1. 1. Why do we cook individually? ☺️    
   We believe that good nutrition cannot be the same for everyone! 🤷🏼‍♀️   
   ⠀   
   Whether it's weight loss, weight gain or healthy eating, every person is different.

⠀

That's why we ask our clients a few questions before formulating their diets:   
🗯 Actual weight/height/age

🗯 Desired weight

🗯 Time frame in which you want to achieve results

🗯 Physical activity

🗯 Food intolerances or just foods you don't like   
⠀   
Do you want to free your time from cooking and trust the professionals? Write to direct or go to the site (link in the header of the profile)

2. Vegetarian? Got a suggestion🌱

⠀

Want to eat a balanced diet, feel good about yourself, and still make sure you're not eating animal products?

⠀

Here is a program from Yola Food.

What do you get?

✅ Calculation of all nutrients.

✅ A calorie count that your body needs.

✅ Maximum vegetarian ingredients to diversify your diet. ⠀ 

Sample menu for the day:

1 Vanilla Nut Chia Breakfast

2 Beet and carrot salad with prunes

2 Post pea puree soup + Green buckwheat with vegetables in tomato sauce + Peppermint tea with oranges

4 Strawberry smoothie with avocado

5 Vegetable salad with tofu and artichokes

6 Raspberry cocktail

⠀   
Total: 1,544 kcal. ⠀ 

👉🏻 You can book a trial day and consult in Direct or on our website

3. We cook only the most delicious and varied food for our customers 🍓

⠀

See for yourself. You can book a trial day of any program at the link in the profile header.

⠀

In the meantime, here's what goodies we make:

🥗 Seafood and wild rice cocktail salad

🥗 Salad with shrimp and mint-mandarin dressing

🥗 Chopped salmon cutlets

🥗Omelette with mozzarella and tomatoes

🥗 Sea bass Izumidai with pineapple chutney

🥗Chocolate mousse with raspberries

4. Signs of an unhealthy relationship with food❗️

⠀

Today, let's look at how healthy your relationship with food is.

Let's talk about eating habits and what they can lead to if you don't keep a balanced diet.

⠀

Signs of an unhealthy relationship with food are👇🏼  
⠀  
▫️ Satiety has set in and you're still eating until your plate is completely empty

⠀

▫️ Eating your emotions and stressful situations; eating as a consolation

⠀

▫️ Feel guilty about what you've eaten

⠀

▫️ You try to lose a few extra pounds for an important event and then you give up

⠀

▫️ punish yourself for another breakdown with a tough diet

⠀

▫️ Constantly weighing yourself on the scale (the scale makes you happy or ruins your day)  
Don't be upset if you find yourself with one of these signs. It's more likely to be due to poor eating habits in the early years. Or think about in what situations do these signs appear the most? What are you experiencing at that moment? Just observe yourself.

⠀

It would be great to start keeping a food diary📔 That way it would be easier for you to track everything you ate during the day from the outside and assess the situation.

⠀

Remember, balance in nutrition means when a person who has a healthy relationship with food gets strength, health, energy and pleasure from food. It is this state that leads us to good health and a high quality of life❕

5. Vegetarian meal program🥗

⠀

Sticking to a plant-based diet? Then vegetarian program is perfect for you.

⠀

The menu contains no animal products. We only consider the need for high-quality protein in the rations, maintaining a balance of all nutrients.

⠀

Save a sample menu for one day:

⠀   
▫️ Breakfast

Oatmeal porridge with fruit and stevia

⠀

▫️Second breakfast

Baked vegetables on pita bread

⠀

▫️Lunch

Lenten carrot soup + Lobio with nuts and pomegranate + Strawberry-cherry compote

▫️Afternoon snack

Grilled pineapples with airy berry cream

⠀

▫️Dinner

Beet tar-tar with carrot-lentil patties

⠀

▫️Late dinner

Tangerine Fresh  
⠀   
Total for the day is 1587 kcal.   
You can order the "Vegetarian Program" in Direct or on the website (link in the profile).  
  
6. What foods help improve your memory❔

⠀

Surely everyone knows that eating right food actively starts the brain work and strengthens memory💭

⠀

Today we made for you a selection of foods that improve your memory.

⠀

These foods will not work in one day/week. It is important to include them in your diet on a regular basis. Then the results will not make you wait long!

⠀   
So:   
⠀   
▫️The cruciferous family improves memory: broccoli, white cabbage, leafy greens (they cleanse the body of toxins and retain optimal amounts of protein for good memory)

⠀

▫️ Berries (especially dark berries: blackcurrants, blueberries and blackberries)

⠀

▫️ Fatty fish, mackerel and salmon, rich in omega-3 fatty acids (they lower blood cholesterol levels - improve brain circulation and support memory function)

⠀

Lentils (lentils are rich in amino acids and complex carbohydrates that help speed up biochemical processes in cells and improve memory).

⠀

The ▫️Mediterranean diet can also help keep memory sharp

⠀

We use all these products in YOLA.FOOD🥦 diets to keep you full and remember only the good things😉

7. One of the frequent questions is how to order delivery and what time the courier comes😊👇

⠀

We tell you everything you need to know:

⠀

🍴We deliver daily in the morning from 8:00 to 11:00 or in the evening at your convenience from 6:00 to 10:00 pm

🍴deliver in thermal bags to keep food fresh

🍴with your meal set we deliver cutlery set and advice/menu booklet

⠀

You can order ready-made rations via Direct or on the website (click on the link in your profile header 😊👍)

⠀

If you still have questions, leave a comment and we'll definitely answer you! 👇🏻  
  
8. Your diet should fit your rhythm of life as much as possible 🍒

⠀

That's why, when choosing a nutrition program, the caloric content of your daily diet is as important a variable as the food on the menu.

⠀

If you feel that your daily delivery caloric intake is too high or, conversely, you want to increase it, we can always help make it as comfortable as possible.

⠀

In case you still have questions, you can always contact our nutrition specialist, who will be happy to answer any additional questions!

9. How many vegetables should you eat every day?

⠀

One of the principles of good nutrition is to eat vegetables every day 🥒

⠀

They contain healthy micronutrients, fats and complex carbohydrates, all of which support us throughout the day.

⠀

The World Health Organization (WHO) recommends eating 400g of fruits and vegetables a day (excluding potatoes and other starchy foods)

⠀

- We add fresh vegetables to our diets every day.

⠀

- Vegetables are also used in making side dishes for lunches and dinners. The processing methods are gentle, so most of the vitamins are preserved.

⠀

- Some of the vegetables we get from local producers.

⠀

Stop thinking that eating healthy is boring, monotonous, and sugary. With each delivery from YOLA.FOOD we prove otherwise!

10. We all know that breakfast is the most important meal of the day 🍳

⠀

It's what makes us feel better, energizes us and sets us up for a productive day.

⠀

Let's see what you'll eat for breakfast if you order meals from us:

🍽 Sunny peaches cottage cheese casserole.

🍽 Omelette with mozzarella and tomatoes.

🍽 Flavorful porridge with fresh pumpkin pieces

🍽 Strawberry cheesecakes with maple syrup

🍽 Omelette with salmon and ricotta cheese

🍽 Strawberry cereal porridge

🍽 Pancakes with cottage cheese and red caviar

⠀

A reminder that we prepare all dishes according to your taste preferences.

⠀

If you suddenly don't like nuts, dried fruit (or anything else), you'll never see them in your diet.

⠀

We are attentive to every order, every wish and we try to do our job at 💯  
  
11. 🍝 Is pasta bad for your figure?

⠀

We very often hear that pasta has a negative effect on our figure. Let's look at the question in more detail and look at representatives from other countries, for example Italy.

⠀

Italians eat pasta almost every day, and they have a great figure, without it affecting their body in any way.

⠀

Why is it so?

⠀

Pasta made of durum wheat is a complex carbohydrate, which means that it slowly raises blood sugar levels and keeps us full for a long time.

⠀

In addition, durum pasta has fiber, which helps our digestion🔄

⠀

❗️But that's no reason to eat pasta for every meal. The sauce you eat with the pasta plays a very big role. ⠀ 

If it's high in calories, you'll still gain weight by exceeding your daily calorie allowance. At YOLA.FOOD we carefully monitor the composition of our sauces and calculate all meals so that they are precisely within the norm and you achieve your figure goals.  
  
12. is giving up dinner effective?

⠀

There are many myths about evening meals. But are they worth believing? Let's find out!

⠀

Remember the most important thing: You have to eat dinner, it is one of the main meals to give us energy for the evening and for sleeping.

⠀

▪️Have at least 15% of your diet for dinner.

⠀

▪️Carbohydrates can be eaten for dinner. But give preference to complex ones.

⠀

▪️Dinner can be put at any time, but we recommend no later than 3 hours before bedtime. This way the body will spend energy recovering rather than digesting.

⠀

Have dinner and don't worry. Follow your calorie allowance and you will always be in good shape.

⠀

Do you have evening meals?

13. How much time do you spend on cooking? By our count, up to 15 hours a week 😅

⠀

Let's do the math:

👉🏻 Time to "make up" meals is 1-2 hours.

👉🏻 Going to the store - 4 hours.

👉🏻 Cooking daily - about 8 hours.

👉🏻 Washing dishes - 1-2 hours.

⠀

With YOLA.FOOD you no longer have to what to cook, go to the store and wash dishes 😎

⠀

It's enough to remove the protective film and reheat. Delicious and healthy food is already on your table! Bon appetit 👌

14. One, two, three. Ordered, received, ate 😉

⠀

And no unnecessary movements:

🙅🏼♀️ grocery shopping, counting calories, cooking, washing dishes

⠀

Because YOLA.FOOD takes care of it:

⠀

✅ our nutrition consultant Katerina will choose the ration

✅ our chef will prepare meals for the whole day

✅ delivery by courier at your convenience

✅ the nutritionist will write down everything by calories and reference nutrient intake (RNI)  
  
15. Here we are in November.

What are your plans for the month? Write in the comments.

Let's rejoice together

16. YOLA.FOOD gives you freedom!

Go out, go to the movies, read books, meet your loved ones, be sure to laugh a lot! Do what you like! Don't waste precious time on cooking!

Every day, according to our calculations, it takes 2.5 hours of time to cook!

Going to the store, thinking up a menu, cooking... And after that you still have to clean the kitchen! 🤦♀️🤦♂️

If you eat with smart-food , ✅ all you have to do is open the door at the designated time to our courier

Enjoy your favorite smart-food tastes!

And most importantly save time and energy for your favorite people and things to do!  
  
17. Cheesecakes are fried dough cakes.

Cheesecakes existed as early as the 17th century.

In those days, people used the word "syr" to define cheese and cottage cheese products. And the word curd appeared in the 18th century.

Cheese cakes became round because it reminded us of the Slavic god Yarilo.

Like this.

What recipes do you use to make cheesecakes?

18. Tired of fast food, no time to cook delicious and balanced food?

⠀

We can help you ✨

⠀

The YOLA.FOOD team will arrange for you to deliver ready-made nutrition rations to suit your needs ♥️

⠀

Try it and you will definitely want more ☺️  
  
19. You understand, where useful?

⠀

Our cheesecakes are not only delicious, but also made with healthy foods 👌🏻

⠀

Cheesecake was invented back in Daytime Greece, it gained its popularity in America. Over the millennia, not only the composition, but also the cooking methods have changed.

⠀

✅ The use of cream cheese remained unchanged.

⠀

Which side of cheesecake from @yola.food? Write your version in the comments 👇🏻

20. Do you have dietary restrictions for medical reasons?

⠀

✔️We can help you put together a personalized nutrition program

⠀

What is an individual nutrition program?

🔺 Meals with specific conditions: according to blood groups, the Ducan diet, dietary tables, etc.

🔺 Cooking meals using an agreed upon list of foods.

🔺 The program is tailored to the desired outcome.

🔺 A nutritionist and chef professionally prepare your meals.

**Instagram bio**Good Nutrition Delivery

🍽 Premium nutrition

▫️Design your personal menu

▫️Consider your preferences

▫️A variety of meal plans

Order 👇🏻.

**HYLIGHTS**

* 1. 1.1 Features of Yola.Food: 1. Thinks for you: You won't have to worry about calories and food composition
  2. 2. Saves time: Going to the store for groceries, cooking and washing dishes - now you can dedicate this time to yourself.
  3. 3. Adjusts to: Delivery every day to your door at a time that is convenient for you.