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Dopamine menu planner



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M Y D O P A M I N E M E N U

dopamine menu

STARTERS (5 mins, low effort) ·

MAINS (30–60 mins, satisfying) ·

SIDES (pairs with other activities) ·

DESSERTS (bigger treats, occasional) ·

Default to starters — not the phone ·

C H O O S E I N T E N T I O N A L L Y · F E E L B E T T E R

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