

Meal Planning



Having a plan makes it easy to follow through with your commitment to healthy living, because it removes the need to make a decision, and indecisiveness derails your progress.

Benefits of Meal Planning include:

Saves You Time and Money

Your time is valuable. A few decisions, once a week, eliminates the need to make a decision later. When you plan your meals, it is easy to make a grocery shopping list from the plan. Having a shopping plan will prevent you from impulse buying random unhealthy food when you go to the store.

Helps You Make Healthy Food Choices

Buying food gives you power to control your intake. Having a plan puts in mind the right food combinations; moreover, when you plan your meals at the beginning of the week, it is easier to have a healthy meal available. Meal planning eases your burden, especially if you have a busy week ahead.

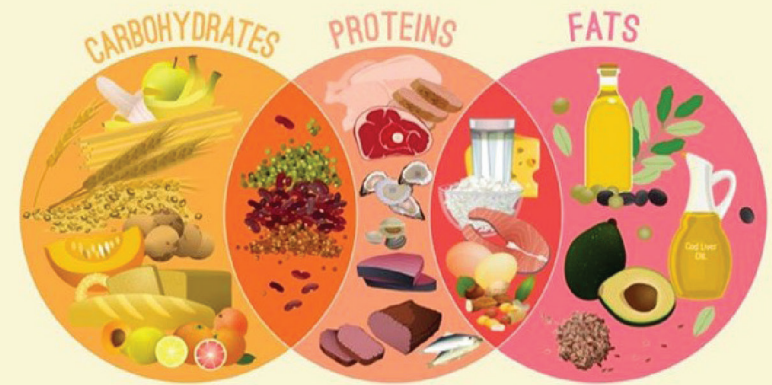
Reduces Chance of Overeating

Having proportioned meals in advance reduces the opportunity to overeat. All you have to do is reach out to the fridge and get your pre-packed meal and heat it up, you can control your choice of food or how much you should eat.

Reduces Stomach Issues

Bloating, acidity, and other digestive issues can be caused when you have untimely meals. Excessive periods of hunger may result in a lot of acids produced in the stomach.

MACRONUTRIENTS A SIMPLE GUIDE TO MACROS



What are Macronutrients?

Macros are carbohydrates, proteins and fats. Your body needs these nutrients in larger amounts in order to function properly. Though counting macros is relatively simple, it can be confusing if you're just starting out. It entails keeping track of the calories and types of foods you eat in order to achieve certain macronutrient and calorie goals.

Macronutrient counting may provide several benefits:

- May Improve Diet Quality
- May Promote Weight Loss
- May Assist With Specific Goals

Each individual may thrive at different ratios, so what works for one person may not work for all. Whether you are trying to lose weight, maintain, or even gain there is a ratio that will help you succeed. Our Healthy Lifestyle Coach will help determine a good place to start and how to stick with your nutrition related goals.



Samantha Ryczek, NASM Certified Personal Trainer and American Council on Exercise Certified Fitness Nutritionist.

Testimonials

“Samantha is a very personable, caring, knowledgeable nutritionist that will adopt a plan to make your nutrition and weight loss plan customized to your needs.”

- Rich Lafnitzegger, Centre Club Member

“Sam is fantastic to work with. I have always eaten very balanced—very few sweets, no processed food, no bakery goods, very few chips—so I didn’t think I’d be able to lose weight. I was very wrong — The great recipes she’s given me are delicious and have made this a relatively painless process. And she gives me valuable tips and helpful suggestions at our weekly Zoom meetings. I strongly recommend Sam—professional, knowledgeable, and positive—exactly what you need to keep you going.”

- Barb Spigner, Centre Club Member


“Samantha’s nutrition coaching has been extremely helpful in supporting me throughout my weight loss journey. She has helped me understand how to make sure I am getting the necessary nutrients even with my busy lifestyle.”


- Chef Rick Tramonto, Centre Club Member


Contact Samantha for your complimentary consultation at sjryczek@gmail.com

30 minute sessions begin at \$37. Packages available.

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