

# meal planning essentials workshop



# about me



## Ana Naie

**MARKETING PROFESSIONAL** with extensive experience in marketing management.

**FOOD BLOGGER** @easypeasy.ro, founded in 2009 as a pet project. Since then, it has grown to be one of the most appreciated and influential food blogs in Romania, revolving around an active and quite responsive online community.

## FOOD COACH

I have a passion for food and a Certificate of Accomplishment in Nutrition for Health Promotion & Disease Prevention, from University of California, San Francisco. As of July 2014, I offer food coaching services to clients who would like to make a change in their eating habits so as to fit a personal goal. I have coached over 180 individual clients and have held several meal planning & nutrition public and corporate workshops (Google Romania, UniCredit, Skanska, Abbvie). I am licensed trainer (COR : 242401).



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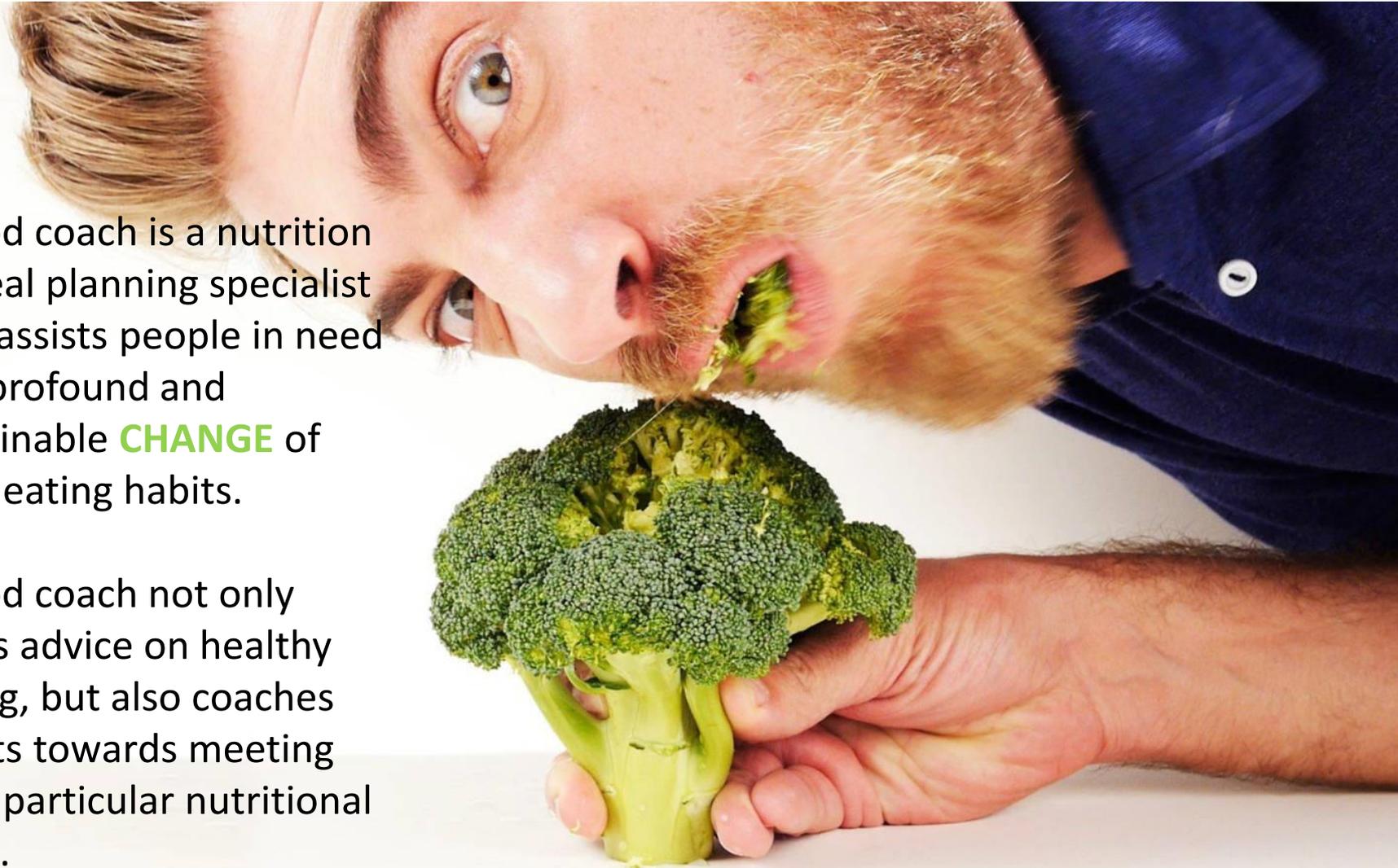
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# what exactly is a food coach?

A food coach is a nutrition & meal planning specialist who assists people in need of a profound and sustainable **CHANGE** of their eating habits.

A food coach not only offers advice on healthy eating, but also coaches clients towards meeting their particular nutritional goals.



# corporate employees need food coaching



Do **corporate employees** need **nutrition info** and **meal planning skills**?

Probably more than any other category out there!

Corporate employees lead busy, sedentary lives. Most often, their food regimen is far from ideal. They need to learn how to make room for healthy (and planned) meals in their schedule. A crash course in nutrition and meal planning can help them achieve that.

Meal planning saves time, money and mental energy. Furthermore, it is a known fact that healthy eating habits increase work productivity and reduce medical costs.

# corporate workshops

My workshops address people who feel it is time for a change in their eating habits, but are not exactly sure where to start.

There is already plenty of health and nutrition advice available online, in magazines, books and on TV. Once someone starts paying active interest in the matter, things can get frightening and overwhelming.

The purpose of my workshops is to shed some light on the subject and offer participants a set of basic, necessary and sufficient information regarding nutrition, as well as the motivation to actually take a dive and change what needs to be changed.



# workshop agenda

1. Introduction
2. The psychology of change: motivation, barriers and helpful tools. Why dieting is not the way.
3. Nutrition basics: macronutrients, micronutrients, weight management.
4. Meal planning essentials: what is a meal plan, how to make one, the healthy eating plate model.
5. Q&As
6. Play time\* : food diary analysis, meal planning exercises, tips & tricks, ideas for fast healthy meals, Q&As, etc.



\*Pending on the number of participants, time & availability.

# play time



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let's **talk!**

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