

STOP FEELING GUILTY ABOUT THE FOOD DYING IN YOUR FRIDGE.

It's 7:15 PM. You are exhausted. Your medication wore off hours ago. Between you and an actual meal sits an invisible wall of fourteen executive decisions.

You don't need another cookbook with 45-minute recipes, pristine staging, and twelve exotic spices you'll use once. You need radical friction reduction.

- 4 Energy Tiers:** From 90-second emergency mugs to one-pan comfort meals.
- The Inverted Fridge:** Visual shelf architecture that ends forgotten grocery waste.
- Zero Dish Debt:** Foil-lined trays and zero-knife assembly protocols.
- Sensory Defense:** Taming the food ick, texture dread, and prep overwhelm.

“Care tasks are morally neutral. Fed is always better than perfect.”

THE LOW-DOPAMINE KITCHEN

The Zero-Prep, Low-Effort Cooking Survival Guide for Adults with ADHD



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