Eat Different



Don't just think different. Eat different.

60 colorful recipes for neurodivergent adults

ALICE BOONE

An EverAlice Studio creation

What feels doable today

GF = made with gluten-free ingredients. See cooking and ingredient notes on page 68.

Assemble

Pages 6–15 / NO COOK

Open, slice, arrange. Assembly counts.

06 The Favorites Plate

07 Lemon Tuna Pita Pockets

08 Strawberry Ricotta Open Sandwiches

09 White Bean Antipasto Bowl

10 Sunflower Banana Crunch Bowl

11 Mango Chickpea Color Bowl

12 Salmon Sushi Snack Plate

13 Apple Cheddar Maple Dip Plate

14 Turkey Avocado Wrap Plate

15 Lentil Feta Picnic Bowl

Heat and assemble

Pages 16–25 / QUICK HEAT

Convenience ingredients do the heavy lifting.

16 Creamy Lemon Butter Beans

17 Sunflower Lime Noodle Bowl

18 Loaded Sweet Potato Boats

19 Caprese Pita Pizzas

20 Miso Tofu Udon Soup

21 Pineapple Chicken Rice Bowl

22 Crispy Bean Quesadillas

23 Pesto Pea Couscous

24 Tomato Soup and Cheese Toasts

25 Cheesy Polenta Pepper Bowl

Cook

Pages 26–35 / A LITTLE MORE TIME

Clear steps, timers and satisfying results.

26 Salmon and Colorful Sides

27 Crispy Gnocchi with Ricotta

28 Honey Soy Chicken Tray

29 Smoky Cauliflower Tacos

30 One Pan Lemon Chicken Orzo

31 Turkey Meatball Tomato Spirals

32 Golden Coconut Red Lentils

33 Blueberry Oat Pancakes

34 Smoky Shrimp Rice Plate

35 Mushroom Spinach Frittata

Movement 66 / Deeper dive 67 / Cooking and ingredient notes 68

Familiar meals and new favorites.

GF = made with gluten-free ingredients. See cooking and ingredient notes on page 68.

Comfort favorites

Pages 36-45 / FAMILIAR FOUNDATIONS

Predictable bases. Optional crunch, sauces and sides.

36 Butter Parmesan Bow Ties

37 Velvety Stovetop Mac and Cheese

38 Golden Chicken Strips and Wedges

39 Cozy Chicken Mash Bowl

40 Golden Egg and Butter Rice [GF]

41 Cheddar Potato Waffles [GF]

42 Smooth Tomato Star Soup

43 Roasted Feta and Bean Pasta

44 Crispy Tofu Rice Plate [GF]

45 Cheesy Broccoli Rice Bake [GF]

Something sweet

Pages 46-55 / DESSERTS

Fruit, creamy textures and chocolate. Sweetness to suit you.

46 Strawberry Cheesecake Pots

47 Dark Chocolate Berry Yogurt Bark [GF]

48 Peach and Raspberry Oat Crumble [GF]

49 Chocolate Banana Soft Serve [GF]

50 Lemon Blueberry Oat Squares [GF]

51 Cinnamon Apples with Whipped Ricotta [GF]

52 Silky Chocolate Mousse Cups [GF]

53 Strawberry Cheesecake Frozen Scoops [GF]

54 Black Forest Overnight Oat Pots [GF]

55 Mango Lime Coconut Pops [GF]

More plate adventures

Pages 56-65 / SAVORY + SWEET

Six savory ideas, including Asian-inspired noodles. Four more desserts.

56 The Savory Favorites Plate [GF]

57 Buldak Egg Crunch Plate

58 Miso Corn and Tofu Ramen [GF]

59 Creamy Buldak Chicken Ramen

60 Ginger Scallion Salmon Rice [GF]

61 Rainbow Ginger Chicken Udon

62 Roasted Plum Ricotta Cups [GF]

63 Sesame Cocoa Date Bites [GF]

64 Mini Banana Cheesecake Cups [GF]

65 Coconut Orange Chia Pots [GF]

Movement 66 / Deeper dive 67 / Cooking and ingredient notes 68



The Favorites Plate

Serves 1 / Active 5 min / Total 5 min

Tools: Plate, knife

Crunchy + creamy. Cool. Every food can stay separate.

Gather

- 2 oz cheddar, cubed
- 1 oz whole-grain crackers
- 1/2 cucumber, sliced
- 1 cup strawberries, hulled
- 1/3 cup hummus

Make it

1. Wash the cucumber and berries; cut them into comfortable bite sizes.
2. Put hummus in a little bowl. Arrange everything in separate groups.
3. Eat in any order. Add more of any component if you want a larger meal.

Easier: Buy pre-cut produce and cheese cubes.

Sensory swap: Use familiar bread instead of crackers.

Keep: Refrigerate cheese, dip and cut produce promptly; keep crackers dry.

YOUR PLATE, YOUR WAY

Mix it. Keep it separate. Repeat a favorite.
Adjust the amount to your appetite.



Creamy Lemon Butter Beans

Serves 2 / Active 7 min / Total 15 min

Tools: Saucepan, spoon

Soft + creamy. Warm. Lemon brightness is adjustable.

Gather

- 1 can butter beans (15 oz), rinsed
- 1 tsp olive oil
- 1/4 cup water
- 1/3 cup cream cheese
- 2 cups baby spinach
- 2 tsp lemon juice; 2 tbsp Parmesan
- 2 slices crusty bread

Make it

1. Warm oil, beans and water over medium-low heat for 3 minutes.

2. Stir in cream cheese. Simmer gently 3-4 minutes, stirring, until smooth and hot.

3. Add spinach; stir until wilted. Finish with lemon and Parmesan. Serve with bread.

Easier: Use pre-washed spinach.

Sensory swap: Use white beans if butter beans are unfamiliar.

Keep: Chill within 2 hours. Use within 3-4 days; reheat to 165 F (74 C).

YOUR PLATE, YOUR WAY

Mix it. Keep it separate. Repeat a favorite.
Adjust the amount to your appetite.



One Pan Lemon Chicken Orzo

Serves 2 / Active 12 min / Total 30 min

Tools: Deep skillet, lid, thermometer

Soft pasta + tender chicken. Warm. Gentle lemon.

Gather

- 10 oz chicken breast, cut into 1-inch pieces
- 1 tbsp olive oil
- 3/4 cup dry orzo
- 2 cups low-sodium chicken stock
- 2 cups baby spinach
- 1 tbsp lemon juice; 2 tbsp Parmesan

Make it

1. Heat oil over medium. Cook chicken 5 minutes, turning; it will finish with the pasta.

2. Add orzo and stock. Bring to a simmer; cover and cook 10–12 minutes, stirring often. Add water if drying out.

3. Check chicken reaches 165 F (74 C) and pasta is tender. Wilt spinach; stir in lemon and Parmesan.

Easier: Ask for pre-cut chicken; wash hands and utensils after handling it.

Sensory swap: Use a familiar small pasta; adjust time and liquid as needed.

Keep: Chill promptly; use within 3–4 days. Reheat to 165 F (74 C).

YOUR PLATE, YOUR WAY

Mix it. Keep it separate. Repeat a favorite.
Adjust the amount to your appetite.



Dark Chocolate Berry Yogurt Bark

Serves 4 / Active 10 min / Total 4 hr 10 min

Tools: Small lined tray, bowl, freezer

Cold creamy snap + juicy berries. Sweet-tart chocolate. GF: use labeled gluten-free ingredients.

Gather

- 1 1/2 cups plain Greek yogurt
- 1 tbsp maple syrup; 1/2 tsp vanilla
- 3/4 cup small diced strawberries
- 1/2 cup blueberries
- 1 oz dark chocolate, melted

Make it

1. Mix yogurt, maple and vanilla. Spread about 1/4 inch thick on a parchment-lined tray that fits your freezer.

2. Scatter berries evenly. Drizzle melted chocolate in thin ribbons.

3. Freeze 4 hours until firm. Break into pieces. Let a piece soften briefly before eating; very frozen bark is hard.

Easier: Use a shallow freezer-safe container instead of a tray.

Sensory swap: Blend berries into the yogurt for a smoother version.

Keep: Keep sealed and frozen up to 2 weeks; soften a piece briefly before eating.

YOUR PLATE, YOUR WAY

Mix it. Keep it separate. Repeat a favorite.
Adjust the amount to your appetite.

KEEP COOKING

Want the full book?

Eat Different includes 60 colorful recipes for neurodivergent adults, with easier options, sensory swaps, clear timings, and ways to choose by the energy you have.

SEE EVERY EDITION

aliceboone.design/eat-different

INSIDE THE FULL BOOK

60 RECIPES

46 SAVORY

14 SWEET

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