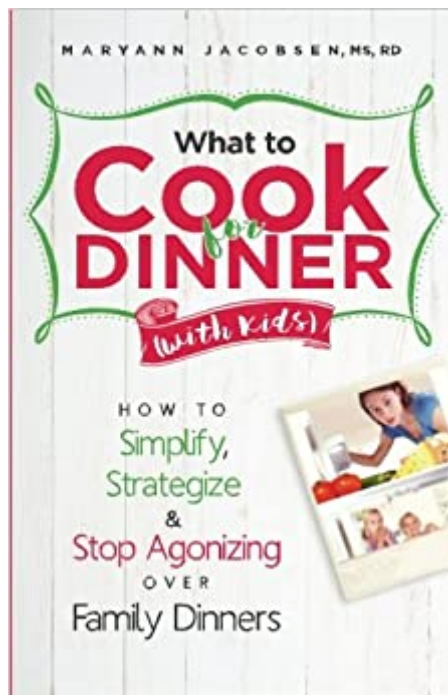




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# What To Cook For Dinner With Kids: How To Simplify, Strategize And Stop Agonizing Over Family Dinners



## Synopsis

Despite trying recipes and meal-planning advice, do you still struggle with getting dinner on the table for your family? Renowned family nutrition expert, Maryann Jacobsen, turns this age-old dilemma on its head. While most cookbooks take the typical recipe approach, Jacobsen focuses on the how of family cooking, so you can find solutions that work for your unique circumstances. In a step-by-step format, you will learn how to create a core rotation of dinner meals that will satisfy even your pickiest family members. The result? You'll never, ever have to worry about what to cook for dinner again! Here are the key discoveries you will make after reading this book: Decision fatigue, not time, is why dinner feels so overwhelming (and how to get rid of it for good!) Building on meals that already work for your family is more effective than trying different recipes Everyone is happy with dinner when you develop an effective "side strategy" Kids expand their palates when being exposed to a "good enough" variety of foods repeatedly Having dinner rules and enforcing them is the key to enjoyable and complaint-free family meals Rotating a set number of meals makes shopping, preparation and teaching kids to cook easier than ever!

## Book Information

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## Customer Reviews

As a registered dietitian myself and a mother to 3 teenagers, I loved Maryann's honesty. It IS hard to think of, plan, and prepare healthy meals for families, even when you are a trained expert! I feel especially guilty when I crack under pressure and pick up a pizza on my way home from work because I just can't face another night of the "I don't like that" refrain or the decision fatigue resulting from (once again) trying to plan a nutritious meal everyone will want to eat. I have tried rotating meals and menus many times in the past, but I needed just the paradigm shift that Maryann so

intuitively suggests. She helped me see and identify my limitations, namely time, skill, and the reality of cooking for picky eaters, and see the simple solutions to these problems. She offers very doable suggestions which helped lift the guilt and ensure there's something for everyone on the table, without all the drama. This is a well-written and to-the-point book which will almost certainly free other parents from the same frustrations of meal planning and preparation even dietitians have in putting well-balanced and tasty dinners on the table they can be proud of and that their own families, with their unique tastes and preferences, will actually eat.

What Marie Kondo has done for clutter in the home, Maryann Jacobsen does for the family dinner plans in eliminating any overwhelm. With her expertise as an R.D. as well as practical experience as a parent, she provides plenty of information in this self-published book. Her strategies guide us how to provide family dinners with less guilt, proper information, and no guilt for potentially having, "Taco Tuesdays." She provides a lot of great information as well as a great collection of family favorite recipes.

Its okay not as many recipes i like as i thought there would be. Apparently i am pickier than i thought. I do like some of the tips given to make dinner time easier. She has some great strategies to make it better. Its not a bad buy for the price

I am grateful for What to Cook for Dinner with Kids because it's helping my family in our quest to get out of a several-years-long rut with picky eating. I appreciate Maryann's personal anecdotes and insights, as well as the many tips she offers that can help parents re-frame how to think about dinner.

This is a great book for busy families. Jacobson teaches doable strategies, that really work, for feeding kids. In this book, she outlines how she plans meals and uses her "side dish" strategy to teach children about food. As with all of her books, she really helps end mealtime battles.

I have read the author's blog and other book before reading this new gem. I have always loved her relaxed food philosophy, no non-sense approach to cooking, healthy eating and overall vision about raising healthy eaters. I highly recommend this new resource to simplify meal time at home. I have my homework to do after reading and I can't wait to organize and simplify meals at our home!

What to Cook for Dinner with Kids has been so helpful in the ongoing struggle I have had to get a dinner on the table. . I have tried so many different meal planning sites where they plan your whole week for you but they just didn't work for my family because there were always meals my husband wouldn't eat. Maryann Jacobson breaks down meal planning into easy steps and also provides several recipes that my family loves.

Good ideas and worth a read, but it's very short and you could basically read this in a blog post. I don't recommend paying for this.

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