

WIAW #9: Don't Eat With Your Eyes!

Description

You know the saying, "You eat with your eyes first"? I'm lucky my wife and daughter either don't practice this quote, or simply don't look at what I make sometimes because some things just look straight up gross.



See?

But it *usually* tastes great and is *always* healthy! I mean, I try to make some dishes look good for Going Mom. Like the presentation on this chicken tortilla soup looks delicious and she agreed it was.



Unfortunately, since most of my meals are one-pot collaborations of loads of veggies, some healthy fats, and protein, they usually don't do much to please the eyes. Even when they are miniaturized for the little belly in the house.



Hey, it's not easy cooking several meals for three every day. Then again, as a stay-at-home dad, I don't need to complain, it should just be part of what I do. No fast food or going out to eat means more for me to make, but I'm happy with that since it means a healthier family. And most of the time my ugly meals still taste good. Love that slow-cooker!



So, as I share with you my day of eats, I only ask that you DO NOT eat with your eyes first at all! Please?

Now, how about a little [WIAW](#) action! Thanks as always to the wonderful [Jenn from Peas and Crayons](#), for creating this fun link-up for foodies everywhere!

[what I ate wednesday, WIAW](#)



Breakfast – I followed my typical fasting protocol and just had some [Homemade Cold Brew Coffee](#) as I fed this smiling girl some [microwave chocolate bread](#) with [NuttZo](#).



Lunch – Steamed beets, kale, carrots, and broccoli topped with eggs and nutritional yeast. Also had a couple of [Beanitos](#) chips for a tasty crunch.



Before Dinner – Green protein smoothie with whole apples, kale, carrots, and spirulina.



Dinner – Dad’s specialty, another crock-pot perfection! Wild antelope steaks (thanks to my brother, [Uncle Preston](#)) in a stew of organic mixed veggies, corn, and beans. See, not the best thing to look at, but trust me, it was a delight to eat!



Snack – I’ve been making a lot of variations of my [microwave breads](#) and had way more than necessary of this chocolate version. #noguilt

Do you eat with your eyes first or can you overlook the ugly dish if taste prevails?

Seriously, what can’t you make in the slow-cooker?

Ever try any kind of wild game like antelope?

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