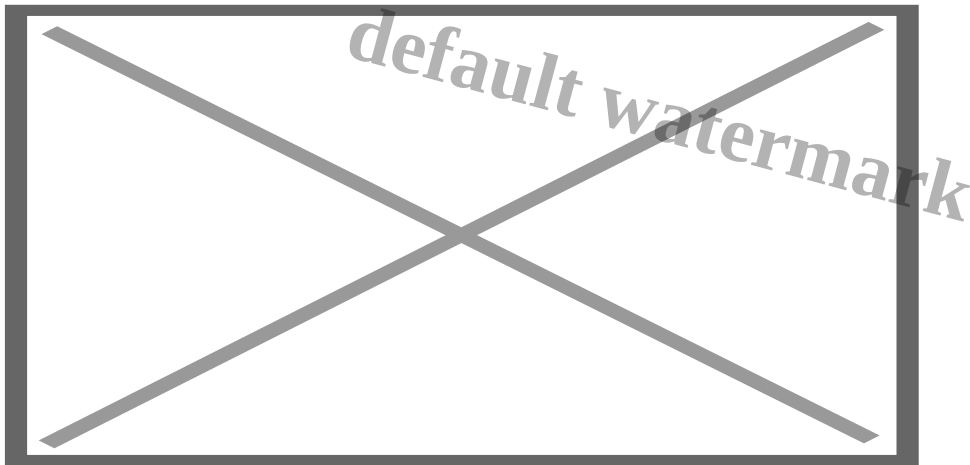


What My Toddler Eats In A Day + WIAW

Description

I can't believe I haven't shared a day of eats for our toddler yet. For as much as I love food and cooking, you would think I'd do this all the time. Well, thanks to Jen, a fellow reader and blogger over at [My Kitchen Musings](#), who requested a day in the life of my daughter's food intake, I finally did it!

It's been a while since my last [What I Ate Wednesday](#) post, so what better time than now to join in by sharing what my toddler ate! I always enjoy this link-up, so please make sure to check out and share the host's post (cool, a rhyme!) if you don't mind.



Breakfast #1 – We always start the day by reading [Hey! Wake UP! by Sandra Boynton](#) followed immediately with a [green smoothie](#). Since I hardly ever measure ingredients, some smoothies can be super green and a little bitter, but she usually loves what I blend up. In fact, she gets down right cranky and impatient if I'm not quick enough to hand it to her.



Breakfast #2 – After drinking most of her smoothie (I usually have to help with finishing), I made a super nutritious bowl of oatmeal.



I'm not one for simplicity when it comes to cooking, this bowl consisted of [organic rolled oats](#), [organic chia seeds](#), [organic shredded unsweetened coconut](#) (not pictured), [organic pumpkin puree](#), [Great Lakes Gelatin](#), and obviously [NuttZo](#) stirred in. Oh yeah, and two packets of [Pyure Sweet Stevia](#) along with heaps of cinnamon. The smell of pumpkin with NuttZo and cinnamon had my stomach rumbling for my own bowl!



I made a lot, and that girl ate 90% of it on her own! Thatâ€™ll be fun to change laterâ€¦.

For the leftovers, I added [organic cacao powder](#) and egg to create a quick [microwave cake](#) treat for us to â€œshareâ€• later.



Yeah, I ate it all by myself during nap time. Sorry, Avery, hope you still love me.

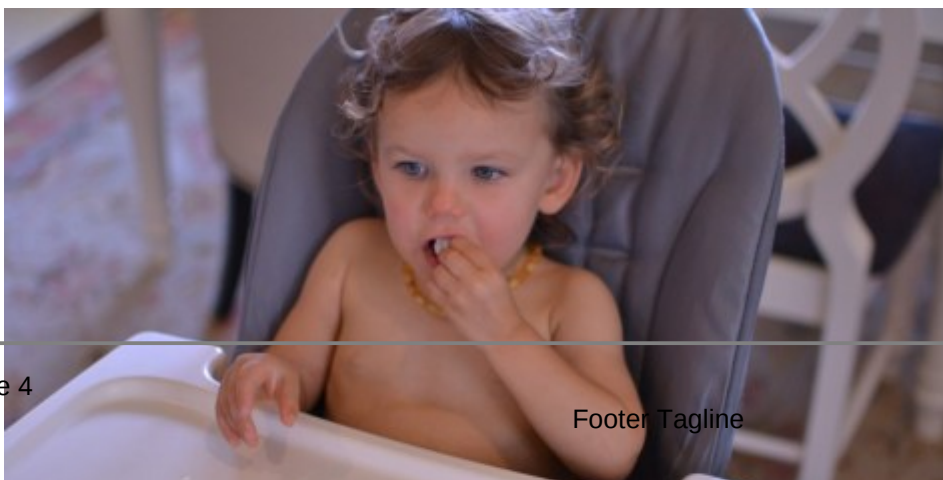
Lunch â€“ This girl loves her veggies, so we always have a large bag of organic Normandy Blend frozen veggies from Costco that we steam. Nothing added, just make them bite size, put them on her tray, and sheâ€™ll gobble them right up. Along with canned wild-caught salmon, another staple in our house, and a simple, healthy meal is served in no time.



Pretty? Not really, but the importance of good nutrition far outweighs anything else in my mind. Especially when it comes to feeding a beautiful growing body like our sweet little girl. I even gave her a few spoonfuls of avocado that she surprisingly ate without protest.



It might of had something to do with watching Sid the Science Kid, the only 20 minutes of screen time she gets a day, and my promise to give her air-popped popcorn.



We donâ€™t wear shirts for lunch!

With nothing added, this [Tiny But Mighty Heirloom Popcorn](#) is awesome! If you ever see it, buy it to try. Itâ€™s easier to eat than other versions which makes a perfectly healthy toddler (and parent) snack.

Dinner â€“ Using our handy slow-cooker, I made a black bean and quinoa stew with carrots, zucchini from our garden, and crushed tomatoes along with wild antelope round steak my brother gave me from his hunting trip.



I love slow-cooker meals, and luckily, Going Mom and Avery do too! No special kid food here, we all ate and enjoyed a big bowl of our meaty stew. Itâ€™s almost too thick to be called stew, but lets just call it *thick* stew. Deal? Deal.

Pre-bedtime Snack â€“ I tell ya, she can eat. She didnâ€™t seem fully satisfied after dinner (she shared a big bowl with Mommy), so we gave her a few of these [Go Raw Pizza Flax Snax](#) to top her off.



We have to remind her to chew (only a million times a day), but she loves these things and I enjoy them too. They really have a good pizza flavor that makes them fun to crumble on a salad or eggs.

And there you have it, a typical day of eats for our 21 month old girl. We are proud that she enjoys fresh, whole foods and doesn't cry for sweet treats all the time, and hopefully we can keep it that way. Only time will tell.

Do you have special food for your little ones or do they eat what you eat?

When it comes to cooking, do you tend to just throw things in as you please or prefer to measure it all out?

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