

Daily Toddler Fare + WIAW

Description

Happy Hump Day, and therefore, another edition of [What I Ate Wednesday](#)! Iâ€™ve shared a day of what my toddler eats twice already ([first time](#) and [second time](#)), and now itâ€™s time for round three.

Feeding Avery isnâ€™t as easy as just a few weeks ago. Apparently, as the get older they get this growing sense of independence and being more self-aware which leads to [toddler regression](#). Our patience levels are being tested on a daily basis, and from what I understand, itâ€™s not going to get better any time soon. Yikes!

Guess now would be a good time to seriously look into meditation. Iâ€™ve been interested for a while, but havenâ€™t made the commitment to fully immerse myself in the mindful practice. Any thoughts or advice?

Anyway, lets kick off another round of what my toddler eats in a day. Just as before, we donâ€™t make a lot of substitutions for Avery, so what she eats, is essentially what we eat. Make sure to show some [WIAW](#) love and check out the hostâ€™s blog as well as everyoneâ€™s day of good eats.

[what I ate wednesday](#)

Breakfast â€“ [Green smoothie](#) leftover from the night before as a starter. Then she had a green banana with cinnamon and [sprouted raw pumpkin seeds sprinkled](#) on [NuttZo](#).



Thought Iâ€™d give the seeds a shot since she tends to love anything with a crunch (sheâ€™ll gnaw on raw onion even!), and it was a huge success!

Snack – “ [Coconut Carrot Zevia Vanilla Pudding](#) that disappeared way too fast. No leftovers for daddy.



Lunch – “ Coconut curry quinoa and black beans with [Wild Planet sardines](#) on top. I’m still amazed that she’ll eat sardines, and even yell “Fishy!” when she sees them.



I didn’t take a picture, but she crunched on a few [Go Raw Pizza Flax Snax Crackers](#) after finishing her lunch. I may or may not of had a few the rest of the bag myself.

Since she had quite a bit for lunch, Avery wasn’t too hungry after her nap, so my wife and I spent the non-eating time in a more constructive manner. Selfies with our DSLR camera and a 50 mm lenses.



Obviously, not easy.

Dinner – Slow-cooker local chicken thighs with stewed veggies and a potato.



I crisped the chicken skin in the oven to use as a flavorful topping.



A little goes a long way and it was a hit with both of my lovely ladies!

Thus ends another day of eats in the Going household. Iâ€™d say with the non-stop energy Avery has, something in the food is helpingâ€¦..a lot!

Have a great Wednesday and rest of the week!

Have you ever used chicken skin as a topping? Itâ€™s like bacon, but chickenâ€¦and skin. ðŸ™,

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