

# ADHD-Supportive Biblical Meal Plan

Based on Leviticus 11 & Deuteronomy 14 (KJV)

*For a Family of 4*

"And ye shall be holy unto me..." — Leviticus 20:26 KJV

*Week 1 Meal Plan*

Day	Breakfast	Lunch	Dinner
Mon	Eggs + Spinach ■	Tuna Salad ■	Beef + Broccoli ■
Tue	Oatmeal + Berries ■	Chicken Wrap ■	Salmon + Sweet Potato ■
Wed	Yogurt + Honey ■	Lentil Soup ■	Lamb Stew ■
Thu	Eggs + Avocado ■	Turkey Salad ■	Cod + Quinoa ■
Fri	Smoothie + Seeds ■	Sardines + Veggies ■	Chicken + Greens ■
Sat	Oats + Dates ■	Bean Chili ■	Beef Burgers + Salad ■
Sun	Eggs + Berries ■	Leftovers	Trout + Green Beans ■

*Week 2 Meal Plan*

Day	Breakfast	Lunch	Dinner
Mon	Eggs + Spinach ■	Tuna Salad ■	Beef + Broccoli ■
Tue	Oatmeal + Berries ■	Chicken Wrap ■	Salmon + Sweet Potato ■
Wed	Yogurt + Honey ■	Lentil Soup ■	Lamb Stew ■
Thu	Eggs + Avocado ■	Turkey Salad ■	Cod + Quinoa ■
Fri	Smoothie + Seeds ■	Sardines + Veggies ■	Chicken + Greens ■
Sat	Oats + Dates ■	Bean Chili ■	Beef Burgers + Salad ■
Sun	Eggs + Berries ■	Leftovers	Trout + Green Beans ■

*Week 3 Meal Plan*

Day	Breakfast	Lunch	Dinner
Mon	Eggs + Spinach ■	Tuna Salad ■	Beef + Broccoli ■
Tue	Oatmeal + Berries ■	Chicken Wrap ■	Salmon + Sweet Potato ■
Wed	Yogurt + Honey ■	Lentil Soup ■	Lamb Stew ■
Thu	Eggs + Avocado ■	Turkey Salad ■	Cod + Quinoa ■
Fri	Smoothie + Seeds ■	Sardines + Veggies ■	Chicken + Greens ■
Sat	Oats + Dates ■	Bean Chili ■	Beef Burgers + Salad ■
Sun	Eggs + Berries ■	Leftovers	Trout + Green Beans ■

*Week 4 Meal Plan*

Day	Breakfast	Lunch	Dinner
Mon	Eggs + Spinach ■	Tuna Salad ■	Beef + Broccoli ■
Tue	Oatmeal + Berries ■	Chicken Wrap ■	Salmon + Sweet Potato ■
Wed	Yogurt + Honey ■	Lentil Soup ■	Lamb Stew ■
Thu	Eggs + Avocado ■	Turkey Salad ■	Cod + Quinoa ■
Fri	Smoothie + Seeds ■	Sardines + Veggies ■	Chicken + Greens ■
Sat	Oats + Dates ■	Bean Chili ■	Beef Burgers + Salad ■
Sun	Eggs + Berries ■	Leftovers	Trout + Green Beans ■

### ***Snack Guide (Brain-Friendly, Separate Page)***

- Pumpkin seeds ■ – zinc for impulse control
- Berries ■ – antioxidants for memory
- Almonds ■ – healthy fats for focus
- Apple slices ■ – steady energy
- Dark chocolate ■ – magnesium for calming
- Carrot sticks ■ – fiber and low sugar

### ***Weekly Grocery List (Family of 4)***

- Eggs ■
- Chicken ■
- Beef ■
- Lamb ■
- Turkey ■
- Salmon ■
- Tuna ■
- Cod ■
- Trout ■
- Sardines ■
- Spinach ■
- Broccoli ■
- Sweet Potatoes ■
- Lentils ■
- Beans ■
- Berries ■
- Apples ■
- Dates ■
- Pumpkin Seeds ■
- Almonds ■
- Dark Chocolate ■
- Carrots ■
- Avocado ■

### ***Clean Foods Quick Reference***

- “These are the beasts which ye shall eat...” — Leviticus 11:2 KJV
- “Whatsoever hath fins and scales... that shall ye eat.” — Deuteronomy 14:9 KJV
- Split hoof & chew the cud = clean meats: Beef, Lamb, Goat, Deer
- Clean birds: Chicken, Turkey, Quail, Dove/Pigeon
- Plants & seeds are clean unless offered to idols

### ***Brain Nutrient Notes for ADHD***

- Iron (Beef, Lamb, Spinach) → Dopamine ↑, Focus ↑
- Omega-3 (Salmon, Tuna, Sardines) → Memory & Emotional Balance
- Zinc (Pumpkin Seeds, Lamb, Beans) → Impulse Control ↑
- B12 (Meat, Eggs, Yogurt) → Brain Energy ↑, Fog ↓
- Choline (Eggs) → Working Memory ↑
- Protein (Clean meats, Beans) → Attention Stamina ↑