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Autism-Friendly Plant-Based Nutrition & Routine Support Program

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.

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

*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.

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

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

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

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

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

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

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

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.

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

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.
