

THE NO MORE PICKY EATING

SYSTEM™

FUNMI ADEYAMI



The NO MORE PICKY EATING SYSTEM™

A STEP-BY-STEP
GUIDE FOR
NIGERIAN
PARENTS



A 21-DAY PARENT'S GUIDE TO
HELPING YOUR CHILD TRY NEW FOODS
WITHOUT FORCING, BRIBING,
OR MEALTIME BATTLES



PROVEN
STRATEGIES



PRACTICAL
TOOLS



REAL
RESULTS

Calm.
Confident.
Connected.
**MEALTIMES
MADE EASY.**



EXCLUSIVE BONUS INSIDE:
THE PICKY EATER RECIPE BOOK™
25 Quick, Healthy & Kid-Approved Recipes
(Worth ₦17,000) – Yours FREE!



By **FUNMI ADEYAMI**



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"Don't skip days. Each day builds on the one before it. Small, consistent steps create lasting change."

Week One (Days 1–7)

Building Trust Before Taking Bites

During your first week, your goal isn't to get your child to eat more. Your goal is to remove fear, pressure, and stress from mealtimes so your child feels safe enough to become curious.

You'll work through:

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BONUS RESOURCE

Free recipe book for peaky eaters

Chapter 1

"I Thought My Child Was Just Being Stubborn... Until I Learned the Truth."

*"The moment I stopped trying to control what my child ate...
everything began to change."*

Before We Begin...

Can I ask you something?

Have you ever stood in your kitchen after cooking a meal,
looked at the untouched plate on the table, and thought...

"Why is this so hard?"

Maybe you spent nearly an hour preparing dinner.

You even made your child's favourite chicken.

You added a few carrots on the side because you wanted them
to eat something healthy.

The plate reaches the table.

Your child looks at it for two seconds.

Then says...

"I don't want it."

Not because they tasted it.

Not because it was badly cooked.

They simply decided they weren't going to eat it.

Again.

You take a deep breath.

You smile.

"Just one bite."

"No."

"It tastes nice."

"No."

"I'll give you ice cream afterwards."

Still...

"No."

Before long, dinner has turned into another battle.

You feel frustrated.

Your child feels frustrated.

The food goes cold.

And you quietly wonder...

"Am I doing something wrong?"

If this sounds like your home, I want you to know something before we go any further.

You are not alone.

Thousands of parents fight this same battle every single day.

More importantly...

There is nothing wrong with loving your child enough to want them to eat well.

The problem isn't your love.

The problem is that most of us have been taught the wrong way to deal with picky eating.

The Lie Most Parents Believe

When I first started learning about picky eating, I believed exactly what many parents believe today.

"My child is just being stubborn."

Maybe you've thought the same thing.

Maybe you've even heard people say:

"They'll eat if they're hungry."

"Stop spoiling them."

"In my day, children ate whatever was put on the table."

Those comments can make you feel like you've failed.

Like you're too soft.

Like you're doing something wrong.

But here's what I eventually discovered.

Picky eating is rarely about stubbornness.

It's often about fear.

Fear of unfamiliar smells.

Fear of unfamiliar textures.

Fear of unfamiliar tastes.

Children experience food very differently from adults.

What feels normal to you may feel completely strange to them.

Once I understood that...

Everything changed.

Why Your Child Isn't Refusing *You*

This might surprise you.

When your child pushes away a plate of food...

They're not rejecting you.

They're not rejecting your cooking.

They're not rejecting your love.

They're simply reacting to something their brain doesn't yet feel comfortable with.

Think about it.

Imagine someone served you a plate of food you've never seen before.

Everyone around you is happily eating it.

Then someone says...

"Come on.

Just eat it.

It's delicious."

Would you immediately feel comfortable?

Probably not.

You'd want to look at it first.

Smell it.

Ask questions.

Maybe even watch someone else eat it.

Children feel exactly the same way.

The only difference is...

They don't yet have the words to explain what they're feeling.

So instead...

They simply say,

"No."

The Hidden Battle You Can't See

Every time your child refuses food, something invisible is happening inside their mind.

They're asking questions like...

"Is this safe?"

"Will I like this?"

"What if it tastes horrible?"

"What if everyone gets angry because I don't eat it?"

Those thoughts create anxiety.

And anxiety makes trying new things much harder.

The more pressure they feel...

The more their brain wants to avoid the food altogether.

That's why forcing almost never works in the long run.

You may win today's battle.

But tomorrow's dinner becomes even harder.

Why Most Advice Doesn't Work

If you've searched online for help, you've probably tried at least one of these.

- ✓ Hiding vegetables in pasta.
- ✓ Promising dessert.
- ✓ Taking away snacks.
- ✓ Making a second meal.
- ✓ Saying...

"Just one bite."

Some of those ideas might work once.

Maybe twice.

But they rarely solve the real problem.

Why?

Because they focus on **changing your child's behaviour.**

The **No More Picky Eating™ System** focuses on changing your child's relationship with food.

That's a completely different goal.

And that's why the results are different.

What You're About to Do Differently

Over the next **21 days**, we're not going to fight with your child.

We're not going to shame them.

We're not going to trick them.

Instead...

We're going to build something far more powerful.

Trust.

Because children who trust the mealtime experience become children who are willing to explore.

Children who explore become children who taste.

Children who taste become children who eventually enjoy more foods.

It all starts with trust.

That's why **Week One** of this program isn't called "*Eat More Vegetables.*"

It's called...

Building Trust Before Taking Bites.

Because if you skip trust...

You'll struggle with everything that comes afterwards.

Your Mindset for the Next 21 Days

Before tomorrow arrives, I want you to make one promise.

Not to me.

To yourself.

Promise yourself that you won't measure success by a clean plate.

Instead...

Measure success by progress.

If today your child simply sits calmly at the table...

That's progress.

If tomorrow they touch a new food...

That's progress.

If the next day they smell it...

That's progress.

Every tiny step matters.

Small victories repeated over 21 days create big changes that last far longer than one successful dinner.

Before You Turn the Page...

Take a notebook, or use the printable journal included with this guide.

Write down your answers to these three questions.

1. What are the five foods my child happily eats today?

2. Which foods usually cause the biggest arguments?

3. If these next 21 days went perfectly, what would success look like for my family?

Don't overthink your answers.

There are no right or wrong responses.

This is simply your starting point.

Twenty-one days from now, you'll come back to this page and see just how far you've both come.

Now that you understand **why** picky eating happens, it's time to uncover something even more surprising.

In the next chapter, you'll discover the five dinner table mistakes that even loving parents make every day—mistakes that quietly keep picky eating alive without anyone realizing it.

Once you know what they are, you'll be ready to begin **Day 1** of the **No More Picky Eating™ System**.

Chapter 2

The Dinner Table Mistakes Almost Every Parent Makes (Without Realising It)

"You don't need to become a perfect parent. You only need to stop doing the few things that are quietly keeping your child stuck."

Before You Start Day 1...

I know you're probably excited to jump straight into the 21-day plan.

I don't blame you.

If your child has been refusing food for months—or even years—you probably want to start fixing it today.

But before we do that...

There's something important we need to clear away first.

Imagine trying to fill a bucket with water while there's a hole in the bottom.

No matter how much water you pour in...

The bucket never fills.

That's exactly what happens when parents start a new eating plan without first fixing the habits that are quietly undoing their progress.

The good news?

Most of these habits come from love.

Not from bad parenting.

Once you recognize them, they're surprisingly easy to change.

Let's look at the five biggest ones.

Mistake #1: Turning Every Meal Into a Mission

Have you noticed what happens the moment your child sits down?

Many of us immediately start talking about food.

"Eat your chicken."

"Try your vegetables."

"Finish your rice."

"Just one bite."

Within seconds...

Dinner has become an assignment instead of a family meal.

Now imagine if every time you sat down to watch television, someone stood beside you saying...

"Watch faster."

"Pay attention."

"Don't blink."

It wouldn't be enjoyable anymore.

It would feel like work.

Children often feel the same way when every conversation revolves around what they're eating.

Meals should first be about family.

Food comes second.

That one change alone can completely transform the atmosphere around your table.

Mistake #2: Measuring Success by an Empty Plate

For many years...

I thought a successful dinner meant one thing.

An empty plate.

If the plate was clean...

I felt like I'd won.

If food was left behind...

I felt like I'd failed.

But one day I realised something.

A child can finish a plate because they're frightened.

A child can also leave food because they're learning.

Which child is making healthier progress?

The answer isn't always obvious.

Over the next 21 days, we're changing the way you measure success.

Instead of asking...

"Did my child finish dinner?"

You'll begin asking...

"Did my child make one brave step forward today?"

That simple question removes enormous pressure—from both you and your child.

Mistake #3: Offering Too Many New Foods at Once

Picture this.

Your child already feels nervous about trying broccoli.

Now imagine serving broccoli...

Cauliflower...

Carrots...

Peas...

And spinach...

All on the same plate.

That's overwhelming.

When children feel overwhelmed...

They usually shut down.

Instead of introducing several unfamiliar foods...

Introduce only one.

One new food beside familiar favourites.

That's all.

One tiny challenge is much less frightening than five.

And confidence grows much faster.

Mistake #4: Giving Up Too Soon

This mistake is incredibly common.

You buy blueberries.

Your child refuses them.

So you think...

"Well... I guess they hate blueberries."

Six months later...

You still haven't offered them again.

Here's what many parents don't realise.

Children often need repeated, pressure-free exposure before they're willing to try something new.

One refusal doesn't mean dislike.

It simply means...

"Not today."

And that's okay.

One of the biggest lessons you'll learn over the next 21 days is patience.

Progress doesn't happen because we force it.

Progress happens because we keep gently showing up.

Mistake #5: Letting Your Emotions Lead the Meal

This one is hard.

Really hard. Because food feels personal.

You cooked it.

You bought it.

You wanted your child to enjoy it.

So when they refuse...

It hurts.

Sometimes it even feels disrespectful.

But here's something that changed my thinking.

Your child isn't rejecting your love.

They're responding to how they feel about the food.

Those are two very different things.

The calmer you remain...

The safer your child feels.

And safety is the foundation of everything we're about to build.

A New Way to Think About Dinner

From this point forward...

Dinner is no longer a test.

It's practice.

Every meal is simply another opportunity for your child to become a little more comfortable around food.

Some days they'll surprise you.

Some days they'll refuse everything.

Both days are part of the journey.

Don't let one difficult evening convince you that the system isn't working.

Real change happens quietly.

One meal at a time.

One tiny victory at a time.

Getting Ready for Day 1

Tomorrow, you'll officially begin the **21-Day No More Picky Eating™ System**.

Before you do, I want you to make three simple commitments.

✓ Commitment #1

I will not force, threaten, or bargain with my child during these 21 days.

✓ Commitment #2

I will celebrate progress—even if that progress is only looking at, touching, or smelling a new food.

✓ Commitment #3

I will trust the process, even when results don't appear immediately.

Write these commitments somewhere you'll see them every day.

On your fridge.

Inside a kitchen cupboard.

Or on the first page of your progress journal.

Because over the next three weeks, there will be moments when you feel like giving up.

When those moments come...

Read these commitments again.

Remember why you started.

Remember that lasting change takes time.

And remember...

You're no longer trying random advice.

You're following a step-by-step system that's designed to build confidence first and eating habits second.

Tomorrow We Begin

Everything you've read so far has been preparation.

You've learned why picky eating happens.

You've discovered the hidden mistakes that quietly keep it alive.

Now it's time to stop reading...

And start doing.

Turn the page.

Tomorrow is **Day 1**.

The next 21 days could completely change the way your family experiences mealtimes.

Let's begin.

Chapter 3

Week One (Days 1–7): Building Trust Before Taking Bites Welcome to the First Week of the No More Picky Eating™ System

Congratulations.

By reading this far, you've already done something many parents never do—you've decided to stop fighting your child and start understanding them.

This week is the most important week of the entire program.

In fact, if you skip this week and jump ahead, the rest of the system won't work as well.

Why?

Because you can't build confidence on top of fear.

Before your child is ready to taste new foods, they must first feel **safe** around food.

That's what Week One is all about.

For the next seven days, don't focus on getting your child to eat more.

Instead, focus on making mealtimes peaceful again.

If you can do that, you've already won the first battle.

Day 1 – Reset the Dinner Table

Today's goal is simple.

No pressure.

That's it.

Serve your family meal as you normally would.

Include at least one food your child already enjoys.

If you want, place one tiny piece of a new food on the plate.

Not a large serving.

Just enough for your child to notice.

Now comes the important part...

Don't mention it.

Don't ask them to eat it.

Don't say,

"Just try one bite."

Simply let it be there.

Tonight isn't about eating.

It's about creating a calm experience.

Today's Mission

- ✓ Eat together as a family if possible.
- ✓ Keep conversation away from food.
- ✓ Smile.
- ✓ Laugh.
- ✓ Enjoy the meal.

Today's Win

Your child sat calmly at the table.

Even if they didn't touch the new food.

That's progress.

Day 2 – Break the Pressure Cycle

Today, pay attention to the words you use.

Many parents don't realise how often they talk about food during meals.

Today...

Say less.

Observe more.

If your child refuses something...

Simply reply,

"That's okay."

Then continue your own meal.

No arguing.

No convincing.

No disappointment.

Remember...

Today's "no" doesn't mean "never."

Today's Mission

Count how many times you feel tempted to say,

"Take one bite."

Instead of saying it...

Take a deep breath.

Smile.

And let it go.

Today's Win

You stayed calm.

Your child felt less pressure.

Day 3 – Create a Calm Mealtime Routine

Children love routines.

They feel safe when they know what to expect.

From today onwards...

Try serving meals at roughly the same time each day.

Turn off the television.

Put away phones.

Sit together.

Even if it's only for fifteen minutes.

The goal isn't a perfect dinner.

The goal is a predictable one.

Today's Mission

Create one peaceful family meal today.

★ Today's Win

Everyone stayed at the table without an argument.

Day 4 – The Comfort Food Strategy

Today's lesson is important.

Never serve only unfamiliar foods.

Always include one or two foods your child already enjoys.

Those familiar foods act like a safety blanket.

They help your child relax enough to notice something new.

Think of familiar foods as stepping stones.

They make exploring less frightening.

🎯 Today's Mission

Pair one familiar food with one tiny new food.

★ Today's Win

Your child accepted the familiar meal without fear.

Day 5 – The Power of One Tiny New Food

Today we're introducing something new.

But remember...

Tiny is powerful.

Don't place a whole serving of broccoli on the plate.

One small piece is enough.

Your child isn't expected to eat it.

Simply seeing it is today's lesson.

Every exposure makes that food feel a little more familiar.

Today's Mission

Introduce one tiny piece of a new food.

Say nothing about it.

Today's Win

Your child noticed the new food.

Day 6 – Explore Before Eating

Today we're teaching your child that food isn't only for eating.

Food can be explored.

Encourage curiosity without instructions.

If your child picks it up...

Wonderful.

If they smell it...

Excellent.

If they touch it...

Celebrate quietly.

Remember...

Looking.

Touching.

Smelling.

These are all important steps toward eating.

Today's Mission

Allow your child to explore food without pressure.

Today's Win

Any interaction with the new food counts.

Day 7 – Celebrate the Small Victories

Congratulations.

You've completed your first week.

Maybe your child hasn't eaten a new vegetable yet.

That's okay.

Remember what this week was about.

It wasn't about eating.

It was about trust.

Take a few minutes today to look back over the week.

Ask yourself these questions.

- Did mealtimes become calmer?
- Did I stop arguing as much?
- Did my child seem more relaxed?
- Did I celebrate small wins instead of chasing perfection?

If you answered "yes" to even one of those questions...

You're making progress.

Week One Reflection

Write down three positive things that happened this week.

Even if they seem small.

Now write one thing you'd like to improve next week.

Before You Begin Week Two

You've just built the foundation.

Your child has started learning that mealtimes are no longer a place of pressure.

That's a huge achievement.

Next week, we'll begin something exciting.

We'll gently help your child move from simply looking at new foods...

To becoming brave enough to take their very first pressure-free taste.

And that single taste could become the beginning of a lifetime of healthier eating.

Welcome to **Week Two: Helping Your Child Say, "I'll Try It."**

Chapter 4

Week Two (Days 8–14): Helping Your Child Say, "I'll Try It."

Welcome to Week Two

Take a moment to appreciate how far you've come.

A week ago, mealtimes may have felt like a daily battle.

Today, you've started changing something much more important than your child's menu.

You've started changing your child's relationship with food.

That's a remarkable achievement.

Now it's time for the next step.

This week, we're not trying to get your child to eat a full serving of vegetables.

We're aiming for something much more powerful...

One brave taste.

That tiny taste may not seem like much.

But it's often the moment everything begins to change.

Let's get started.

Day 8 – The Tiny Taste Rule

Many parents accidentally ask for too much.

"Finish your carrots."

"Eat all your broccoli."

That's overwhelming for a child who's already nervous.

Today, we're introducing the **Tiny Taste Rule**.

A tiny taste isn't a mouthful.

It isn't half a spoon.

It's simply the smallest taste your child feels comfortable taking.

If they only lick the food...

That's okay.

If they take the smallest nibble imaginable...

Celebrate it.

Every confident eater starts somewhere.

Today's Mission

Offer one familiar meal with one tiny new food.

If your child chooses to taste it—even the smallest amount—smile and say,

"That was very brave."

Then continue eating.

★ **Today's Win**

Your child voluntarily tasted something new, no matter how small.

Day 9 – Praise Bravery, Not Eating

Today's lesson is simple.

What you praise grows.

Instead of saying,

"Good job! You finished your vegetables!"

Try saying,

"I'm proud of how brave you were to try something new."

Do you notice the difference?

The first praises the result.

The second praises the courage.

Courage creates lifelong confidence.

Today's Mission

Praise every brave action.

Looking.

Touching.

Smelling.

Tasting.

Today's Win

Your child felt encouraged instead of pressured.

Day 10 – When Your Child Says 'No'

Let's be realistic.

There will be days when your child refuses.

That's perfectly normal.

Don't panic.

Don't think,

"The system isn't working."

Progress isn't measured by one meal.

When your child says,

"No."

Simply smile and reply,

"That's okay. Maybe another day."

Then carry on with dinner.

No lectures.

No disappointment.

No bargaining.

Children remember peaceful endings far more than stressful ones.

Today's Mission

Respond calmly to every refusal.

Today's Win

Dinner ended peacefully—even if nothing new was eaten.

Day 11 – The Food Bridge Method™

Today you'll learn one of the most valuable techniques in this guide.

Instead of jumping from foods your child loves to foods they dislike...

Build a bridge.

For example:

If your child enjoys chicken nuggets...

Try homemade baked chicken strips.

If they enjoy plain pasta...

Add a small sprinkle of cheese.

If they enjoy apples...

Introduce pears.

The closer the foods are, the safer they feel.

Today's Mission

Choose one favourite food and introduce one similar food.

Today's Win

Your child accepted seeing a food that was slightly different.

Day 12 – Let Curiosity Lead

Today, forget about eating.

Focus on curiosity.

Ask questions like:

"What colour is this pepper?"

"Which carrot is longer?"

"Does this cucumber feel smooth or bumpy?"

You're inviting your child to explore.

Not perform.

That's where confidence begins.

Today's Mission

Turn one meal into a fun conversation.

Today's Win

Your child interacted with food without fear.

Day 13 – Celebrate Breakthrough Moments

Today, pay close attention.

Sometimes progress appears when you least expect it.

Maybe your child tastes something without being asked.

Maybe they ask a question about a new food.

Maybe they watch someone else eat it with interest.

These moments matter.

Don't overreact.

Keep your encouragement gentle.

Simply say,

"I noticed you were really curious today."

Then smile.

Today's Mission

Notice one positive change.

Write it in your journal.

Today's Win

You recognised progress that you might previously have overlooked.

Day 14 – Your Week Two Review

Congratulations!

You've completed two full weeks.

Whether your child has tasted one new food or five...

You're moving in the right direction.

Now, take ten minutes and answer these questions.

Ask Yourself

- ✓ Which new food did my child respond to best?
- ✓ Which situations felt easiest?
- ✓ When did my child seem most relaxed?
- ✓ What am I most proud of this week?

Remember...

This journey isn't about perfection.

It's about progress.

Even one brave bite can become the beginning of a healthier future.

Week Two Reflection

Write down your biggest success from this week.

Now write one thing you'd like to improve next week.

Before You Begin Week Three

You've achieved something many parents never thought possible.

You've helped your child begin to trust food again.

Now it's time for the final stage of the **No More Picky Eating™ System**.

In Week Three, you'll learn how to turn these tiny victories into lasting habits.

You'll discover how to handle birthday parties, school lunches, restaurants, setbacks, and everyday life—without losing the progress you've worked so hard to achieve.

The next seven days are where confidence becomes a lifestyle.

Let's finish strong.

Chapter 5

Week Three (Days 15–21): Turning Tiny Wins Into Lifelong Habits

Welcome to the Final Week

Congratulations!

If you've reached Week Three, you've already accomplished something many parents never do.

You didn't look for another "magic trick."

You didn't give up after a difficult day.

You stayed consistent.

And because of that, your child has begun to see food in a different way.

Now comes the exciting part.

This week isn't about getting through 21 days.

It's about making sure the progress you've made lasts for months and years to come.

By the end of this week, you'll have the confidence to handle setbacks, family gatherings, school lunches, and everything else life throws your way.

Let's finish strong.

Day 15 – One New Food, One New Victory

Your child has already become more comfortable exploring food.

Today, you'll gently introduce another new food.

Remember the rule:

One new food at a time.

Don't overload the plate.

Serve one familiar meal with one small new food beside it.

Allow your child to decide how they interact with it.

Every small success builds confidence.

Today's Mission

Introduce one new food using everything you've learned.

Today's Win

Your child looked at, touched, smelled, or tasted the new food without pressure.

Day 16 – What to Do When Progress Stops

Every journey has difficult days.

Your child may suddenly refuse foods they ate yesterday.

Don't panic.

This doesn't mean you're back at the beginning.

Learning is rarely a straight line.

Think about learning to ride a bicycle.

Sometimes you wobble.

Sometimes you fall.

That doesn't mean you've forgotten how to ride.

Children experience food in the same way.

Some days they feel adventurous.

Other days they don't.

Your job isn't to force progress.

Your job is to stay consistent.

Today's Mission

Respond calmly to any setback.

Today's Win

You remained patient instead of frustrated.

Day 17 – School Lunches and Eating Away From Home

Many parents worry that school will undo all their hard work.

The truth?

It doesn't have to.

Pack at least one food you know your child enjoys.

If appropriate, include one small familiar challenge—not something completely new.

Remember...

School is not the place for pressure.

Keep lunch simple.

Keep it achievable.

Celebrate whatever comes home eaten.

Ignore what didn't.

Tomorrow is another opportunity.

Today's Mission

Plan tomorrow's lunch with confidence.

★ Today's Win

You focused on encouragement instead of perfection.

Day 18 – Birthdays, Restaurants, and Family Gatherings

Special occasions often worry parents.

"What if my child refuses everything?"

"What will people think?"

Here's something important.

You don't owe anyone an explanation.

Every child develops at their own pace.

Continue using the same calm approach you've practiced all month.

Offer choices.

Avoid pressure.

Enjoy the event.

Your child is learning far more from your calmness than from what's on the plate.

🎯 Today's Mission

Think about your next family outing.

Plan how you'll stay calm.

★ **Today's Win**

You chose confidence over embarrassment.

Day 19 – Building Healthy Habits That Last

By now, you've probably noticed something.

This system was never just about vegetables.

It was about building trust.

Children who trust mealtimes usually become children who enjoy exploring food.

Keep these habits going:

- ✓ Eat together whenever possible.
- ✓ Continue introducing one new food at a time.
- ✓ Keep conversations positive.
- ✓ Celebrate bravery.
- ✓ Stay patient.

These simple habits will continue shaping your child's eating long after these 21 days.

Today's Mission

Choose one habit you'll continue every week.

Today's Win

You created a long-term plan.

Day 20 – Your Family Food Confidence Plan

Today you'll create your own family routine.

Ask yourself:

How many new foods will we introduce each week?

When will we eat together?

How will we celebrate progress?

Write your answers.

Simple routines produce lasting results.

Remember...

Consistency beats intensity.

A little progress every week is far better than trying to change everything overnight.

Today's Mission

Write your family's food confidence plan.

Today's Win

You prepared for success beyond Day 21.

Day 21 – Graduation Day

Take a deep breath.

You've done it.

Twenty-one days ago, you started this journey hoping for calmer mealtimes.

Today, you're finishing with something much more valuable.

A new way of thinking.

A healthier relationship with food.

A stronger relationship with your child.

Maybe your child now eats three new foods.

Maybe they've only taken one tiny bite.

Either way...

Celebrate.

Because this journey has never been about perfection.

It's been about progress.

Take out the printable **Graduation Certificate** at the back of this guide.

Write today's date.

Celebrate your child's courage.

Celebrate your patience.

Celebrate every tiny step you've taken together.

Most importantly...

Don't stop here.

Continue using everything you've learned.

Keep introducing new foods.

Keep removing pressure.

Keep celebrating bravery.

The next 21 days may be even more exciting than the first.

Your 21-Day Reflection

Take a few quiet moments to answer these questions.

Looking Back

- ✓ What has changed the most since Day 1?
- ✓ Which strategy worked best for your child?
- ✓ Which foods has your child become more comfortable with?
- ✓ What surprised you the most?

Looking Ahead

- ✓ Which new foods will you introduce next month?
- ✓ How will you continue making mealtimes peaceful?
- ✓ What promise do you want to make to your child—and to yourself?

Write your answers below.

A Final Word

If there's one thing I hope you remember after closing this guide, it's this:

Your child was never asking for perfection.

They were asking for patience.

Every calm meal...

Every encouraging word...

Every tiny bite...

Every smile...

Was helping build a healthy relationship with food.

That relationship will last far longer than any single meal.

Thank you for trusting the **No More Picky Eating™ System**.

I hope your home is now filled with fewer battles, more laughter, and many happy family meals for years to come.

This isn't the end of the journey.

It's the beginning of a lifetime of confident eating.