

What Are Deconstructed Meals?

- Family meals that are broken down into it's basic ingredient components, serving those components separately
- Instead of pre-making tacos for everyone or pre-mixing a pasta, all the components are served separately for everyone to build their own

Why Serve Deconstructed Meals?

- This allows for you to include safe foods for all at the table
- This allows everyone to customize to their tastes but also to experiment with new combinations in small amounts
- Prevents the need to short order cook or cook multiple meals
- They are great for busy nights because you can often prep most of it ahead of time

How to Serve?

- Place the food on the counter or on table
- Anything that needs to be cut up, I often leave on a large cutting board to reduce dishes
- Allow everyone to build their own version of what they want and don't limit or dictate how it needs to be done or what needs to be eaten
- Get creative and use a variety of veggies and fruit that is either canned, frozen, or fresh.

What to include?

- Include whatever you want as part of the plan for the meal
- Then make sure you also add in at least one or two preferred foods of your child as part of the family choices
- Below are samples of deconstructed meals with some ideas of toppings you might want to include, however you may choose to add or decline some of the ingredients based on your family, budget, allergies, preferences, etc.

How Do I Use the Worksheet on the Next Page?

- There are few examples provided to get you started
- Write down some toppings you might consider including, do a google search for additional ideas for each deconstructed meal
- Write down the one or two "must have" or "safe" foods to ensure your picky eater is comfortable at the meal
- It's ok if the safe foods don't "match" the meal, include them as part of the spread
- Get creative, it's ok to use canned, frozen or fresh foods depending on budget, availability and preferences

Additional Ideas and Resources:

<https://www.healthline.com/nutrition/healthy-deconstructed-dinners-to-please-the-whole-family#7>

<https://feedingbytes.com/2014/07/tired-mealtime-battles-deconstruct-meals/>

Deconstructed Meals

Meal Idea	Foods to Consider Including	Safe Foods to include
Tacos or Fajitas	<input type="checkbox"/> Taco shells/wraps/tortilla chips <input type="checkbox"/> Protein (beef, chicken, beans, pork) <input type="checkbox"/> Tomatoes/Salsa <input type="checkbox"/> Avocado <input type="checkbox"/> Ranch or other dressing <input type="checkbox"/> Shredded cheese <input type="checkbox"/> Peppers <input type="checkbox"/> corn <input type="checkbox"/> Sour cream	
Build Your Own Pizza	<input type="checkbox"/> Bread Product (pizza dough, naan bread, Greek pitas, bagels, English muffin, etc) <input type="checkbox"/> Cheese <input type="checkbox"/> Pizza/tomato sauce <input type="checkbox"/> Protein (pepperoni, chicken, cold meats) <input type="checkbox"/> Veggie toppings	
Pasta Bar	<input type="checkbox"/> Pasta <input type="checkbox"/> Sauce (tomato, rose, pesto, alfredo, butter) <input type="checkbox"/> *you can cook carrots or spinach into the sauce, but make sure your child knows <input type="checkbox"/> Veggies <input type="checkbox"/> Proteins	
Salad Bar	<input type="checkbox"/> Lettuce or greens <input type="checkbox"/> Protein (Hardboiled eggs, tofu, chicken, beef, pork) <input type="checkbox"/> Quinoa, rice, croutons, or hemp heart “sprinkles” <input type="checkbox"/> Shredded cheese <input type="checkbox"/> Salad Dressings (can be a dip) <input type="checkbox"/> Avocado <input type="checkbox"/> Tomato <input type="checkbox"/> Carrots <input type="checkbox"/> fruit	
Baked Potato Bar	<input type="checkbox"/> Baked potatoes <input type="checkbox"/> Diced ham or bacon <input type="checkbox"/> Sour cream <input type="checkbox"/> Green onion <input type="checkbox"/> Peppers <input type="checkbox"/> butter	
Breakfast for Dinner	<input type="checkbox"/> French toast, pancakes or waffles <input type="checkbox"/> Cream cheese <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Fruit <input type="checkbox"/> Peanut butter <input type="checkbox"/> Syrup <input type="checkbox"/> jam	
Charcuterie board	<input type="checkbox"/> crackers, cut up naan, pita, etc <input type="checkbox"/> Selection of deli meats <input type="checkbox"/> Hardboiled eggs <input type="checkbox"/> Sliced cheese <input type="checkbox"/> Sliced veggies and fruit <input type="checkbox"/> nuts	
Sandwich Bar		
Sushi bar		