THE “WHAT SOUNDS GOOD?” QUIZ

A low-pressure meal picker for days when food feels hard to choose

What sounds most doable right now?

Pick a lane, mix ideas, or jump to “Can’t tell?”

WARM / COZY

- Soup + bread
- Pasta with sauce
- Eggs + toast
- Rice with a warm topping
- Oatmeal with fruit or nut butter
- Mac + cheese
- Warm quesadilla

IF THIS DOESN’T FIT
Try: a bowl or plate

COOL / FRESH

- Yogurt + granola + fruit
- Cereal + milk
- Fruit + cheese + crackers
- Smoothie + toast
- Hummus + pita + cucumbers
- Cold pasta salad
- Toast with avocado

IF THIS DOESN’T FIT
Try: handheld

HANDHELD

- Grilled cheese
- Turkey or tuna sandwich
- Quesadilla
- Bagel + favorite topping
- Peanut butter + banana toast
- Wrap with a favorite filling
- Muffin + yogurt

IF THIS DOESN’T FIT
Try: warm / cozy

BOWL / PLATE

- Rice + protein + sauce
- Pasta bowl
- Baked potato + toppings
- Cereal or yogurt bowl
- Noodles + egg or tofu
- Beans + rice + salsa
- Snack plate with favorites

IF THIS DOESN’T FIT
Try: can’t tell?

CAN’T TELL?

- Choose something familiar
- Pick the easiest option
- Try a snack or drink + a food
- Start with one part of a meal
- Choose by temperature or texture
- Ask someone to pick 2 options
- You can add more later

IF THIS DOESN’T FIT
Try: any lane is okay

OTHER ROUTES ARE ALWAYS OPEN

Warm / cozy → **Handheld** → **Bowl / plate** → **Can’t tell?**

You can switch lanes at any point. Follow what feels easiest next.

No “right” answer. Eating something is a good next step.

If a meal feels like too much, start with one familiar food and see what feels possible after that.

MAKE IT EASIER TO START

Choose one starting point, then follow any arrow that sounds helpful.

What feels easiest to do?

READY-TO-EAT

- Cereal + milk
- Yogurt + fruit
- Crackers + cheese
- A muffin or granola bar

ASSEMBLE

- Toast + a topping
- Sandwich or wrap
- Snack plate
- Pita + dip

WARM IT UP

- Soup + bread
- Microwave rice + topping
- Frozen meal
- Oatmeal or noodles

SIP / SMALL BITE

- Smoothie or milk
- Fruit + nut butter
- A few bites of a favorite
- Drink + something crunchy

Want to add something alongside it?

SOMETHING FILLING

- Eggs, beans, tofu
- Cheese, yogurt
- Nut butter, hummus

SOMETHING FRESH

- Fruit, berries
- Cucumber, tomato
- Veggies or salsa

SOMETHING CRUNCHY / SOFT

- Crackers, chips
- Toast, pita
- Avocado

SOMETHING FLAVORFUL

- Sauce or dressing
- Salsa or dip
- Seasoning you like

Any part can be the whole next step. Add something, switch ideas, or stop here.

You don’t have to make it complete or perfect. “Good enough” counts.

← Go back to page 1 and choose another lane any time.