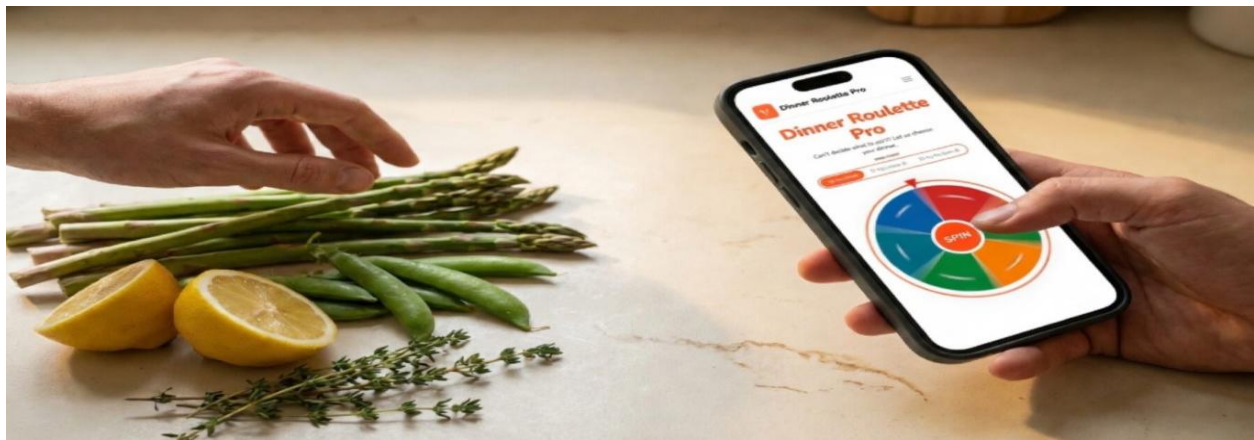




The No-Decision Dinner Playbook

5 strategies for ADHD adults — and anyone who hits a wall when dinner time rolls around

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WHY THIS PLAYBOOK EXISTS

If you've ever stood in the kitchen at 5pm, completely depleted, staring at the fridge like it owes you an answer — this is for you.

Decision fatigue is real. For adults with ADHD, it's not just real — it's a daily wall. The mental load of choosing what to cook, after a full day of decisions, is often the thing that sends you straight to the pizza app.

This playbook gives you five strategies that remove the choice. Not simplify it. Remove it. Each one is built for the moment when your brain has already run out of bandwidth.

Start with Strategy 4 if tonight is already feeling like a lot.



A note before you start

These strategies are built around Dinner Roulette Pro — a free app that spins a roulette wheel and gives you one complete recipe. No lists. No browsing. One answer. You can try it free at dr-pro.app — no account required, no credit card.

STRATEGY 1

The Spin System

Set it up once. Use it forever.

The Spin System is the foundation. Everything else in this playbook builds on it.

The idea is simple: stop making dinner decisions with your brain. Let the wheel make them. Your only job is to spin.

How to set it up (takes under 5 minutes):

1. Go to dr-pro.app and open the app. No account needed to try it.
2. If you cook for dietary restrictions or allergies, set those in preferences once — the app remembers them forever.
3. Set your serving size (1–8 people). Smart Scale adjusts ingredients automatically using cooking-science formulas, not simple multiplication.
4. Hit spin. One result. Cook that.
5. If it's not right tonight, spin once more. Then commit to whatever comes up.

The rule that makes it work: **two spins maximum**. More than two and you're back in decision mode. The wheel only helps if you let it decide.

Pro tip: Use inclusion chips

If you have ingredients that need to be used up, type them into the inclusion chips before you spin. The app finds a recipe that uses exactly what you have. No wasted groceries, no figuring out what to do with half a bag of spinach.

STRATEGY 2

The Rescue Rotation

Five meals your brain already trusts.

On the worst nights — when you're fully depleted, when the wheel feels like too much, when you just need to know dinner is handled — you need your Rescue Rotation.

Your Rescue Rotation is a list of five meals you already know how to make. They require minimal thinking. You have the ingredients most of the time. They never fail.

These aren't exciting meals. That's the point. Excitement is for good brain days. The Rescue Rotation is for survival.

How to build yours:

6. Think of the five meals you've made on autopilot for years. Not your favorites — your fallbacks.
7. Write them down right now, before you need them.
8. Save them as Favorites in Dinner Roulette Pro (premium feature). Switch the wheel to Favorites mode on depleted nights — it only spins through your saved meals.
9. When a Rescue Rotation meal comes up on the wheel, you're done deciding. Cook it.

Why Favorites mode matters for ADHD

Even choosing between five known meals can feel like too much on a bad executive function day. Favorites mode on the wheel means the decision is still made for you — just from a smaller, safer pool. One spin. One answer. Done.

STRATEGY 3

The Ingredient Anchor

Shop once. Eat all week.

The Ingredient Anchor solves a different problem: the empty fridge moment. Not knowing what to make is bad. Not having anything to make it with is worse.

The strategy is to always have three anchor ingredients on hand — versatile proteins or staples that work in almost any recipe. When you have anchors, the wheel always has something to work with.

How it works:

10. Pick three anchor ingredients that work for your household. Common choices: chicken thighs, eggs, canned chickpeas. Adjust for your dietary needs.
11. These stay on your shopping list permanently — replenish them every grocery run without thinking about it.
12. When you spin and the recipe needs something you don't have, type your anchors into inclusion chips. The app builds a recipe around what you actually have.
13. Use the Photo-Snap Pantry feature: point your camera at your fridge or pantry, the app reads what's there and auto-populates the ingredient chips. No typing required.

About Photo-Snap Pantry

Photo-Snap Pantry is a premium feature in Dinner Roulette Pro. Point your phone camera at your fridge or cupboard — the AI identifies visible ingredients and adds them as chips automatically. You can remove any it got wrong and add anything it missed.

STRATEGY 4

The Fridge Fire Drill

Exactly what to do at 6pm when you're depleted.

This is the one people use most. It's built for the moment when everything has already fallen apart — when it's 6pm, you're exhausted, nobody knows what's for dinner, and the fridge looks like a wall of nothing.

The one rule that makes it work: Open the app first. Not the fridge.

The fridge is a dead end when you're depleted. There's never anything obvious in there — not because there's no food, but because your brain can't process forty options and produce a decision when it's already running on empty. The app gives you one answer. The fridge gives you forty questions.

The four-step drill:

14. Open Dinner Roulette Pro. Not the fridge. The app.
15. Hit spin. Don't think about it. One result.
16. Check if you have the main ingredient. If yes, cook it. If no, spin once more.
17. Cook whatever came up on the second spin. That's dinner.

Two spins. That's it. If neither result works with what you have, fall back to your Rescue Rotation (Strategy 2). But try the drill first — most of the time, the first spin lands on something you can make.

Why this works for ADHD brains specifically

The Fridge Fire Drill removes every micro-decision between you and dinner. You don't choose the cuisine. You don't browse options. You don't compare. The wheel decides and you execute. For a brain dealing with executive dysfunction, removing the decision IS the solution.

STRATEGY 5

The Friday Reset

Ten minutes that make the whole week easier.

The other four strategies are reactive — they help when you're already depleted. The Friday Reset is proactive. It's the ten minutes you spend on Friday that prevents the 6pm panic from happening five times next week.

The Friday Reset routine:

18. Open the app. Spin five times. Add each result to your Meal Plan.
19. Review the consolidated shopping list the app generates automatically.
20. Remove any meals that don't work this week (wrong ingredients, wrong night). Spin replacements.
21. Screenshot or print the shopping list. That's your grocery run. Or send it to Instacart or Walmart for delivery with the push of a button.
22. Done. Next week's dinners are planned. You made five decisions in ten minutes instead of making one decision every night when you're exhausted.

The Friday Reset works because it front-loads the decision cost to a time when your brain has more capacity. Weekend morning, cup of coffee, ten minutes — that's a completely different cognitive state than 6pm Tuesday after a full workday.

Meal planning is a premium feature

The Meal Plan and consolidated Shopping List are available on monthly, yearly, and lifetime premium plans. The Friday Reset is most powerful with these features — but you can do a simplified version by spinning five times and writing down the results.

BONUS

Meet Rooks

The fox who lives inside the app.

Rooks is the AI guide built into Dinner Roulette Pro. He's a fox with a name, a birthday, and a personality — and he's there to answer any question you have about the app or about cooking.

What Rooks can help with:

- How to use any feature in the app
- Cooking questions and technique help
- Finding or adjusting recipes
- Explaining nutrition information
- Friendly conversation when you just need someone to talk to

Rooks is available on the free tier with a daily usage limit — enough to get help when you need it. Unlimited Rooks access (no message limits, anytime) is included with all premium plans.

He speaks all nine languages the app supports: English, Spanish, French, German, Portuguese, Italian, Japanese, Korean, and Chinese.



ROOKS PLUSHIE GIVEAWAY

The first 12 people who upgrade to a lifetime plan get a real Rooks plushie stuffed animal mailed to their door. Only 12 available, first come first served. Rooks is the fox — now available as a real stuffed animal.

Ready to try it?

Dinner Roulette Pro is free to try — no account required, no credit card. Open the app, hit spin, and see what comes up tonight.

dr-pro.app

WHAT'S INCLUDED IN THE FREE PLAN

- Spin the wheel and get AI-generated recipes
- Shopping list — print or copy
- Basic nutrition estimates
- 18 cuisine types and 9 language options
- Chat with Rooks (limited daily use)

UPGRADE TO PREMIUM

Premium unlocks the full experience — all five strategies in this playbook work best with premium features.

Plan	Price	Notes
Monthly	\$4.99/mo	7-day free trial
Yearly	\$39.99/yr	7-day free trial — most popular
Lifetime	\$99.99 one-time	Best value — yours forever, no renewal

No subscription guilt — ever

The lifetime plan exists because subscription guilt is real, especially for ADHD adults. You pay \$99.99 once. Every feature. Every update. No renewal reminders. No cancellation anxiety. Yours permanently.