

An Unexpected Benefit From My Sickness

Description

If you missed the lengthy post about my [amazing wife and why I missed a day of coffee](#) yesterday, let me sum it up. I got really sick and lost all appetite, even for coffee, and Going Mom kept everything together and cared for my ailed body. I'm still not completely recovered, but an unexpected benefit from my sickness has emerged.

Something my wife has wanted for a long time, and I have finally made it happen. No, not like *that*, get your mind out of the gutter; it's having dinner with her and Avery!



Daddy's eating with us!!!

I haven't been absent at dinner, I just would have my meal in front of me and maybe snack on a few pieces of broccoli as Kelley and Avery ate. Then, after Avery was in her crib, I'd shower and have my dinner. I don't have a good reason for why other than it was just routine for me and to break it seemed sacrilegious.

But, I'm happy to report I have broke free from routine and started having a full meal with everyone, like a *real* family! I started because this sickness that still hasn't fully left my body has left me with less of an appetite and little desire to eat much. Before, when I abstained from dinnertime eating, my meal was a gigantic salad with fermented and steamed veggies, some sort of lean protein, and avocado with vinegar. It was good and I loved it, but after many years of this, it seems I have broke free.

The real test is when I'm fully recovered, but so far, I enjoy eating as a family and then just having some healthy snacks like [NuttZo](#) and cottage cheese later on if I want. Speaking of NuttZo, I used it in

the dinner I made last night and it was delicious!



Black bean, chicken, and sweet potato stew with NuttZo mixed in to give it a healthy boost of protein, fat, and wonderful nutty flavor. I was happy with the outcome, and Kelley and Avery had no problem eating it either. #Winning <â€”â€” Thank you, Charlie Sheen

There are some foods, like the fermented goodies and mushrooms that only I enjoy in our house, so I know not every meal will be identical, but eating together will become the new norm in our home, and weâ€™ll be an even happier family as a result. Unless I make something that none of us like!

Do you have unusual eating schedules with your family or do you always eat together?

Anything happen to make you change your ways for the better? Worse?

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