



# Nutrition knocks

Healthy meals delivered right to your door



By Nicole Zerillo  
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There's nothing quite like the agony and the ecstasy of lugging 10 bags of groceries from the greenmarket to my fifth-floor walk-up. (It's a diet-exercise plan worthy of Dieter's Diary.) Yet planning tasty meals entirely on easy transport is more than a little depressing.

So, out of sheer exhaustion, I decided to try out Nu-Kitchen, a meal delivery service that promised seasonal, wholesome meals, weight-loss benefits and, at the very least, two weeks' respite from schlepping to the market.

With the 200 Weight Loss Program, I got more than I bargained for. Nu-Kitchen changed the way I thought about eating. While signing up online for X amount of calories with Y vegetarian/meat options was hardly groundbreaking, what astounded me was what I learned from my metabolic assessment and eating consistently healthy meals.

I'd always assumed my caffeine addiction and errant trips to Babbo were



Enjoy healthy, pre-made meals at work. (Stockphoto)

the greatest obstacles in achieving my ideal weight. But after meeting with Penny Geller, Nu-Kitchen's director of nutrition, I learned that I had been eating 550 calories too few. This deficit had stalled my metabolism and caused my body to store rather than burn calories.

On Geller's recommendation, I adjusted my calorie count and ate my way down a dress size and into more rigorous yoga postures within two weeks.

In a city where dining out is a legitimate hobby, Nu-Kitchen offers consultation with a nutritionist to plan ahead of dinner dates and will recalibrate your caloric intake if you fall off the wagon.

I admit that I failed to report my stray hits of coffee and a lunchtime

## Food diary

### Breakfast

■ Peach oatmeal with yogurt and fresh fruit

### Lunch

■ Soy ginger beef salad with peanut dressing

### Dinner

■ Chicken kebabs with mint onion raita

### Snacks and sides

■ Mediterranean cous-cous salad, key lime pie

jaunt to Burger Joint. But after nibbling on my final fry, I was slightly disappointed to have passed up Nu-Kitchen's soy ginger beef salad and mini Pavlovas for dessert. It's a testament to the diet that my guilty pleasure didn't feel as worthwhile as the healthy meals dished out on my doorstep.

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