CHOSEN BY YOU
Coaching & Personal Empowerment

Your Plate, Your Values, Your Brain

Workbook · Neurodivergence and veganism

How to use this: Do one lesson at a time. Write as much or as little as you like. There are no wrong answers. **Safety note:** this is not about eating less. If food feels scary, talk to a doctor or dietitian.

LESSON 1

Why it hits so hard

Feeling unfairness deeply is not "too sensitive". It's your values doing their job.

1. When did you first feel "I can't unsee this"?

2. My "why" in one sentence:

LESSON 2

When food is a sensory thing

Safe foods are a smart tool, not a flaw. Circle the ones that are vegan.

1. My safe foods:

2. Why do these feel safe? (texture, smell, taste, routine)

LESSON 3

Easy eating for busy brains

Forgetting to eat is not laziness. Keep it simple. Repeating meals is fine.

1. What gets in the way of eating well for me?

2. My 3 low-energy meals (stick these on the fridge):

Meal 1 | Meal 2 | Meal 3

3. My B12 plan: ☐ supplement ☐ fortified foods ☐ ask a dietitian

LESSON 4

The "cure" myth

No diet cures autism or ADHD. You don't need fixing.

1. Have I been told food could "fix" me? How did it feel?

LESSON 5

Defending your plate

Explaining your food again and again is a form of masking. You don't owe anyone a debate.

1. Which meal or person drains me most?

2. My one calm line: (e.g. "This is what works for me.")

One way my plate can match my values this week:

Share an answer in the community. You're doing great.