

Kitchen Abz: New Client Information

General Information:

PICK UP DAY / TIME: Sundays between 5 pm – 7 pm

DELIVERY DAY / TIME: Sundays between 5 pm – 7 pm (*Please leave out a cooler if not going to be home!*)

ORDER DEADLINE: Thursdays before 8 pm. No exceptions!

ADDRESS: 50 S Meridian Rd. Youngstown, OH 44509

PHONE: (330) 942-0960

EMAIL: kitchenabz@gmail.com

IMPORTANT! Have food allergies? If so, please pay attention to the items you are ordering to be sure that they do not contain anything that you are allergic to! If you have a question regarding a dishes ingredients please let me know!

Hello!

During our initial phone consultation, I asked about your Height, Weight, Age, Eating Habits, Activity Levels and other lifestyle questions. I will use this info in order to develop a baseline of where I want your macro nutrients to be. As you will continue reading, you'll see that you will have regular check-ins and that we can adjust your portions in most cases without effecting the price. As your goals change, so can we!

Basically, what this is going to look like is 3 meals and 2 snacks a day for 5 days.

- It's \$95 a week for Women and \$105 a week for Men.
- If you are ordering Premium Breakfasts it can be up to \$15 more a week.

Can we do 6 or 7 days of meals or just dinner?

- I can do just about anything. Just ask and I will tell you how we can accommodate and what any additional costs will be.
- Obviously the less responsible for nutrition I am the less responsible for results.

How it works:

- You will start your day with breakfast, and then
- 2 ½ - 3 hours later you will have snack #1, then
- 2 ½ - 3 hours later you will have lunch, then
- 2 ½ - 3 hours later you will have snack #2, then
- 2 ½ - 3 hours later you will have dinner.
- The snacks will typically be a granola bar or a piece of fruit so if you eat the granola bar between breakfast and lunch then have the piece of fruit between lunch and dinner or vice versa.
- Try not to eat any one thing twice in the same day.

Your Weekly Coaching Follow Ups:

NOTE: If you are in it for results then I cannot stress enough the importance of these!

The first Wednesday I will check in on you via text. My main concerns are:

- What's your energy level?
- How your fullness level?
- Portions are somewhat customizable, but we'll need feedback from you to know what needs to be altered.

Next, I'll ask that you weigh in twice a week (once Saturday morning and once Monday morning) and text me that information.

- If you're going out Friday night, then weigh-in Friday morning instead of Saturday.
- The end of the week weigh-ins are to hold us accountable! Your weight combined with your feedback will determine if we need to tweak your portions or ratios at all. We do have some wiggle room regarding portion increases without changing the price, however after a certain point there is a price increase but it would be discussed with you before you were charged.
- What I hope to hear on Wednesday is that your energy levels are high and that the meals are filling you up. If you say that your protein shakes or bars (*other than your post workout shake*) or you're eating cereal at night then I would say that you're not doing okay! Let me give you the nutrition that you are paying for since we can alter the portions if necessary.

If you're hungry at any time, you can eat any size green salad that you want:

- By green salad were talking about spinach and/or kale with just oil and vinegar.
- Also, if you're adding some fruit and nuts to your oatmeal that's fine.
- If you're going to be doing any weight training, I WOULD encourage you to drink a post workout protein shake as well.
- If you are a coffee drinker, then try to drink it as close to black as you can. I've seen many instances where people are drinking so much creamer that it is making them just put on pounds every week or every month and you create a constant cycle of working against yourself.

DRINK LOTS OF WATER! This Is So Very Important!

- You should drink a minimum of 96 oz of water a day.
- Use a large bottle around 32 oz so you will have a visual of drinking 3 of them.
- Not drinking enough water results in a lot of issues and you will retain a great deal of water weight and bloat. So, drink more water and you will lose weight as a result!

Your Monday Morning Weigh-In:

- The weekends are not cheat days by any means. However, I understand that very often it's the time when many people get in some of the foods that they've been craving. If this is the case for you, hopefully you are still mimicking the portions I'm giving you and eating on the same schedule.
- This will give us an idea of what some of your personal habits are and will allow you to educate yourself on what you can get away with as well as finding a level of moderation that works for you.
- ***This is very important:*** If you follow a week's worth of my nutrition (*Monday – Friday*) and the Saturday morning weigh-in shows that you are losing weight, and then when you weigh-in on Monday morning you have gained weight, you will have to decide if you want to confront what you ate over the weekend and if it was worth it or not.

The containers your food comes in:

- The containers I give you I do not want back but they are worth you holding onto because they are very durable.
- They are freezer, dishwasher & microwave safe. However, all the food that I give you does not need to go in the freezer you will be fine to just put it in the refrigerator.
- The only container that is not dishwasher or microwave safe is the tamper resistant container that the oatmeal comes in.

Instructions For Heating & Preparing Meals:

Meal Heating Instructions

- Meals should be refrigerated and not frozen.
- When microwaving start at 60-90 seconds. If it is not to desired temperature, microwave for an additional 15-30 seconds and stir.
- If you have a dish with a sweet potato, we recommend removing the potato when reheating the meal as it takes a longer amount of time to heat up.

Oatmeal Preparation Instructions:

NOTE: Remember, this is the only container that is NOT MICROWAVE SAFE!

- Empty oatmeal into microwave safe container.
- Add enough liquid (milk, almond milk, water etc.) to cover the oatmeal.
- Microwave for 1 minute and stir.
- If it is too thick add more liquid and stir. If it is too thin microwave for an additional 15 seconds and stir.
- You can add fruits, nuts honey brown sugar that is fine. However, if you find yourself adding more fruits and nuts than there is oatmeal you know that you've gone overboard.
- When possible, we recommend using fresh fruit as dehydrated fruit contains high amounts of sugar and is easier to overdo.

Please use judgement regarding what meals you eat first.

- If you order fish, try to eat it earlier in the week. If you wait until Friday, it may have a fishier smell because it is fish.

Pickups happens Sunday after 5 p.m. to 7 p.m. at 50 S. Meridian Road Austintown.

- If by some chance you are out of town and you need to pick up from me on Monday, that is possible with advance notice BUT there is a charge of \$10 for us to hold it overnight and have someone come in on an unscheduled workday.
- Just communicate with me and I will provide you with the time frames that someone will be available.

We do offer delivery service.

- Delivery occurs every Sunday roughly between 5 PM – 7 PM. On occasion deliveries may run a little late as extraneous circumstances can arise (bad weather, traffic delays etc.)
- Delivery starts at \$9 per household.
- We deliver to most of Mahoning and Trumbull County as well as parts of Columbiana, New Castle and Cleveland.
- **IF YOU ARE NOT GOING TO BE HOME, PLEASE LEAVE OUT A SUFFICIENTLY SIZED COOLER WITH FREEZER PACKS AND THE DELIVERY SERVICE WILL PLACE YOUR FOOD INSIDE!**

When you pick up your food:

- The only thing that you need to bring is a large reusable shopping bag like the kind you get from Burlington or TJ Maxx for \$1 or a box so we can load up your food.

When you pick up your food, please consider placing next week's order.

- Why put off until tomorrow what you can do today? If you think there's even a 50% chance that you're going to reorder, I encourage you to do so when you are picking up your food since it does not obligate you to anything.

Cancellation Policy:

- We order and receive fresh ingredients every week, so our distributors need adequate notice to bring us the QUANTITY and QUALITY of food we demand for our clients.
- Because of this, if you need to cancel please do so by Thursday at 8 pm and we will issue a full credit to your account.

We now have thousands of customers and are no longer able to meet with everyone before they order. Because of this, your first payment is required in advance.

- All first-time payments are required to be placed via credit or debit card on the website.
- If you are a pickup customer, future payments can be made using cash, check or card.
- After your first week, you'll be able to use either one of these as well as cash or check.

Delivery Payments

- You will always be prompted to submit your delivery order on the website and you will pay there.

Please join our closed Facebook group ‘Team KitchenAbz’ to receive important company updates, ask questions and follow the journey of other members of the Kitchen Abz family!

I’m here if you have questions! Thanks for letting me be a part of your journey! We got this!

~ Tom, KitchenAbz

