LAURA CIPULLO
WHOLE NUTRITION SERVICES + YOGA

Recipes for Every Brain

A neurodiverse-friendly recipe book

Gluten-free, garlic-free, lower-histamine — easy-to-follow recipes made for neurodiverse cooks, and welcoming to all.



Welcome. Every recipe in this book follows the same calm, clear pattern: what you need, then one step at a time. No rush. No clutter. Just good food, made simple.

Laura Cipullo Whole Nutrition Services + Yoga

START HERE

How to use this book

Want support with eating and feeding? **Book with Taylor** — our RD for a neurodiverse-sensitive approach.

Book with Paige Mandel, MS, RD, CDN, CEDS, for eating disorder care with a neurodiversity-affirming approach.

Before you start cooking: get out all of your ingredients and utensils first, so everything is ready in front of you. If you want to wear gloves while you cook, put them on before you begin.

1. Pick a recipe from the list on this page.

2. Tick off each item under "You will need" as you gather it.

3. Follow the numbered steps. Each step is one action, in order.

4. Look for the pink TIP boxes. They hold helpful extras from the original recipes.

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Make It Work for You

Garlic-free, your way: These recipes were written without garlic or onion. If a recipe (or a store-bought sauce, pesto, or seasoning) calls for garlic flavor, you have two easy options — swap in garlic-infused olive oil, which gives the flavor without the garlic itself, or simply leave the garlic out. The Mac & Cheese already uses garlic-infused oil; use plain olive oil instead if you want no garlic flavor at all. Always check labels on jarred sauces, pesto, and seasoning blends, since many contain garlic or onion.

To make a recipe lower in histamine: Choose fresh or frozen ingredients over canned, aged, or fermented ones, and eat leftovers promptly (or freeze them right away). Simple swaps that work in this book: use fresh mozzarella, ricotta, or cream cheese instead of aged cheeses like parmesan and feta; skip the balsamic vinegar in the grain bowl dressing, or replace it with a drizzle of olive oil and a pinch of salt; swap spinach for kale, chard, or butter lettuce; use fresh tomatoes instead of jarred tomato sauce, or serve the meatballs over pasta with olive oil and herbs; swap chocolate chips for carob chips; and use fresh fruit instead of raisins or other dried fruit. Leave out the lime and cinnamon if they bother you — the recipes still work without them.

Note: tolerance is personal — use the swaps that match your own needs, and check with your care team if you are unsure.

SECTION

Starters

Greek Turkey Sliders

Mini Smashed Potatoes

Simply Sweet Beet Hummus

STARTERS

Greek Turkey Sliders



PREP	COOK	MAKES
15 min	10 min	4 sliders

You will need

- [ ] ½ cup frozen chopped spinach
- [ ] 8 oz lean ground turkey
- [ ] 4 TBSP crumbled feta cheese
- [ ] Canola oil nonstick cooking spray
- [ ] Gluten free burger buns

Optional toppings

- [ ] 2 TBSP garlic-free hummus, tzatziki, or mayonnaise
- [ ] Sliced tomato or grape tomatoes

Steps

1. Put the spinach in a small bowl.
2. Microwave the spinach on high for 45 seconds, or until it is no longer frozen.
3. Pour off any extra liquid.
4. Put the turkey, feta, and spinach in a medium bowl.
5. Mix everything together.
6. Form the mix into 4 patties.
7. Spray a medium skillet with cooking spray.
8. Heat the skillet over a medium-high flame.
9. Add the patties to the skillet.
10. Cook the patties all the way through.
11. Take the patties out of the pan.
12. Plate the patties with sliced tomatoes and garlic free hummus, or your favorite condiment.

Recipe from Everyday Diabetes Meals Cooking for One or Two by Laura Cipullo, RD, CDCES, CEDS-C, RYT & Lisa Mikus, RD, CNSC, CDN. Adapted by Taylor Wallach, RD, CDN, CSCS, ACE-CPT, Gabrielle Finora, MPH, CHWC & Laura Cipullo, RD, CDCES, CEDS-C, RYT

STARTERS

Mini Smashed Potatoes



PREP	COOK	SERVINGS
< 5 min	~30 min	2

> **Before you start:** Cover a pan in parchment paper. Heat the oven to 425ºF.

You will need

- [ ] 1.5 lbs mini potatoes
- [ ] 1-2 TBSP Olive oil
- [ ] Salt (to taste)

Steps

1. Put the mini potatoes in cold water.
2. Boil the potatoes until they are soft.
3. Strain the potatoes with cold water.
4. Let the potatoes cool for 5 minutes.
5. Cover a pan in parchment paper.
6. Smash each potato with a fork or cup.
7. Drizzle each potato with olive oil.
8. Bake at 425ºF for about 30 minutes.

STARTERS

Simply Sweet Beet Hummus



PREP
10 min

MAKES
2 cups

You will need

- [ ] 2 pre-steamed beets, plus the liquid from the package (we recommend Love Beets)
- [ ] 1 can (15 oz) chickpeas, rinsed and drained
- [ ] 2 TBSP tahini
- [ ] 1 TBSP lemon juice
- [ ] 2 TBSP olive oil
- [ ] 1-2 tsp honey (optional, to taste)
- [ ] Salt, to taste
- [ ] 1-3 TBSP cold water, as needed

Steps

1. Drain the Love Beets, saving the liquid from the package.
2. Chop 2 beets into quarters and pour the liquid into the food processor.
3. Add beets, chickpeas, tahini, lemon juice, olive oil, and salt to a food processor.
4. For a sweeter spread, add the honey.
5. Blend until smooth and creamy.
6. Add cold water, one TBSP at a time, until you reach your desired consistency.
7. Taste and adjust salt, lemon juice, and or honey as needed.
8. Transfer to a serving bowl and enjoy right away or store in an airtight container in the fridge or freezer to enjoy later.

SECTION

Entrees

Chicken Pesto Pasta

Spaghetti & Turkey Meatballs

Mediterranean Grain Bowl

GF & Vegan Mac & Cheese

Turkey Tacos

ENTREES

Chicken Pesto Pasta



PREP	COOK	SERVINGS
10 min	30 min	1

You will need

- [ ] 6 oz of chicken breast cutlets
- [ ] 2 cups broccoli florets
- [ ] 2 oz gluten free pasta, uncooked
- [ ] ⅓ cup Gotham Greens Vegan Pesto

Steps

1. Season the chicken breast with salt.
2. Coat a frying pan in cooking spray.
3. Cook the chicken over medium-high heat until cooked through (about 10 minutes).
4. Or, if you prefer: purchase pre-cooked chicken.
5. Put an inch of water in the bottom of a medium sized pot.
6. Add the pre-cut fresh broccoli florets to the pot.
7. Let the broccoli steam for 3-5 minutes.
8. Or, if using frozen broccoli: measure 2 cups of frozen broccoli in a microwave and heat until hot.
9. Drain any excess water from the broccoli.
10. Cook the pasta according to package instructions.
11. Strain the pasta.
12. Add the pasta to a large bowl with the cooked chicken and broccoli.
13. Top with pesto.
14. Mix everything together.

Recipe by Laura Cipullo, RD, CDCES, CEDS-C, RYT, Taylor Wallach, RD, CDN, CSCS, ACE-CPT, Gabrielle Finora, MPH, CHWC

ENTREES

Spaghetti & Turkey Meatballs



PREP	COOK	SERVINGS
30 min	30 min	4

You will need

- [ ] 1 lb. ground turkey
- [ ] 1 slice gluten free bread, cubbed small (~½ inch)
- [ ] 1 TBSP dried parsley
- [ ] 2 TBSP oregano
- [ ] 1 TBSP basil
- [ ] 2 tsp grated parmesan cheese
- [ ] 1 egg, beaten
- [ ] 8 oz box gluten free spaghetti (uncooked)
- [ ] Two 25 oz jars of tomato sauce

Steps

1. Put the ground turkey, bread, herbs, parmesan, and egg in a large bowl.
2. Mix with a spoon or your hands.
3. Form the mix into medium-sized balls.
4. Coat the bottom of a large skillet with olive oil.
5. Brown the meatballs in the skillet.
6. Pour in the jarred marinara sauce with the meatballs.
7. Simmer the meatballs in the sauce for about 20 minutes on medium-low heat.

TIP: divide meatball batter in 4's and get 3 meatballs per quarter for even sizing

TIP: Cut a meatball in half to check if the meatballs are cooked through. If not, check every 5 minutes.

Recipe from Healthy Habits by Laura Cipullo, RD, CDCES, CEDS-C, RYT. Adapted by Taylor Wallach, RD, CDN, CSCS, ACE-CPT, Gabrielle Finora, MPH, CHWC, & Laura Cipullo, RD, CDCES, CEDS-C, RYT

ENTREES

Mediterranean Grain Bowl



PREP	COOK	SERVINGS
15 min	20 min	1

You will need

Grain Bowl

- [ ] ¼ cup rice, dry
- [ ] ¼ cup quinoa, dry
- [ ] 4 oz pre-grilled chicken
- [ ] 2 TBSP feta
- [ ] ½ cup cucumbers, roughly cubbed
- [ ] ½ cup tomatoes, roughly cubbed
- [ ] 1 TBSP dressing* or tahini

Dressing

- [ ] ¾ cup olive oil
- [ ] ¼ cup balsamic vinegar
- [ ] 2 tsp dried oregano
- [ ] Salt and pepper

Steps

1. Put ¼ cup dry quinoa, ¼ cup rice, and 1 cup water in a small pot.
2. Bring the pot to a boil.
3. Cover the pot.
4. Cook for ~20 minutes, or until almost all of the liquid is absorbed.
5. Keep the pot covered and set it aside.
6. Make the dressing: put all the dressing ingredients in a mason jar or bowl.
7. Mix the dressing.
8. When the quinoa and rice have fully absorbed the liquid, move them to a bowl.
9. Top with the cucumbers, tomatoes, 4 oz chicken, and 2 TBSP of feta.
10. Drizzle 1 TBSP of dressing (or tahini) over the top.

TIP: The rest of the dressing can be stored in the refrigerator for up to 1 week.

Recipe by Taylor Wallach, RD, CDN, CSCS, ACE-CPT, Gabrielle Finora, MPH, CHWC & Laura Cipullo, RD, CDCES, CEDS-C, RYT

ENTREES

GF & Vegan Mac & Cheese



PREP	COOK	SERVINGS
15 min	1.5 HOURS	4

Before you start: Preheat oven to 400º F. Coat a baking sheet with cooking spray.

You will need

- [ ] Cooking spray
- [ ] 2 cups cauliflower, roughly chopped
- [ ] 1 cup butternut squash, roughly chopped
- [ ] 1 tsp garlic infused olive oil
- [ ] ⅔ cup vegetable stock
- [ ] 8 oz gluten free elbow pasta
- [ ] 1-2 slices gluten free bread, ripped into pieces
- [ ] 2 tsp salt, more to taste

Steps

1. Toss the cauliflower and butternut squash with garlic infused olive oil and salt in a medium bowl.
2. Move the vegetables to the baking sheet in a single layer.
3. Roast for ~30 minutes, or until golden brown.
4. Flip the vegetables once, halfway through roasting.
5. Meanwhile, add the gluten free bread to a food processor.
6. Pulse the bread into "bread crumbs."
7. Pour the breadcrumbs into a bowl and set aside.
8. Let the vegetables cool to room temperature.
9. Move the vegetables to a food processor or blender.
10. Slowly add the vegetable broth until a medium-thick sauce forms.
11. Coat a large casserole baking dish with cooking spray.
12. Add the vegetable sauce with the pasta to the dish.
13. Mix.
14. Set the oven to "Broil".
15. Sprinkle the breadcrumbs over the pasta.
16. Put the dish under the broiler in the oven for 2 minutes.
17. Add salt to taste.
18. Divide into 4 portions.

TIP: smaller vegetable pieces take less time to cook

Recipe by Laura Cipullo, RD, CDCES, CEDS-C, RYT. Adapted by Taylor Wallach, RD, CDN, CSCS, ACE-CPT & Gabrielle Finora, MPH, CHWC

ENTREES

Turkey Tacos



PREP	COOK	SERVINGS
20 min	10 min	3

You will need

- [ ] 1 lb. raw ground turkey meat
- [ ] 1 GF spicy taco seasoning packet (Simply Organic)
- [ ] 1 yellow or orange bell pepper
- [ ] 1, 15.5 oz can black beans
- [ ] 1 cup Lotus Foods Forbidden Rice, cooked
- [ ] Soft corn taco shells

Optional Toppings:

- [ ] 6-8 Roma tomatoes, chopped
- [ ] Shredded cheddar cheese
- [ ] Cilantro (fresh or dried, to taste)
- [ ] Lime (fresh or from bottle, to taste)

Steps

1. Mix the spice packet with ½ cup hot water.
2. Cook the turkey meat.
3. When the turkey is almost cooked, add the spice mixture, bell pepper, and beans.
4. Lower the heat.
5. Cook for about 5 more minutes, until the pepper is softened.
6. Put the cooked turkey, rice, cilantro, and ~ ½ of the chopped tomatoes in a bowl.
7. Mix.
8. Fill the taco shells.
9. Top with the remaining tomatoes, cilantro, and lime.

Recipe by Laura Cipullo, RD, CDCES, CEDS-C, RYT, Taylor Wallach, RD, CDN, CSCS, ACE-CPT, & Gabrielle Finora, MPH, CHWC

SECTION

Desserts

Quinoa Chocolate Chip Cookies

Coconut Vanilla Chocolate Chip Ice Cream (Ninja CREAMi)

No-Bake Nut Butter Raisin Energy Balls

DESSERTS

Quinoa Chocolate Chip Cookies



PREP	COOK	MAKES
5 min	30 min	4 cookies (2 portions)

Before you start: Preheat the oven to 350º F and line a baking sheet with parchment paper.

You will need

- ☐ ¼ cup quinoa, rinsed
- ☐ ½ cup water
- ☐ 2 TBSP almond flour (almond meal)
- ☐ ¼ tsp ground cinnamon
- ☐ 1/8 tsp baking powder
- ☐ 1 TBSP granulated sugar
- ☐ 1 TBSP + 2 tsp egg whites
- ☐ 1 ½ tsp canola oil
- ☐ ¼ tsp vanilla extract
- ☐ 1 TBSP dairy-free chocolate chips

Steps

1. Put the quinoa and water in a small saucepan.
2. Bring to a boil over high heat.
3. Reduce the heat to low.
4. Cover and simmer for 15 minutes, or until the quinoa has absorbed the water.
5. Set aside and let cool.
6. Mix the flour, cinnamon, and baking powder together in a small bowl.
7. Whisk the sugar, egg white, oil, and vanilla in a medium bowl until smooth and fluffy.
8. Gradually add the flour mixture to the egg mixture.
9. Stir until thoroughly combined.
10. Fold in the cool quinoa and dairy-free chocolate chips.
11. Scoop out batter for each of 4 cookies with an ice cream scooper or a TBSP measure.
12. Space the cookies at least 1 inch apart on the baking sheet.
13. Bake for 8-10 minutes, or until the cookies are golden brown and firm in the center.
14. Let cool on the pan or a wire rack for 5 minutes.

Recipe from Everyday Diabetes Meals Cooking for One or Two by Laura Cipullo, RD, CDCES, CEDS-C, RYT & Lisa Mikus, RD, CNSC, CDN. Adapted by Taylor Wallach, RD, CDN, CSCS, ACE-CPT, Laura Cipullo, RD, CDCES, CEDS-C, RYT & Gabrielle Finora, MPH, CHWC

DESSERTS

Coconut Vanilla Chocolate Chip Ice Cream



PREP	COOK	SERVINGS
10 min	Freeze 24 hours	3

Before you start: You need a Ninja CREAMi® to make this ice cream.

You will need

- ☐ 13.5 oz full-fat condensed unsweetened coconut milk
- ☐ ¼ cup granulated sugar
- ☐ 1 tsp vanilla extract
- ☐ ½ cup dairy-free mini chocolate chips
- ☐ Gluten free ice cream cone (optional)

Steps

1. Whisk the coconut milk in a medium bowl until smooth.
2. Add the sugar and vanilla.
3. Whisk until the sugar dissolves.
4. Pour the base into an empty CREAMi® pint.
5. Put a storage lid on the pint.
6. Freeze for 24 hours.
7. Take the pint out of the freezer.
8. Take off the lid.
9. Put the pint in the outer bowl.
10. Install the Creamerizer Paddle onto the outer bowl lid.
11. Lock the lid assembly on the outer bowl.
12. Put the bowl assembly on the motor base.
13. Twist the handle right to raise the platform and lock it in place.
14. Select ICE CREAM.
15. Let it process for one to two spins.
16. Hit "re-spin" or start the original cycle over until you get the consistency you like.
17. When processing is complete, take the pint out of the Ninja®.
18. Open the lid.
19. Make a hole in the center, through to the bottom of the pint.
20. Add the mini chocolate chips.
21. Replace the lid and pint on the Ninja® CREAMi®.
22. Press "+MIX-INS".
23. Let it spin for 1-2 minutes, or until the chocolate chips are mixed in.
24. Take the pint out of the Ninja®.
25. Serve immediately in a bowl or gluten free cone.

Please note: Be sure to only fill ingredients to the max fill line. The Ninja® CREAMi® will not close and spin, if over the max line. If planning to add mix-ins, fill to slightly below the max fill line.

Recipe by Taylor Wallach, RD, CDN, CSCS, ACE-CPT, Gabrielle Finora, MPH, CHWC, and Laura Cipullo, RD, CDCES, CEDS-C, RYT

DESSERTS

No-Bake Nut Butter Raisin Energy Balls



PREP	CHILL	MAKES
10 min	15-20 min	10-12 energy balls

You will need

- [ ] ¼ cup nut butter (peanut or almond)
- [ ] ¼ cup gluten free rolled oats
- [ ] ½ cup raisins
- [ ] 2 TBSP ground chia seeds
- [ ] 1 tsp vanilla extract
- [ ] 1-2 TBSP water, as needed
- [ ] Pinch of cinnamon (optional)

Steps

1. Optional: for a smoother texture, pulse the raisins in a food processor.
2. Put the nut butter, raisins, ground chia seeds, oats, and vanilla extract in a medium bowl.
3. Mix well.
4. Add water slowly, 1 tsp at a time, until the mixture holds together.
5. Refrigerate for 15-20 min.
6. Take the bowl out of the refrigerator.
7. Shape the mixture into 10-12 small balls.
8. Store in an airtight container in the refrigerator for up to 1 week, or freeze for up to 3 months.

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You did it

Pick one recipe. Take it one step at a time. That is all cooking ever is - and this book will be here, in the same calm order, whenever you come back to it.

Book with our RD, Taylor Wallach, for a neurodiverse-sensitive approach to eating and feeding. Let Taylor help you create a scheduled meal structure with foods you feel safe with — and maybe even a new taste or texture to try, if you are willing.

Book with Taylor

Taylor Wallach, RD, CDN, CSCS, ACE-CPT

Book with Paige Mandel, MS, RD, CDN, CEDS, for eating disorder care with a neurodiversity-affirming approach.

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