

NEURODIVERGENT GROCERY LIST





GOALS

MY HEALTH GOAL:

MY NUTRITION GOAL:

VEGGIES & FRUITS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

MEAT & SEAFOOD

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

FROZEN

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

DRINKS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

OTHERS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

LOW-ENERGY OPT.

- ☐
- ☐
- ☐
- ☐
- ☐

NOTES

