

Dopamine Menu

APPETIZER

QUICK AND EASY (UNDER 15 MINUTE TASKS)

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| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

MAIN COURSES

MAY NEED PLANNING & MORE TIME

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

SIDE DISHES

ACTIVITIES THAT ACCOMPANYING OTHER TASKS

| | |
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| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

DESSERT

BEST ENJOYED IN MODERATION

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |