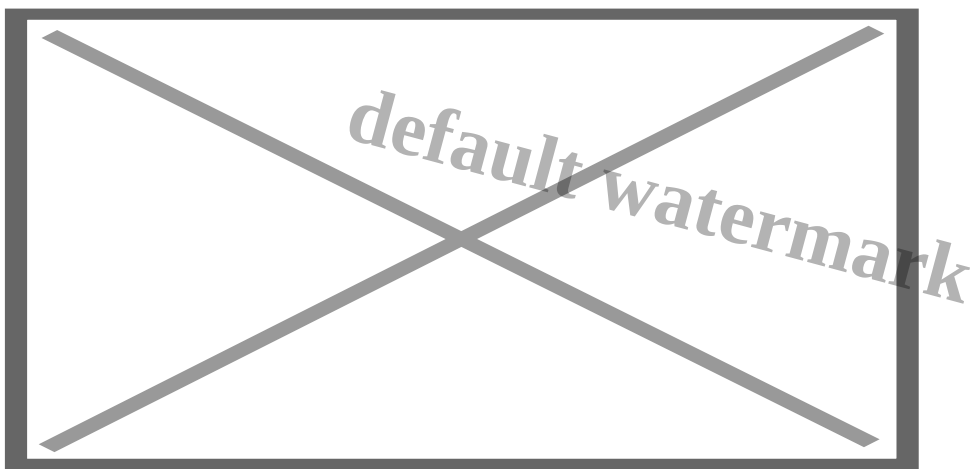


What My Toddler Eats In A Day 2 + WIAW

Description

I enjoyed the first [What My Toddler Eats In A Day](#) edition of [What I Ate Wednesday](#) so much, I thought I'd do it again. Since we don't make special "kid menu" food, it's basically what I ate too.

Not much else to say today, so I'll get right to it. Hope you enjoy and have a happy hump day! Big thanks to the host for this week's WIAW!



Breakfast – We started with the usual [morning green smoothie](#), or most of it, followed by a giant bowl of chocolate pumpkin oatmeal with [NuttZo](#) mixed in and a big spoonful on top.

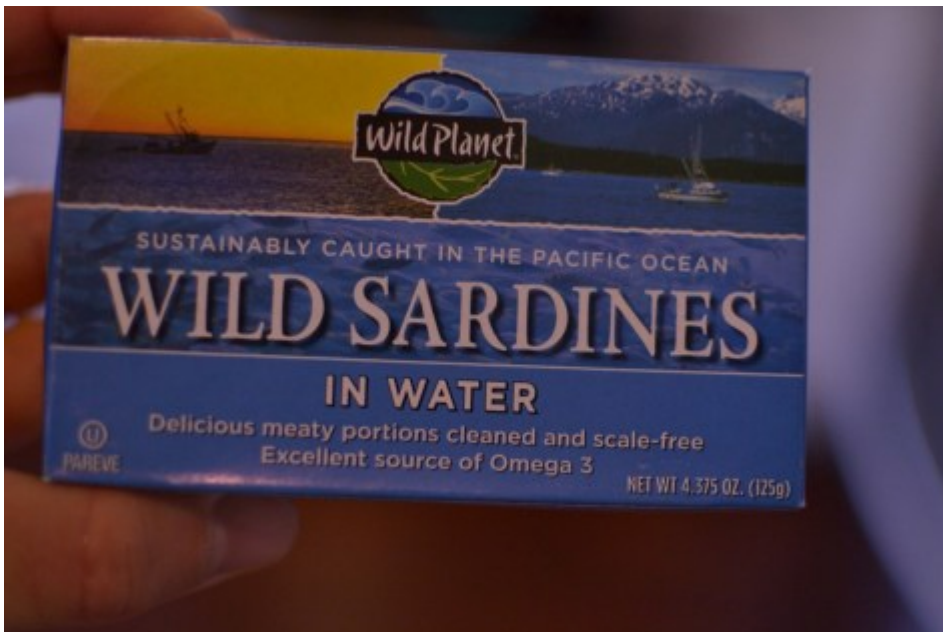


If you think that looks like a lot, thatâ€™s because it *is*, but Avery can freakinâ€™ eat! Guess Iâ€™ll take it as a compliment to my cookingâ€¦..or NuttZo is just that awesome, which it is.

Snack â€“ I had a pear from our CSA delivery that I was going to use for our green smoothie later, but figured Iâ€™d give her a few bites. It was her first time to try and she gave the sign for more in sign language, so it wonâ€™t be her last.



She also had a whole sardine fillet from [Wild Planet](#) with zero fuss!



I expected at least a head shake, but she ate it and followed up with â€œThatâ€™s good!â€•
#ProudParents

Lunch – Black bean and coconut quinoa balls.



Okay, so I put my foot in my mouth since I just said we don't do kid menu food, but I'm only half guilty. It's still the same food, but they formed into balls so easily and made it 100 times easier to feed the crazy toddler we call daughter.

After Nap Snack Attack – There was a little oatmeal leftover from the morning, so I saved it (so close to just eating it myself!) knowing she'd want something later.



Extra NuttZo on top and she had an awesome snack to fuel a little outside playtime.



Throwing balls like a boss. Then I â€œthrewâ€• her a few times for fun flipping action.



Only a few, we didnâ€™t want to lose what she just had for a snack!

Dinner â€“ [Black bean spaghetti](#) with homemade salmon salad with mustard, zucchini, and tomatoes on top. The black bean pasta may not look all fabulousâ€¦!



â€¦but I think it makes a great cold â€œpastaâ€• dish (I love cold noodles!), and it complimented the salmon salad perfectly.



Avery and I both enjoyed the dish, but the black noodles just werenâ€™t doing it for Going Mom. So that oneâ€™s off the list for things to make my wife. Good thing it makes our little one happy since the extra I made will be her lunch!



Sheâ€™s still surprising us with the good food sheâ€™ll eat, and weâ€™re still hoping she keeps it up. Then again, it should come as no surprise since we simply keep the junk out. Half the picky eater problems I hear about can easily be solved if they were given fresh, whole foods from the start. But thatâ€™s a whole other blog post novel.

Do you love hot or cold noodles the best? Plain or with something mixed in?

Sardine lover or hater?

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