

3 Simple Strategies for
EASIER MEALTIMES



WELCOME

I'm sure you've heard this advice before: do not make separate meals for you and your children because it is a sure-fire way to discourage long-term healthy eating (your kids never have to move outside their comfort zone to explore new foods.) It is also, often, a sure-fire way to create dinnertime battles: "I don't like that. I won't eat it!"

The good news is that there are some simple meals you can add to your weekly rotation that are easily customizable, reduce the pressure to eat any particular food, and encourage exploration of lots of different ones.

CUSTOMIZABLE MEALS SUPPORT HEALTHY EATING HABITS BY:



Allowing there to be a familiar food for everyone in the family.



Supporting practices with familiar and unfamiliar foods both being on the table.



Providing a safe space for kids to explore new foods through touching, smelling, and even tasting.



Making everyone feel like they are getting what they want!

In the following pages are 3 SIMPLE, easily customizable and easy to prepare meal ideas. We have them in heavy rotation on our weekly meal plans and they work to support our goal of easier, healthier eating. I hope some of them can work for your family, too!

Happy feeding,

A handwritten signature in black ink, appearing to be 'KQ' followed by a flourish.





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Photo Credit: @eattherainbow_kids



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TACOS

Don't wait for Tuesday. Any day is the right day for tacos. Pair a protein, crispy veg, fresh herb, and a splash of lime or drizzle of sauce. Viola!

WHY WE LOVE THEM

Just about anything can be turned into a taco, and they present an excellent opportunity to explore and experiment with textures and flavors. Plus, they easily accommodate any and all dietary restrictions - vegan, vegetarian, pescatarian, meat-lover, omnivore, herbavore, 2-year-old-I-only-like-tortillas-avore.

RECIPE INSPIRATION

These **Shredded Chicken Sweet and Spicy Korean inspired Bulgogi BBQ Tacos** can be made in less than 30 minutes. {yaaaaaasss}.

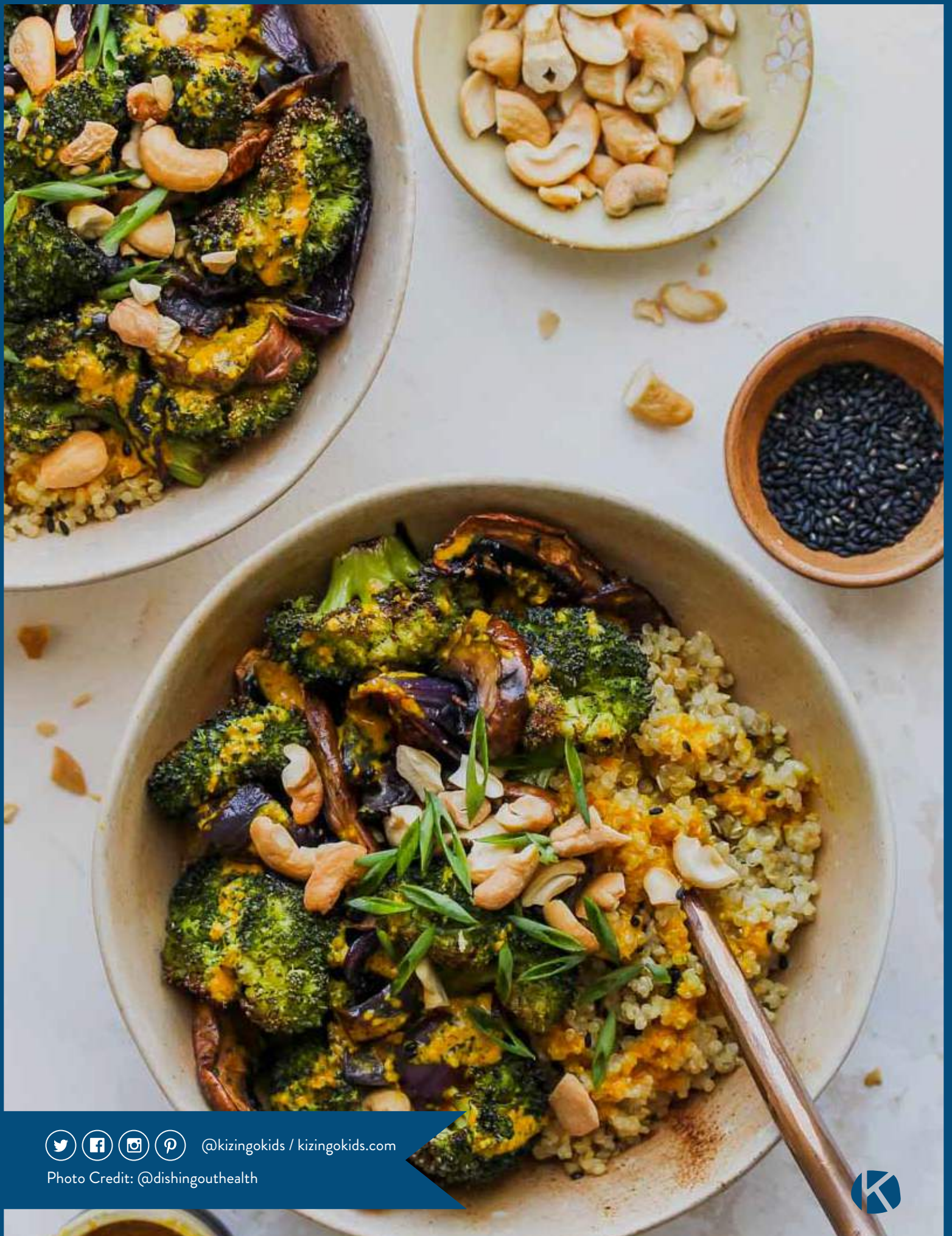
Also from Half Baked Harvest are these **Baked Crispy Chipotle Chicken Tacos** with Cilantro Lime Sauce. Baked after filling, these are warm and cheesy and delicious.

Prefer seafood? Give these **Shrimp Tacos** (also great with that Cilantro Lime Sauce above) or these **Fish Tacos with a Creamy Sauce**. Both are delicious topped with a simple slaw. (If you remember from previous Monthly Mealtime Inspirations we also LOVE these **Low Maintenance Fish Tacos** from the editors at Food52.)

These **street tacos** are the real deal.

Not a meat eater? These tacos made with **breaded cauliflower** and **these made with tempeh**, are both divine. (These **Lentil Tacos** are also de-lish.)

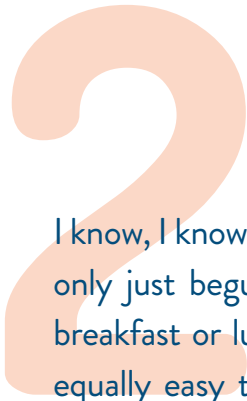




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BOWLS

I know, I know ... and no, I haven't been living under a rock. And yes, our family has only just begun to understand the beauty that are dinner bowls (or, honestly, breakfast or lunch bowls). While these recipes are largely focused on dinner, it's equally easy to create the "bowl" strategy for breakfast using scrambled eggs, granola, or a sweet or savory grain (we especially like quinoa for this) in the morning. For lunch, breakfast and dinner ideas work equally well, IMO.

WHY WE LOVE THEM

I love the versatility of this meal. I love that it is the perfect way to clean out the fridge the day before grocery shopping, and I love that it allows everyone in the family to have exactly the meal they want.

RECIPE INSPIRATION

For a great bowl, I like to start with a grain, add one protein, between 2-4 vegetables and have optional herbs and nuts for topping. Choose from one of the sauces (next page) to drizzle on top. Here are some of our favorite (recent) combinations:

Roasted Veggie Quinoa Bowls with Miso-Turmeric Vinaigrette. You'll want seconds.

This **Teriyaki Salmon bowl** is perfect with a little sticky rice.

This **Cauliflower Shawarma Bowl** is good with any grain you have in stock.

Adding a fried or hard boiled egg, seeds, or cheese (**like this**) turns any bowl into a full meal.

This **Moroccan Spiced Veg + Chickpea Bowl** has a long ingredient list, but you really can substitute any veggies you have on hand.





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Photo Credit: @eattherainbow_kids



3

SAUCES

Think of sauces as your meal's accessories: they are completely unnecessary, but really work to tie your outfit together.

WHY WE LOVE THEM

Sauces are one of the simplest ways to quickly “dress up” any food. They pair well with vegetables, meats, and seafood, can be made ahead of time and stored (sometimes for weeks) in the fridge, and using them as dips often helps reluctant tasters.

RECIPE INSPIRATION

Garlicky yogurt vinaigrette (great on smashed potatoes).

Chimichurri Sauce is great on **cauliflower stakes** (and beef ones).

Dijon Aioli - which would be great with any roasted vegetable, like **these Brussels sprouts**.

Spicy Chili Sauce (for those of you who like a little heat!)

Creamy Cilantro Sauce (here served on vegan tacos)

Maple-Sriracha Sauce (here **served on cauliflower**, which apparently is our theme)

