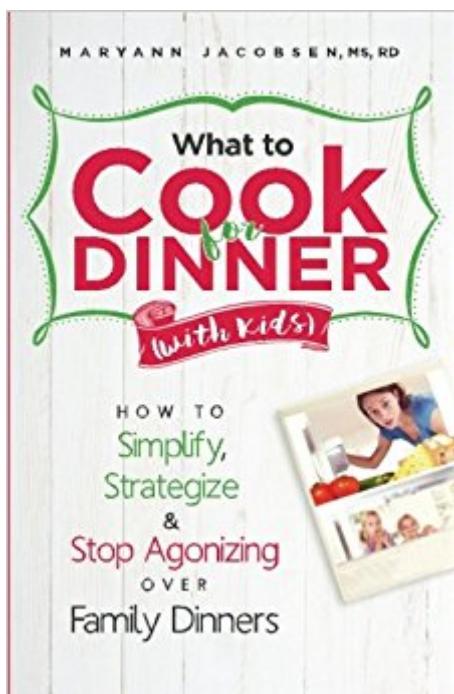


The book was found

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 Jacobson, turns this age-old dilemma on its head. While most cookbooks take the typical recipe approach, Jacobson 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

Paperback: 156 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (December 13, 2015)

Language: English

ISBN-10: 1519599196

ISBN-13: 978-1519599193

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 23 customer reviews

Best Sellers Rank: #654,320 in Books (See Top 100 in Books) #93 in Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids

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.

[Download to continue reading...](#)

What to Cook for Dinner with Kids: How to Simplify, Strategize and Stop Agonizing Over Family Dinners Dump Dinners: 365 Days of Quick And Easy Dump Dinners Recipes Cookbook For Busy People (Dump Cakes and Dump Dinners, Dump Dinners Cookbook,Quick Easy Meals) CROCKPOT DUMP MEALS: Delicious Dump Meals, Dump Dinners Recipes For Busy People (crock pot dump meals, crockpot dump dinners, dump dinners) Dump Dinners: 101 Easy, Delicious, and Healthy Meals Put Together in 30 Minutes or Less! (dump dinners, dump dinner recipes, crockpot recipes, dump ... recipes, healthy recipes, healthy cooking) Simplify Thanksgiving: Quick and Easy Recipes To Make Thanksgiving Great (Simplify the Holidays) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Dinner Recipes the Family Will Love: Over 25 Dinner Recipes to Satisfy Every Taste Bud! Dump Dinners: Top 50 Dump Dinners Meals On A Budget-Eat Good And Cheap On A Super Tight Budget Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) Saving Dinner the Low-Carb Way: Healthy Menus, Recipes, and the Shopping Lists That Will Keep the Whole Family at the Dinner Table Keto Diet - Dinner in Five: 30 Low Carb Dinners. Up to 5 Net Carbs & 5 Ingredients Each! Strategize: Product Strategy and Product Roadmap Practices for the Digital Age Winning American Mah Jongg Strategies: A Guide for the Novice Player -Learn the "Secrets of Success" to Strategize, Excel and Win at Mah Jongg Strategize: Playing Multiple Formations. Making In-Game Adjustments. Developing A Tactical Soccer Mind. Taking A Look At Soccer's Tactical History. Salads: Over 60 satisfying salads for lunch and dinner (Ready-To-Cook) The Best Grain-Free Family Meals on the Planet: Make Grain-Free Breakfasts, Lunches, and Dinners Your Whole Family Will Love with More Than 170 Delicious Recipes (Best on the Planet) The Best Grain-Free Family Meals on the Planet: Make Grain-Free Breakfasts, Lunches, and Dinners Your

Whole Family Will Love with More Than 170 Delicious Recipes Penny Pinchers Guide To Saving Money Box Set (6 in 1): Learn Over 200 Simple Strategies To Save Money (Simplify Your Life, How To Save Money, Frugal Living Tips, Budgeting) The Big Book of Paleo Slow Cooking: 200 Nourishing Recipes That Cook Carefree, for Everyday Dinners and Weekend Feasts 50 Quick And Easy Gastric Sleeve Lunch and Dinner Recipes: Easy and Delicious Bariatric Friendly, Low-Carb, High-Protein Lunch and Dinner Recipes For Post Weight Loss Surgery

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)