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Autism-Friendly Plant-Based Nutrition & Routine Support Program

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## ***PROGRAM OVERVIEW***

The Autism-Friendly Plant-Based Nutrition & Routine Support Program is a structured, sensory-aware, vegan nutrition and lifestyle support program designed for autistic children and adults who benefit from consistency, predictability, gentle nutrition, and nervous-system regulation. I offer an autism-friendly, macronutrient-balanced nutrition program that supports regulation, routine, and development. Families may choose omnivore or plant-based pathways.

### **This program integrates:**

Autism-informed care principles

Sensory-sensitive food preparation

Routine-based meal planning

Holistic nutrition and Ayurvedic regulation strategies

Direct Support Professional (DSP) experience

The focus is not restriction or forcing change, but creating safety, nourishment, and stability through food and routine.

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## ***WHO THIS PROGRAM IS FOR***

### **This program is ideal for:**

Autistic children or adults with sensory sensitivities

Families seeking gentle, predictable vegan or plant-based meals

Individuals who struggle with:

Food refusal or anxiety around meals

Digestive discomfort

Dysregulation linked to blood sugar or routine disruption

Families who want support, not judgment

Caregivers who need simple systems that work

## ***WHO THIS PROGRAM IS NOT FOR***

Those seeking weight-loss programs

Highly restrictive or elimination-based diets

Individuals looking for medical treatment or diagnosis

Families wanting rapid or forced dietary changes

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\*This program integrates autism-affirming care principles, sensory-sensitive food preparation, routine-based meal planning, holistic nutrition strategies, and direct support professional experience to support regulation, dignity, and nourishment.

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## *CORE PRINCIPLES OF THE PROGRAM*

Repetition is Regulation

Familiar meals and routines reduce nervous-system stress

Safety Before Variety

New foods are optional and never forced

Texture Matters More Than Trend

Consistency and mouthfeel are prioritized

Food Supports the Nervous System

Meals are designed to stabilize energy, mood, and digestion

Respect for Autonomy & Dignity

Each individual's preferences are honored

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## ***PROGRAM STRUCTURE***

### ***Phase 1: Foundation & Safety (Week 1)***

Goal: Establish trust, routine, and predictability

#### **Includes:**

7-Day Autism-Friendly Vegan Meal Plan

Simple shopping list

Meal repetition strategy

Caregiver guidance on presentation and timing

Sensory-safe preparation methods

#### **Outcomes:**

Reduced mealtime stress

Increased willingness to eat

More predictable digestion and energy

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## ***PHASE 2: REGULATION & SUPPORT (WEEKS 2–3)***

### ***GOAL: SUPPORT DIGESTION, ENERGY, AND EMOTIONAL REGULATION***

#### **Includes:**

Gentle food timing guidance

Blood sugar stabilization strategies

Ayurvedic principles adapted for autism

(grounding foods, warmth, simplicity)

Texture modification options

Optional food expansions (only if appropriate)

#### **Outcomes:**

Improved regulation

Reduced digestive discomfort

Increased emotional steadiness

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***PHASE 3: INTEGRATION & SUSTAINABILITY (WEEK 4)***  
***GOAL: CREATE LONG-TERM SYSTEMS CAREGIVERS CAN MAINTAIN***

**Includes:**

Weekly meal rotation templates

Freezer-friendly prep strategies

Safe food expansion framework

Routine anchoring tools

Transition support for school or community settings

**Outcomes:**

Long-term stability

Reduced caregiver burnout

Sustainable food routines

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## ***WHAT CLIENTS RECEIVE***

- ✓ Comprehensive program guide (PDF)
- ✓ 7-day autism-friendly vegan or carnivore meal plan
- ✓ Shopping lists & prep guides
- ✓ Sensory-aware food strategies
- ✓ Caregiver support language & tools
- ✓ Ongoing guidance options (if enrolled in monthly program)

## **Autism-Informed Care Principles**

### **How this program applies them**

This program is grounded in autism-affirming, person-centered care principles commonly used in DSP, educational, and therapeutic settings.

### **Key applications:**

- ☐ Respect for autonomy and individual preferences
- ☐ No forced eating, bribing, or behavioral pressure around food
- ☐ Recognition that food refusal is often sensory or nervous-system based, not behavioral
- ☐ Support for regulation before variety or change
- ☐ Predictability, consistency, and emotional safety prioritized over novelty

### **In practice:**

- ☐ Safe foods are never removed
- ☐ New foods are optional and offered alongside familiar foods
- ☐ Caregivers are guided to observe cues rather than enforce intake



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## ***SENSORY-SENSITIVE FOOD PREPARATION***

### **How food is prepared, not just what food is chosen**

This program accounts for common sensory sensitivities related to:

- Texture
- Smell
- Temperature
- Mixed foods
- Visual presentation

#### **Preparation strategies used:**

- Soft, uniform textures (mashed, shredded, ground, blended when needed)
- Mild seasoning only
- Minimal mixing of textures on a plate
- Consistent presentation (same plate, same portions, same layout)
- Warm, grounding foods emphasized over cold or raw foods

#### **In practice:**

- Proteins are offered in textures appropriate to the individual (ground, shredded, patties, purées)
- Sauces are optional and served separately
- Meals are visually simple and predictable

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## ***ROUTINE-BASED MEAL PLANNING***

### **Why repetition is intentional, not a flaw**

Autistic nervous systems often regulate through routine. This program uses intentional repetition to support stability.

### **Routine strategies include:**

- Repeating breakfasts and lunches across multiple days
- Rotating a small number of dinners rather than constant novelty
- Consistent meal timing each day
- Limited ingredient lists week to week

### **In practice:**

- The 7-day plan repeats core foods (rice, potatoes, proteins)
- Caregivers are encouraged to maintain similar meal timing daily
- Transition strategies are included when introducing changes

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# ***HOLISTIC NUTRITION & AYURVEDIC REGULATION STRATEGIES***

## **Used practically, not spiritually or dogmatically**

Ayurvedic principles are applied gently and adaptively, without language or practices that conflict with medical or DSP environments.

## **Regulation-focused strategies include:**

- Emphasis on warm, grounding foods
- Balanced macronutrients to stabilize blood sugar
- Avoidance of overstimulation through excessive spices or raw foods
- Support for digestion through simple preparation

## **In practice:**

- Warm breakfasts (eggs, oatmeal, soups)
- Protein included at every meal
- Simple fats (olive oil, butter, ghee) to support satiety
- Avoidance of known irritants when possible

This is nervous-system support, not alternative medicine.

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## ***DIRECT SUPPORT PROFESSIONAL (DSP) EXPERIENCE***

### **How professional care experience informs this program**

This program is shaped by real DSP experience working within:

- Individualized care plans
- Structured routines
- Documentation standards
- Professional boundaries
- Dignity-centered support

### **DSP-informed practices include:**

- Clear structure and expectations
- Respect for individual choice
- Collaboration with caregivers
- Awareness of how environment affects behavior and regulation
- Understanding of caregiver fatigue and system overwhelm

### **In practice:**

- ☐ Language avoids blame or judgment
- ☐ Systems are designed to be sustainable for caregivers
- ☐ Guidance aligns with real-world care environments

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## ***PROFESSIONAL QUALIFICATIONS***

Certified Holistic Nutritionist

Certified Ayurvedic Practitioner

Direct Support Professional (DSP)

Former Private Vegan Chef (4+ years, Los Angeles)

Autism-informed Gut nutrition & routine specialist

Experience includes direct work with autistic children, adults, and families requiring sensory awareness, routine consistency, and respectful care.

## **DISCLAIMER**

This meal plan is for educational purposes and general wellness support only and is not intended to diagnose or treat any condition. Always consult with a qualified healthcare professional for individual dietary needs.