

## WIAW #1 “ Do All Parents Eat Food Off the Floor?

### Description

Before “Going Dad”, I had a healthy food blog called [Just Add Cayenne](#). You can find a link to it at the top with it’s own tab. One of my favorite things to do on the blog was to participate in [What I Ate Wednesday](#) (WIAW); a link-up party hosted by Jenn from the blog [Peas and Crayons](#). *Note: There is no link party this week, but it will continue next week. Check out Jenn’s [post explaining why here](#).*

It’s been a couple years since I joined in, but I’ve missed it and figured I’d try to start back up again. I love food, healthy food, and I enjoy sharing and talking about it with others who have an appreciation for it too. So thank you, Jenn, for still going strong on these link ups, glad to see you’ve kept these going!

The theme for my first WIAW post on Going Dad is something I’ve found myself doing a lot of lately, eating food off the floor. And not just food I dropped, but food my daughter, Avery, drops. Sometimes from her mouth, sometimes just her hands, but I can’t stand to see it go to waste. Hey, if it’s healthy and something you took the time to cook, it’s hard! I know there are other parents out there like this!.right?

This is partly my fault for trying to feed her while she’s roaming around my feet in the kitchen (yes, like a cat) and not putting her in the high chair. So I break pieces of my homemade bread like [Coconut Carrot Bread](#) and feed it to her. Again, yes, just like a kitty, which I [pretend she is as a way to get her to eat](#).



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But sometimes kitties drop their food, and me not wanting to toss it in the trash, I quickly eat it myself before taking time to have a second thought. I have my limits, like if itâ€™s practically fully chewed and regurgitated, but otherwise, Iâ€™m a victim of second-hand snacking from my baby.

Now, letâ€™s move on to my eats for the week.

[what I ate wednesday, WIAW](#)

A little pre-workout snack of homemade pumpkin bread with a nice layer of [NuttZo](#) in the middle.



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I downed a green protein smoothie after the workout and played with Avery while cooking lunch. I made a big bowl of edamame spaghetti with my homemade fermented beets and wild salmon. Avery ate from what I had, and I made sure she was in the high chair for this one!

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Not long after, it was naptime, so I brought Avery to her room to sleep. Like usual, she fought it, but finally gave in after kicking the crap out of crib. Crazy kid!! Then I snacked on some chocolate chia oatmeal NuttZo balls while checking e-mail.



As expected, naptime was short, and Avery was up and ready to ~~wreak havoc~~ play all over the house. When my wife, Going Mom, came home from work, more playing ensued and I prepared dinner. Chicken and black bean stew turned out better than I expected, and Avery and Kelley both enjoyed.



The mushrooms were all for me, Kelley™s not a fan and had tortilla strips instead. Fine with me, I™m not one to share my mushrooms!

After dinner, we went through Avery™s bedtime routine and put her down for the night. For my nightly snack, I enjoyed a steamed kobocho squash with lots of plain Greek yogurt and, you guessed it, a couple spoonfuls of NuttZo.



I may or may not have gone back for seconds. Okay, thirds.

[Brilliant blog posts on HonestMum.com](#)

**Date Created**  
2015/02/25