD portion hack: Store these in individual snack bags of 2. When you want Samoas, grab a bag. The bag is the boundary.

Homemade 100 Grand Bars

140 cal/piece

20 min + chill

Makes 12 pieces vs Real 100 Grand: 190 cal

Crispy rice, caramel, chocolate. Smaller pieces, real ingredients, same satisfaction.

Ingredients

- 2 cups crispy rice cereal
- 1/3 cup caramel sauce
- 2 tbsp butter, melted
- 1/4 tsp salt
- 1 cup milk chocolate chips

Steps

- 1 Mix rice cereal, caramel, melted butter, and salt. Press into an 8x8 pan lined with parchment.
- 2 Melt chocolate chips (microwave 30-sec bursts, stirring). Spread over cereal layer.
- 3 Refrigerate 1 hour. Cut into 12 bars.

CALORIES	FAT	PROTEIN	CARBS	SUGAR
140	6g	1g	21g	14g

Homemade Peach Gummy Bites

35 cal/serving

10 min + chill

Serves 8 vs Peach Rings: 140 cal/serving, 26g sugar

Real peach flavor, fraction of the sugar, and they're kinda fun to make.

Ingredients

- 1 cup peach nectar or peach juice
- 2 packets unflavored gelatin (5 tsp total)
- 1 tbsp honey
- 1/2 tsp lemon juice
- Silicone candy mold or ice cube tray

Steps

- 1 Heat peach juice in a small saucepan until warm (not boiling).
- 2 Whisk in gelatin until completely dissolved. Stir in honey and lemon juice.
- 3 Pour into silicone molds. Refrigerate 2+ hours until firm.
- 4 Pop out of molds. Store in the fridge in a container.

Per Serving (~5-6 gummies)

CALORIES	FAT	PROTEIN	CARBS	SUGAR
35	0g	3g	6g	5g

The Mushroom Chapter

You have genuinely great taste here. Mushrooms are insanely low calorie, packed with B vitamins, selenium, and vitamin D. Lean ALL the way in.

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Pan-Seared Chanterelles with Thyme Butter

120 cal

10 min

Serves 2 Side dish or steak topper

This is the dish that makes people think you went to culinary school. It takes 10 minutes.

Ingredients

- 8 oz fresh chanterelles, cleaned and torn into pieces
- 1 tbsp butter
- 1 tbsp olive oil
- 2 cloves garlic, sliced thin
- 4-5 sprigs fresh thyme (or 1 tsp dried)
- Salt, pepper
- Splash of dry white wine or sherry (optional -- skip if avoiding alcohol)

TOP

- 1 Heat olive oil in a skillet over medium-high. When it shimmers, add chanterelles in a single layer. Don't move them for 3 minutes (you want golden edges).
- 2 Flip/stir. Add butter, garlic, and thyme. Cook 2-3 more min, basting mushrooms with the melted butter.
- 3 Optional: deglaze with wine. Let it cook off (30 seconds).
- 4 Season with salt and pepper. Serve immediately.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
120	10g	2g	5g	85mg

Portland advantage: Chanterelles and morels are foraged locally in Oregon. Check the Portland Farmers Market, Whole Foods, or New Seasons. Peak season is fall for chanterelles, spring for morels. Frozen works great off-season.

Morel & Chicken Thigh Skillet

380 cal

20 min

Serves 2 Complete meal

Two of your favorite things in one skillet. This is restaurant-quality food and it's 20 minutes.

Ingredients

- 4 boneless skinless chicken thighs
- 6 oz morels (fresh or rehydrated dried), halved
- 1 tbsp butter
- 1 tbsp olive oil
- 2 cloves garlic, minced



- Fresh parsley, salt, pepper

Steps

- 1 Season chicken thighs with salt and pepper. Heat olive oil in a large skillet over medium-high. Cook thighs 5 min per side until golden and cooked through. Remove.
- 2 In the same skillet, add butter. Sear morels 3-4 min until golden and slightly crispy on edges.
- 3 Add garlic, cook 30 seconds. Add broth, scrape up the good bits. Let it reduce by half.
- 4 Stir in milk/cream. Return chicken to pan. Spoon sauce over. Garnish with parsley.

Per Serving (2 thighs)

CALORIES	FAT	PROTEIN	CARBS	SODIUM
380	20g	44g	5g	340mg

Roasted Mushroom Medley with Carrots

150 cal 30 min (mostly oven)

Serves 3-4 Side dish

Mushrooms + roasted carrots together. Two of your favorites on one sheet pan.

Ingredients

- 1 lb mixed mushrooms (cremini, shiitake, oyster -- or whatever looks good)
- 3 large carrots, cut into thick coins or sticks
- 2 tbsp olive oil
- 3 cloves garlic, smashed



- Salt, pepper

Steps

- 1 Preheat oven to 425F.
- 2 Toss mushrooms, carrots, garlic, olive oil, rosemary, salt, and pepper on a sheet pan. Spread in a single layer.
- 3 Roast 25 min, stirring once halfway through.
- 4 Drizzle with balsamic vinegar when they come out. Toss gently.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
150	8g	4g	16g	90mg

Creamy Mushroom Soup (Lactose-Free)

180 cal

20 min

Serves 4 You said you like warm drinks -- this is a warm MEAL

Velvety, earthy, warming. Uses lactose-free milk so your stomach stays happy.

Perfect for ankle-recovery couch days.

Ingredients

- 1 lb cremini or mixed mushrooms, sliced
- 1 small onion, diced
- 3 cloves garlic, minced
- 2 cups low-sodium chicken or veggie broth
- 1 cup lactose-free whole milk
- 1 tbsp butter

TOP

- Truffle oil for drizzling (optional but FANCY)

Steps

- 1 Melt butter in a pot. Cook onion 3 min, add mushrooms, cook 5-6 min until they release their liquid and get golden.
- 2 Add garlic, cook 30 sec. Sprinkle flour, stir 1 min.
- 3 Add broth. Simmer 8 min. Stir in milk and thyme.
- 4 Blend half of it with an immersion blender (or leave chunky if you prefer). Season to taste.
- 5 Ladle into bowls. Drizzle truffle oil if you have it. Feel fancy.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
180	8g	8g	18g	290mg

Steak & Chicken Thigh Mains

You love protein. Protein loves you back. These meals keep you full for hours.

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Reverse-Seared Ribeye with Roasted Carrots

580 cal

40 min

Serves 1 Worth every calorie



Ingredients

- 1 ribeye steak, 8 oz (look for good marbling)
- 4-5 carrots, peeled and cut into sticks
- 1 tbsp olive oil
- 1 tbsp butter
- 2 cloves garlic, smashed
- Fresh rosemary sprig
- Salt, pepper

Steps

- 1 Preheat oven to 275F. Season steak generously with salt and pepper. Place on a wire rack over a sheet pan.
- 2 Toss carrots with olive oil, salt, pepper. Spread on the same sheet pan around the rack.
- 3 Bake 25-30 min until steak hits 120F internal (use a meat thermometer -- they're \$10 and game-changing).
- 4 Heat a cast iron skillet screaming hot. Add butter, garlic, rosemary. Sear steak 1 min per side.
- 5 Rest 5 min. Slice against the grain. Serve with those beautiful carrots.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
580	38g	48g	14g	200mg

Portion note: An 8 oz ribeye is plenty. Restaurants often serve 12-16 oz cuts. You can always have a steak -- just don't need to eat half a cow.

Crispy Chicken Thighs with Honey-Garlic Glaze

340 cal

25 min

Serves 2 One pan. That's it.

Ingredients

- 4 bone-in, skin-on chicken thighs
- 2 tbsp honey
- 1 tbsp soy sauce (low sodium)
- 3 cloves garlic, minced
- 1 tsp rice vinegar
- 1/2 tsp ginger powder
- Salt, pepper, smoked paprika

Steps

- 1 Season thighs with salt, pepper, smoked paprika. Place skin-side down in a cold oven-safe skillet. Turn heat to medium. Cook 8-10 min until skin is deeply golden and crispy.
- 2 Flip. Mix honey, soy sauce, garlic, vinegar, ginger. Pour over chicken.
- 3 Transfer skillet to 400F oven. Bake 15 min until cooked through.
- 4 Spoon glaze from pan over chicken. Serve with roasted veggies or rice.

Per Serving (2 thighs)

CALORIES	FAT	PROTEIN	CARBS	SODIUM
340	16g	36g	14g	380mg

Sheet Pan Chicken Thighs & Roasted Vegetables

390 cal

35 min (mostly oven)

Serves 2-3 Minimal effort, maximum flavor, one pan to wash

The ultimate ADHD meal: dump everything on a pan, season, bake, eat. One dish to wash (or load into the dishwasher you love).

Ingredients

- 4-6 boneless skinless chicken thighs
- 3 carrots, cut into chunks
- 1 bell pepper, chunked
- 1/2 onion, chunked
- 8 oz mushrooms, halved
- 2 tbsp olive oil
- Italian seasoning, garlic powder, salt, pepper

Steps

- 1 Preheat oven to 425F. Line a sheet pan with parchment (easier cleanup).
- 2 Toss all the veggies and chicken on the pan. Drizzle oil. Season everything generously.
- 3 Bake 30 min. Done.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
390	18g	40g	16g	280mg

Meal prep hack: Double this recipe. Eat half tonight, pack the rest into containers for 2-3 more meals. You just made 3 days of lunches in 35 minutes of mostly-oven time.

It's 11 PM. The Vyvance has worn off. The ADHD brain wants dopamine. Here are things that give you the hit without the \$28 DoorDash order.

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The DoorDash math: A typical late-night DoorDash order = \$25-35 after fees and tip, plus 800-1,500 calories. If this happens 3x/week, that's \$400+/month and potentially an extra pound gained every 10 days. These snacks cost under \$2 each, take under 5 minutes, and keep you under 250 calories.

The Late-Night Quick List

Under 100 Calories

- Warm cinnamon milk (see below) - 90 cal
- Apple slices with cinnamon - 80 cal
- Peach gummy bites (from earlier) - 35 cal
- String cheese - 80 cal
- Handful of grapes (frozen = extra good) - 60 cal
- 2 rice cakes with everything seasoning - 70 cal

100-250 Calories (More Substantial)

- Microwave mug brownie (below) - 220 cal
- Frozen yogurt bark (below) - 140 cal
- Apple-cinnamon bites (below) - 160 cal
- 2 Samoa bites from the fridge - 220 cal
- Panna cotta from the fridge - 210 cal
- Toast with peanut butter + banana - 250 cal

- Leftover sheet pan chicken = 390 cal
- 2 eggs + toast = 300 cal
- Quesadilla (tortilla + cheese + leftover chicken) = 350 cal
- Bowl of cereal with lactose-free milk = 280 cal

Warm Cinnamon Milk

90 cal

3 min

You like warm drinks. This is a warm drink that also happens to have calcium (hello, ankle healing) and tryptophan (hello, sleepiness). You're literally healing your bone and making yourself drowsy enough to sleep instead of scrolling DoorDash.

Steps

- 1 Heat 1 cup lactose-free whole milk in a mug in the microwave (90 seconds).
- 2 Stir in 1/2 tsp cinnamon, 1 tsp honey, tiny pinch of nutmeg.
- 3 Optional: 1/2 tsp vanilla extract.

Microwave Mug Brownie

220 cal

2 min

Single serving. No leftovers to binge on. No oven required. It exists, you eat it, it's done.

Steps

- 1 In a mug, mix: 3 tbsp flour, 2 tbsp cocoa powder, 2 tbsp sugar, pinch of salt.

TOP

2. Add 2 tbsp lactose-free milk, 1 tsp melted butter (or oil), 1/4 tsp vanilla.
3. Stir until smooth. Microwave 60-90 seconds.
4. Optional: drop 5 chocolate chips on top before microwaving.

Frozen Yogurt Bark

140 cal

5 min + freeze

Make this on a Sunday. Break pieces off all week. Tastes like frozen candy but it's mostly yogurt.

Steps

1. Spread 2 cups lactose-free vanilla yogurt (or dairy-free) on a parchment-lined sheet pan, about 1/4 inch thick.
2. Top with: sliced strawberries, dark chocolate chips, shredded coconut, drizzle of honey.
3. Freeze 2+ hours. Break into pieces. Store in a freezer bag.

Warm Apple-Cinnamon Bites

160 cal

5 min

Tastes like apple pie filling. Satisfies the apple ring candy craving but with real fruit. Warm drink energy.

Steps

1. Chop 1 apple into small cubes. Toss in a microwave-safe bowl with 1 tsp butter, 1/2 tsp cinnamon, 1 tsp brown sugar.
2. Microwave 2-3 minutes until soft and syrupy.
3. Optional: top with a spoonful of granola or a tiny dollop of whipped cream.

Designed for brains that lose interest halfway through. Short bursts, high reward, systems that work even on bad days.

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The Rules (There Are Only 4)

1. One Big Cook, Many Meals

Pick ONE day when you have energy. Make 2-3 big recipes. Portion them into containers. You now have food for 4-5 days without thinking.

2. Pre-Portion Your Snacks

When the Instacart order arrives, immediately bag snacks into single servings. The bag is the boundary. No willpower needed later.

3. Nothing Takes Over 15 Minutes

If a recipe takes longer than 15 min of active work, it's not ADHD-friendly. Oven time doesn't count because you're not doing anything.

4. The Dishwasher Is Your Friend

Use sheet pans with parchment. Use one-pot recipes. Use the microwave. Load as you go (you're already good at this). Unloading is Andrew's problem.

The Weekly Rotation (Copy-Paste Energy)

DAY	BREAKFAST	LUNCH	DINNER	SNACK
	Eggs + toast	Whatever sounds good	Cook: Sheet Pan Chicken Make: Panna cotta,	Pre-bag snacks



Day)				
Mon	Yogurt + granola	Leftover sheet pan chicken	Lighter Chicken Alfredo	Samoa bites
Tue	Toast + PB + banana	Shrimp fajita bowl	Leftover alfredo	Panna cotta
Wed	Eggs + cheese	Leftover fajita bowl	CBR Pizza	Yogurt bark
Thu	Cereal + LF milk	Leftover pizza	Mushroom + chicken thigh skillet	Peach gummies
Fri	Smoothie	Leftover chicken skillet	Steak night + roasted carrots	100 Grand bar (homemade or real, your call)
Sat	Brunch (eggs, bacon, toast)	Mushroom soup	DoorDash night (budget: \$20, one entree)	Warm cinnamon milk

Notice Saturday dinner: DoorDash is not banned. It's budgeted. One night a week, one entree, \$20 max. That's \$80/month instead of \$400. Same dopamine, way less guilt and expense.

15-Minute Meals for the Small Kitchen

These use 1-2 items (a skillet and/or the microwave). Minimal counter space needed.

- **Quesadilla:** Tortilla + cheese + leftover chicken + salsa. Skillet, 4 min.
- **Egg scramble:** 2 eggs + whatever cheese/veggies are around. Skillet, 5 min.
- **Shrimp stir-fry:** Frozen shrimp + frozen stir-fry veggies + soy sauce. Skillet, 10 min.
- **Loaded rice bowl:** Microwave rice cup + rotisserie chicken + teriyaki sauce + green onion. 3 min.
- **Fancy toast:** Toast + avocado + fried egg + everything seasoning. 5 min.
- **Campechana at home:** Canned cocktail shrimp + diced tomato + lime + hot sauce + avocado + crackers. No cooking, 5 min.

Three lists. Copy into Instacart. Done.

Weekly Essentials (Get Every Week)

- Lactose-free whole milk (half gallon)
- Eggs (dozen)
- Boneless skinless chicken thighs (2 lbs)
- Carrots (2 lb bag)
- Mushrooms (cremini, 3 oz)
- Bell peppers (2-3)
- Onion (1)
- Garlic (1 head)
- Lemons or limes (2-3)
- Bananas
- Apples (3-4)
- Part-skim mozzarella (shredded)
- Tortillas (flour or whole wheat)
- Bread (for toast)

Pantry Restock (Monthly)

- Olive oil
- Honey
- Low-sodium soy sauce
- Italian seasoning
- Smoked paprika
- Garlic powder
- Cinnamon
- Cumin
- Chili powder
- Red pepper flakes
- Caramel sauce
- Dark chocolate chips
- Old-fashioned oats
- Shredded coconut
- Crispy rice cereal
- Unflavored gelatin (Knox)
- Peach nectar / apple juice
- Cocoa powder
- Thai tea mix (Pantai or Number One brand)
- Sweetened condensed milk (small can)
- Low-sodium chicken broth
- Parmesan (block or grated)
- Frozen cauliflower florets
- Frozen shrimp (pre-peeled)

TOP

Ankle Recovery Add-Ons (Now Through Healing)

- Vitamin D3 2000 IU softgels
- Vitamin C 500mg
- Canned sardines (in olive oil)
- Roasted almonds
- Frozen broccoli
- Fortified orange juice (small – drink separately from Vyvanse)

A Gentle Plan That Doesn't Suck

This is not a diet. Diets have end dates. This is about making small shifts that add up over time, and none of them require suffering.

The 5 Small Shifts

1. Eat Breakfast Within 1 Hour of Vyvanse

Protein-focused: eggs, chicken sausage, yogurt, cheese toast. This prevents the evening binge cycle. Your meds are literally designed to help with this — work WITH them.

2. DoorDash Budget: 1x/Week, \$20 Max

Not eliminated. Budgeted. Saturday night is DoorDash night. The rest of the week, the fridge is stocked (thanks, Instacart) and you have pre-made food waiting.

3. Pre-Portion Everything

When snacks arrive from Instacart, bag them immediately. 2 cookies per bag. 1 serving of chips per bag. The package is never the serving size.

4. Swap One Meal Per Day

You don't have to overhaul everything. Just swap ONE meal or snack for a lighter version from this book. That's it. Over time, the swaps accumulate.

5. Late Night = Kitchen Snacks Only

After 9 PM, the rule is: only eat things that are already in the kitchen. If it requires ordering, it waits until tomorrow. The panna cotta in the fridge, the gummy bites, the warm cinnamon milk – those are all there, waiting.

What This Looks Like in Numbers

SCENARIO	DAILY CALORIES	MONTHLY COST	WEIGHT TREND
Current pattern (estimated)	3,800-3,500+	\$400-600+ (DoorDash heavy)	Gaining ~2-3 lbs/month
With these 5 shifts	1,800-2,200	\$250-350 (Instacart + 1x DoorDash)	Losing ~1 lb/week

In 6 months: ~25 lbs lighter, ~\$600-1,200 saved, ankle healed, same foods you love.

In 1 year: ~50 lbs lighter, approaching 250 lbs. Joints feel better. Energy up. Still eating chicken alfredo and steak.

What About Exercise?

Not right now. Your ankle needs to heal first. When you're cleared:

- **Start with:** Chair exercises, resistance bands (sitting), arm workouts
- **Progress to:** Walking (short distances first)
- **Eventually:** Swimming/water aerobics (zero impact on joints, burns tons of calories)
- **For now:** Focus on food. That's where 80% of weight management happens anyway.



This section is medically important, not judgment. Wellbutrin + alcohol is a real interaction that your prescriber should have mentioned.

The Science (Short Version)

Wellbutrin lowers your **seizure threshold**. This means it takes less stimulation to trigger a seizure than it normally would. Alcohol also lowers the seizure threshold. Combined, the risk multiplies -- especially with:

- Binge drinking (3+ drinks in a sitting)
- Drinking on an empty stomach
- Sudden alcohol withdrawal after heavy use

Practical Guidelines

SITUATION	SAFETY LEVEL	NOTES
1 glass of Stella Rosa with dinner	Moderate Caution	Most doctors say this is acceptable. Always eat with it.
2 glasses over 2+ hours with food	Moderate Caution	Pushing it, but probably OK occasionally.
3+ glasses	Avoid	Seizure risk increases significantly.
Wine on empty stomach	Avoid	Faster absorption = higher risk.
Mixing wine + energy drinks or caffeine	Avoid	Stimulants + depressants + Wellbutrin = bad combo.

Wine Calorie Cheat Sheet

WINE	5 OZ POUR	CALORIES	SUGAR	NOTES
Stella Rosa Red	5 oz	~120	12-16g	Sweet wine = more sugar/cal than dry
Stella Rosa Black	5 oz	~110	10-14g	Slightly less sweet

Dry red (Cab, Pinot Noir) 5 oz ~125 1-2g Least sugar of any wine

If you enjoy wine nights: Pick one night a week. Max 2 glasses. Always with dinner. Hydrate between glasses. This lets you enjoy it without the medical risk or the calorie pile-up.

Bonus: Homemade Campechana

Mazatlan-Style Campechana (Seafood Cocktail)

280 cal

10 min, no cooking

Serves 2 One of your healthiest favorites -- lean into this one

This is genuinely one of the best things you eat. High protein, low fat, tons of flavor. The only thing to watch is sodium from the cocktail sauce.

Ingredients

- 8 oz cooked cocktail shrimp (pre-cooked from Instacart)
- 4 oz imitation crab or real crab, chopped
- 1/2 cup diced tomato
- 1/4 cup diced red onion
- 1/4 cup diced cucumber
- 1 avocado, cubed
- 2 tbsp cilantro, chopped
- Juice of 2 limes
- 1/4 cup ketchup (or Clamato juice for more authentic)
- 1-2 tbsp hot sauce (Valentina or Tapatio)

TOP

Steps

- 1 Combine shrimp, crab, tomato, onion, cucumber, and cilantro in a bowl.
- 2 Mix ketchup (or Clamato), lime juice, and hot sauce. Pour over seafood. Toss gently.
- 3 Add avocado on top (stir gently so it doesn't mush).
- 4 Serve with crackers or tostadas. Eat immediately.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
280	12g	28g	16g	680mg

This is one of your best foods. 280 calories, 28g protein, zero cooking. Eat this more often. It's the campechana that Mazatlan would be proud of, and your body thanks you for every serving.

The Cheese Files

You love cheese. Cheese loves you back (mostly). Here's how to keep the love affair going without it getting out of hand.

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Nobody is taking your cheese away. Cheese is high in calories, yes -- but it's also packed with protein, calcium (hello, ankle healing), and satisfaction. The key is picking the RIGHT cheeses and knowing your portions. A little of the good stuff beats a lot of the meh stuff every time.

CHEESE	1 OZ / SERVING	CAL	PROTEIN	FAT	CALCIUM	VERDICT
Cottage Cheese (low-fat)	1/2 cup	90	12g	2.5g	70mg	MVP
Feta	1 oz (crumbled)	75	4g	6g	140mg	Strong Flavor = Less Needed
Goat Cheese (chevre)	1 oz	75	5g	6g	40mg	Tangy & Satisfying
Parmesan (Parmigiano)	1 oz (grated)	110	10g	7g	330mg	Concentrated Flavor King
Part-Skim Mozzarella	1 oz	72	7g	4.5g	222mg	Great for Cooking
Swiss / Gruyere	1 oz	108	8g	8g	270mg	Good, Watch Portions
Cheddar (sharp)	1 oz	113	7g	9g	200mg	Sharp = Less Needed
Brie	1 oz	95	6g	8g	52mg	Treat Cheese
American Singles	1 slice	60	4g	5g	200mg	Processed, Meh Flavor
Velveeta	1 oz	80	4g	5g	160mg	Not Really Cheese
Cream Cheese (block)	1 oz	99	2g	10g	27mg	All Fat, No Protein

The Cheese Cheat Code: Stronger-flavored cheeses (parmesan, feta, sharp cheddar, goat cheese) let you use LESS while tasting MORE. A tablespoon of freshly grated

TOP

Portion Guide (Because a "Serving" of Cheese Is Smaller Than You Think)

What 1 oz Looks Like

- A pair of dice (cubed cheese)
- Your thumb (stick cheese)
- A ping-pong ball (shredded)
- 2 tbsp grated parmesan
- A thin slice the size of a credit card

Smart Cheese Moves

- Grate or crumble onto food (spreads further than slices)
- Buy pre-portioned: string cheese, mini Babybel, snack packs
- Put cheese ON food, not AS food (topping ≠ main course)
- Pair with protein: cheese + chicken, cheese + eggs
- Never eat from the block. Cut a portion, put the block away.

Baked Feta Pasta

450 cal

25 min

Serves 3-4 The TikTok classic that actually slaps

A block of feta melts into roasted tomatoes and becomes the sauce. It's creamy, tangy, and you use way less cheese than traditional cream sauces because feta is LOUD.

Ingredients

- 1 block (7 oz) feta cheese
- 2 pints cherry tomatoes

TOP

- 8 oz pasta (penne or rigatoni)
- Red pepper flakes, salt, pepper
- Fresh basil (if you have it)

Steps

- 1 Preheat oven to 400F. Dump tomatoes in a baking dish, drizzle with olive oil, season with salt, pepper, red pepper flakes. Nestle feta block in the center. Drizzle feta with oil too.
- 2 Bake 35 min until tomatoes burst and feta is golden on top.
- 3 While baking, cook pasta. Reserve 1/2 cup pasta water before draining.
- 4 Smash everything together in the baking dish with a fork. Add pasta and toss. Add pasta water if needed for sauciness.

Per Serving (serves 4)

CALORIES	FAT	PROTEIN	CARBS	SODIUM
450	22g	14g	48g	520mg

Cheese math: 7 oz of feta split 4 ways = less than 2 oz per person. But it TASTES like a cheese explosion because feta is intensely flavored. This is the move.

Cottage Cheese Protein Bowl

280 cal

3 min

Serves 1 Breakfast or snack, stupid easy

Cottage cheese is the most underrated food on earth. 12g protein per half cup, low calorie, and it's cheese. This bowl takes 3 minutes and keeps you full for hours.

TOP

- 1 Scoop 1 cup cottage cheese (low fat or regular, your call) into a bowl.
- 2 Top with: sliced peaches (fresh or canned in juice), a drizzle of honey, and a sprinkle of cinnamon.
- 3 Optional add-ins: granola (1/4 cup), sliced almonds, chia seeds, or everything bagel seasoning if you want it savory instead.

Per Serving (sweet version)

CALORIES	FAT	PROTEIN	CARBS	SUGAR
280	5g	24g	36g	22g

ADHD breakfast win: This is a grab-and-go option for mornings when cooking feels like too much. 3 minutes, 24g protein, keeps you full until lunch. Take your Vyvanse, make this, done.

Parmesan-Crusted Chicken Thighs

380 cal

30 min

Serves 2 Crispy, cheesy, low effort

Parmesan makes the crunchiest, most flavorful crust on chicken. You use 2 tablespoons per thigh and it tastes like you used a cup.

Ingredients

- 4 boneless skinless chicken thighs
- 1/4 cup grated parmesan
- 1/4 cup panko breadcrumbs
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- 1 tbsp olive oil
- Salt, pepper



- 1 Preheat oven to 425F. Line a sheet pan with parchment.
- 2 Mix parmesan, panko, garlic powder, Italian seasoning, salt, pepper in a shallow bowl.
- 3 Brush chicken thighs with olive oil. Press each one into the parmesan mixture, coating both sides.
- 4 Bake 25 min until golden and crispy. Internal temp: 165F.

Per Serving (2 thighs)

CALORIES	FAT	PROTEIN	CARBS	SODIUM
380	18g	44g	8g	420mg

Goat Cheese & Mushroom Quesadilla

340 cal 10 min

Serves 1 Two of your favorites in one tortilla

Goat cheese melts into creamy tanginess. Mushrooms add earthy depth. This is a 10-minute meal that feels fancy.

Ingredients

- 1 large flour tortilla
- 1 oz goat cheese, crumbled
- 1/2 cup sliced mushrooms (cremini or whatever you have)
- 1 tsp olive oil or butter
- Handful of spinach (optional)
- Pinch of thyme, salt, pepper

Steps

- 1 Saute mushrooms in olive oil 4-5 min until golden. Season with thyme, salt, pepper.



3 Fold in half. Cook 2 min per side until golden and crispy.

4 Cut into triangles. Eat immediately.

Per Serving

CALORIES	FAT	PROTEIN	CARBS	SODIUM
340	16g	12g	38g	480mg

The Costco Chapter

Buying in bulk is smart. But only if you have a plan. Here's yours.

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Costco is your friend -- with boundaries. The trick is knowing what to buy, what to skip, and having a pre-portioning plan BEFORE you bring stuff home. Bulk savings only save money if you actually eat (and don't waste) what you buy.

Best Costco Buys for You

Proteins (Your Best Buys)

Rotisserie chicken (\$4.99) — Best deal in the store. See the whole section below.

Boneless skinless chicken thighs — Bulk pack, freeze in portions of 4

Frozen shrimp (raw, peeled) — Kirkland brand, excellent quality

Eggs (5 dozen) — If you eat eggs regularly, this is way cheaper per egg

Kirkland canned chicken — Emergency protein, shelf stable

Lauren's Kitchen

Dairy & Cheese

- Kirkland Parmesan wedge** — Real Parmigiano-Reggiano, half the price of other wedges
- Feta cheese (block or crumbled)** — Cheaper per oz than any grocery store
- Cottage cheese (Daisy brand)** — Large tub, great for protein bowls
- Lactose-free milk** — If they carry it, buy it
- String cheese (Kirkland)** — Pre-portioned, great snack
- Kerrygold butter** — Best butter, Costco has the best price

Produce & Frozen

- Baby carrots (5 lb bag)** — You love carrots, this is your bag
- Frozen broccoli florets** — A little heating, a easy side
- Frozen mixed berries** — For yogurt bark, smoothies
- Frozen stir-fry veggies** — Quick dinners
- Avocados (6-pack)** — For campechana, toast
- Bananas** — Cheapest fruit in the building

Pantry Staples

- Olive oil (Kirkland organic)** — Top quality, huge savings
- Rice (jasmine or basmati)** — Keeps forever, pennies per serving
- Tortillas (flour, 20-pack)** — Freeze what you won't use in a week
- Kirkland honey** — Use in recipes, tea, protein bowls
- Dark chocolate chips** — For baking and snacking
- Oats (rolled)** — Granola bites, oatmeal, granola

ADHD + Bulk Food = Danger Zone if you don't pre-portion. The dopamine hit of "so much food!" can lead to overconsumption. The fix is dead simple: portion it out THE MOMENT you get home, before you put anything away.

The 20-Minute Rule

1. Get home from Costco
2. Set a 20-minute timer
3. Grab sandwich bags and freezer bags
4. Portion EVERYTHING before it goes in the pantry/fridge/freezer
5. Chicken thighs: bags of 4 (one dinner)
6. Shrimp: bags of 6 oz (one serving)
7. Cheese: cut into 1 oz pieces, bag individually
8. Snacks: single-serving bags
9. When timer goes off, you're done. Everything is organized.

Freezer Is Your Best Friend

Chicken thighs: flash freeze flat, then bag. Thaw overnight in fridge.

Tortillas: put parchment between each one, freeze the stack. Pull one at a time.

Cheese: hard cheeses (parmesan, cheddar) freeze great. Slice first.

Berries: already frozen, just bag into smoothie portions.

Label everything with a Sharpie: what it is + date. Future you will thank present you.

The \$4.99 Costco rotisserie chicken is the single best deal in any grocery store in America. It's a loss leader -- Costco loses money on every one to get you in the door. Take advantage. One chicken feeds you for 4-5 meals.

How to Shred It (5 Minutes, Once)

- 1 Let it cool 10 minutes. Pull off legs and thighs first -- that's the easiest dark meat.
- 2 Use two forks to shred the breast meat. Don't overthink it. Rough chunks are fine.
- 3 Put ALL the shredded meat into one big container. You now have about 3 cups of cooked chicken.
- 4 Toss the bones (or save for stock if you're feeling ambitious, but honestly, toss them).

What to Make With It (5+ Meals From 1 Chicken)

MEAL	HOW MUCH CHICKEN	TOTAL CAL	TIME
CBR Pizza (from this book)	1 cup shredded	520/2 slices	25 min
Lighter Chicken Alfredo	1 cup shredded (skip raw step)	~470	10 min
Chicken quesadilla	1/2 cup + cheese + tortilla	~350	5 min
Loaded rice bowl	1/2 cup + microwave rice + teriyaki	~380	3 min
Chicken salad wrap	1/2 cup + mayo + celery + lettuce wrap	~300	5 min
On top of mushroom soup	1/2 cup shredded on top	~280	0 min extra

The math: \$4.99 / 5 meals = roughly \$1 of protein per meal. A DoorDash chicken entree runs \$15-20. You're saving \$75-95 per chicken. Buy one every week.

Costco Cheese Selection Guide

TOP

CHEESE	COSTCO PRODUCT	SMART MOVE
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Parmesan	Kirkland Parmigiano-Reggiano wedge	~\$14/24 oz	Grate as needed. Keeps months in fridge. Best value anywhere.
Feta	Kirkland Crumbled Feta or Athenos block	~\$7-9	Use for baked feta pasta, salads, egg scrambles.
Mozzarella	Kirkland Shredded Part-Skim Mozzarella (2-pack)	~\$12	Freeze one bag immediately. Use for pizza and pasta.
String Cheese	Kirkland String Cheese (48-pack)	~\$12	Pre-portioned! Grab-and-go snack. 80 cal each.
Cottage Cheese	Daisy Cottage Cheese (large tub)	~\$6	Your new breakfast staple. 12g protein per 1/2 cup.
Goat Cheese	LaClare Farms or similar log	~\$8	Slice into rounds, freeze on parchment, bag. Pull 1-2 rounds at a time.

What NOT to Buy at Costco

These are ADHD traps disguised as good deals:

ITEM	WHY IT'S A TRAP	BUY INSTEAD
Bulk candy bags (Reese's, Snickers, etc.)	No portion control. A bag that "lasts a month" lasts 3 days with ADHD impulse eating.	Buy a single candy bar at the checkout when you actually want one.
Giant cakes / muffin 12-packs	One Costco muffin = 600-700 calories. A 12-pack is a week of breakfasts at 700 cal each.	Buy 2-3 muffins from a bakery. Or make the mug brownie (220 cal).
Costco pizza slices (food court)	One slice = 700 cal, 28g fat. And you'll want 2.	Make the CBR pizza at home (520 cal for 2 slices).
Bulk chips / Doritos variety packs	Endless grazing. Bag after bag after bag.	Buy one regular-size bag of your favorite. When it's gone, it's gone.

Lauren's Kitchen

Frozen dumpling packs (egg rolls, taquitos)	"I'll just have 4" turns out designed to be mindlessly eaten.	Menu instead of same effort, way better numbers.
Bulk soda / juice boxes	Liquid calories add up invisibly. A 35-pack of Coke = 4,900 calories of sugar.	Sparkling water (Kirkland brand is great) or make the Thai iced tea.
The sample stations (all of them)	You graze your way through 500+ calories without realizing it.	Eat before you go. Shop with a list. Move fast.

The Costco Shopping List Rule: Write your list BEFORE you go. Only buy what's on the list. If something tempting catches your eye, take a photo of it and add it to NEXT trip's list if you still want it in a week. ADHD impulse buying in bulk = bulk regret.

Lauren's Raccoon Feeding Station

Yes, she feeds the raccoons. Yes, it's adorable. Yes, we're going to talk about it.

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The raccoons are getting fed regardless. Lauren is going to put leftovers out for her trash panda friends no matter what anyone says. So instead of fighting it, let's make it safer for the raccoons and help reduce food waste so there are fewer leftovers going outside in the first place.

What's Safe for Raccoons

Raccoon-Safe Leftovers

- Cooked chicken (no bones – they can splinter)
- Cooked rice or pasta (plain)
- Cooked vegetables (carrots, peas, green beans, sweet potato)
- Fresh fruit (watermelon, grapes cut in half, berries, apple slices)
- Eggs (scrambled, hard-boiled)
- Plain cooked fish

TOP

- Corn on the cob (they LOVE this)

DO NOT Feed Raccoons

- **Chocolate** – toxic to them (same as dogs)
- **Onions & garlic** – can damage their red blood cells
- **Grapes/raisins in large amounts** – kidney issues (small amounts OK)
- **Avocado skin/pit** – the flesh is fine in small amounts
- **Raw meat/bones** – bacteria risk + bone splintering
- **Heavily spiced/sauced food** – their stomachs aren't built for fajita seasoning
- **Candy, cookies, or sugary stuff** – bad for their teeth and digestion
- **Coffee or alcohol** – obviously
- **Processed food (hot dogs, deli meat)** – too much sodium and preservatives

Raccoon Feeding Best Practices:

- Put food in a designated spot away from the house (not right by the door -- you don't want them trying to come inside)
- Use a shallow dish or plate, not plastic bags (they'll eat the bag)
- Feed in the evening (they're nocturnal, food left during the day attracts other pests)
- Clean up uneaten food by morning to avoid attracting rats or flies
- Keep the 4 cats INSIDE while raccoons are eating -- raccoons can carry diseases that transfer to cats, and a raccoon will absolutely fight a cat
- Don't hand-feed them, no matter how cute they are. They have very sharp teeth and can carry rabies (rare in Oregon, but still).

Less food waste = less money wasted = fewer raccoon-sized portions going outside. Here are ADHD-friendly ways to use up food before it becomes trash panda dinner.

- **The "Everything Bowl":** Once a week, grab every leftover in the fridge and turn it into a bowl. Rice on bottom, whatever protein, whatever veggies, drizzle sauce. It's never the same twice. It's always edible.
- **Freeze leftovers immediately:** If you know you won't eat it tomorrow, freeze it tonight. Label it. Microwave it next week. It's a free meal.
- **Cook smaller batches:** The meal prep section says "double it" -- but if you find you're throwing away the 3rd portion, drop back to making enough for 2 days instead of 4.
- **Leftover chicken goes in EVERYTHING:** Quesadillas, omelets, rice bowls, wraps, soup, salads. Shredded chicken is the universal leftover.
- **The "Eat Before You Order" rule:** Before DoorDash, check the fridge. If there's leftover pizza or chicken, eat that first. DoorDash can wait until the fridge is actually empty.

Fun raccoon fact for Lauren: Raccoons wash their food before eating it (the German word for raccoon is "Waschbar" -- literally "wash bear"). So when you see them dunking your leftovers in their water dish, they're being fancier about their meal prep than most humans. They're basically running a little raccoon restaurant out there and you're the supplier. Respect.

~ ~ ~ ~ ~ ~

You're not broken. You're not lazy. You have ADHD, a broken ankle, and a small kitchen.

need. This book just organizes it.

One swap at a time. One good meal at a time. No deadlines. No weigh-ins.

Just small moves that add up.

Made with love by Andrew, March 2026

For the girl with the 4 cats and the excellent taste in mushrooms

Nutritional data sourced from USDA FoodData Central, manufacturer labels, and restaurant published nutrition info.

Medical interactions referenced from FDA prescribing information for Wellbutrin (bupropion) and Vyvanse (lisdexamfetamine).

This is not medical advice. Consult your prescriber about alcohol + Wellbutrin interactions.