My Dopamine Menu

Appetizers

Under 5 minutes, low effort

1. _____
2. _____
3. _____

Entrées

Takes real time, worth it

1. _____
2. _____
3. _____

Sides

Pair with a boring task

1. _____
2. _____
3. _____

Desserts

Fun, but easy to overdo

1. _____
2. _____
3. _____