

WIAW #10: What I Ate Before Fatherhood

Description

Not like the meals I had before fatherhood were gourmet dishes or anything, but I certainly didn't have to practice the whole "don't eat with your eyes" thing as much.

I'm not complaining, I love my meals of randomness all mixed together in a Tupperware dish, but it's fun to look back at the meals I had in the past, where you could even make out what they were! I've mentioned before how I had a healthy foodie blog, [Just Add Cayenne](#), as you will find with its own page above, and figured I'd pull an old WIAW post from the archives.

Sticking to a post around this time, I found one I published on April 24th, 2012, titled [When Life Hands Me Wednesdays, I Make WIAW Post #9](#). It only seemed fitting since this is my 10th WIAW post on Going Dad, so it's kinda like just picking up where I left off, just now I have a daughter and I'm a stay-at-home dad. A damn proud SAHD at that!

Before we travel back in time 3 years, I'll quickly share what one of my day's worth of eats looked like recently.

Morning – I cut a banana into slices and cover each one with [NuttZo](#) to feed the non-stop Avery as she does circles around the kitchen island.



I was expecting to have a few left over for me to finish, but!



!that was the last one. I did get to lick my fingers clean though! Luckily I had several cups of coffee to keep me "going".

Then lunch was a combo of steamed veggies and a microwave salsa omelette.



Dinner was my usual mix of randomness with kimchi, homemade fermented cucumbers, eggs, tuna, and steamed brussels sprouts.



I know, hold the jealousy train, one at a time now!

Now, how about a little back to the future [WIAW](#) to see meals pre-dad? Iâ€™m bringing everything I shared from the old WIAW post to this one, even my commentary, just to give you a glimpse of life back then.

Thanks as always to the wonderful [Jenn from Peas and Crayons](#), for creating this fun link-up for foodies everywhere! It was great then and continues to be an awesome linky now!

[what I ate wednesday, WIAW](#)

Breakfast â€“ Cold quinoa and bean salad with steamed veggies, and a little salsa mixed in; baby carrots; [overnight peanut butter oatmeal crisps](#); French Press coffee with nutmeg and vanilla extract



Snack â€“ Handful of roasted pumpkin seeds and black chai tea

Lunch – “ [Spicy Black Bean Cakes](#) on a bed of arugula and roasted veggies; small cup of frozen strawberries and papaya; Ak-mak crackers; baby carrots; green tea with stevia



Snack – “ More green tea mixed with an herbal peppermint tea; great for after eating!



Dinner – “ Bring on my biggest meal; always ready to eat after a good strength/cardio workout! Mixed salad greens with [lentil-veggie puree](#) as a dressing and topped with Brussels sprouts, mushrooms, and tomatoes; Pumpkin Protein Peanut Butter Banana Sandwich (I made the pancakes using my [crepe recipe](#) with less liquid); pumpkin and frozen fruit protein puree topped with oatmeal crisps; no-bake peanut butter cookies on the side; I also had a slice of low-fat peanut butter protein bread I made this weekend!..recipe to come.



After a wonderful day with Kelley on Saturday, I spent way too long in the kitchen on Sunday. Even after saying “I just make simple meals for the week, I went overboard. I promised next weekend I

will actually make simple, steamed bean and veggie meals to get out of the kitchen quicker. I must stick to it!

Although, I keep seeing/thinking of awesome recipes that I want to try, so it's hard not to try them out! Maybe just one fun recipe and be done with it!.uh oh, this is how it starts! I want to start posting more of the various vegetable and fruit blends I make on a daily basis; anyone interested?

Q: Do you like going to the movies or staying at home?

A: I typically prefer to stay at home to watch something where my own food is readily available and there's no noise from other people to bother you.

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