



# The Stop Snacking Program

*Develop healthy, life-long habits that will leave you looking, feeling and performing at your best.*



# Ryan Nolan



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Ryan Nolan was born and raised in Northern California. He has always had passion for food and nutrition and before getting certified as a Personal Trainer he spent his early adult life working in the restaurant industry as a Chef and had his own catering company. His experience as a Chef gives him a unique advantage when it comes to nutrition and meal planning.

His passion for fitness began when he saw a picture of himself and decided it was time to take the initiative and get motivated. He was in the gym within a week and competing within the year. Since then it has propelled him into this field with vigor and resolve to help others get to what is healthy for their body and mind.

In his free time Ryan enjoys hiking, tabletop gaming, and spending time with his family and dog.

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The logo for Spite Fitness is a large, dark grey circle containing a stylized white 'S' and 'F' intertwined. A vertical line is drawn through the center of the 'S'. The words 'SPITE FITNESS' are written in a white, sans-serif font, curving along the bottom edge of the circle.

Snacking can reduce our natural hunger cues and ruin our appetites. This can result in irregular eating patterns and lack of eating routine. This 2-week habit coaching program will help you eat regularly throughout the day while being in tune with your hunger and fullness cues. It will help you 're-connect' with your body.

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## Day 0 : Introduction Of Habit (Sunday)

**Habit Challenge: Eat every 3-4 hours  
without snacking**

For the next two weeks, I challenge you to stop snacking.

One of the most important healthy eating habits you can create, is to ensure you eat regularly throughout the day, while being in tune with your hunger and fullness cues.

By missing meals we tend to under eat, which leads to a lack of energy and performance.

Drastic under eating also causes a reduction in your metabolism, and can actually slow fat-loss.

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Snacking can also reduce our natural hunger cues, and ruin our appetites. This can result in irregular eating patterns and lack of eating routine. For some people, this is the key reason as to why they gain weight.

This habit will also help you 're-connect' with your body. The connection you have with your body is the most precious thing you have. It is your past, present and future. Understanding how your body can work for you, and processing the knowledge to make it perform optimally, is the most important information you can ever learn.

## How Can I Personalize This Habit?

Choose where your current biggest pitfall, with this habit, may currently lie.

Are you skipping meals throughout the day? If so, which ones in particular? Are you mindlessly snacking between main meals? And are you doing this on a weekday or weekend, or both?

Think about what area needs your focus and attention the most to help you achieve this daily habit, and put some small changes into place to make it a success.

## How Can I Make This Habit Easy?

The first step is to scale the habit to something you are 90-100% confident you can do for 6 days of the week. You might want to start with eating breakfast (or lunch or dinner), or focus on specific days (Saturdays and Sundays). Have one day off per week from completing the habit.

**This is very important:** *whatever you pick, it should only take you one to two minutes to complete each day.*