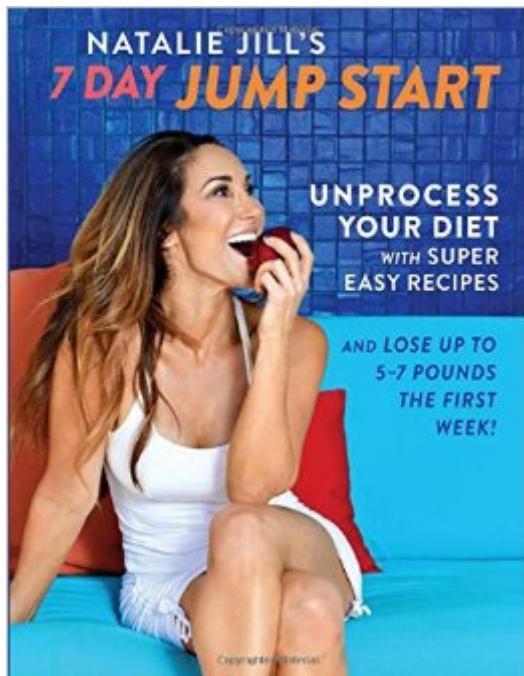


The book was found

Natalie Jill's 7-Day Jump Start: Unprocess Your Diet With Super Easy Recipes—Lose Up To 5-7 Pounds The First Week!



Synopsis

If you are like most people, you have probably tried many diets looking for one that works, makes you feel good, and that you can actually follow for more than a few days. You've probably come up empty-handed. We've all been there; but Natalie Jill's 7 Day Jump Start is different. This easy-to-follow plan is based on REAL food and you get to choose the foods YOU like best. Natalie has helped millions of people ditch processed foods, lose weight, feel great, and change their mindset to become their best selves. Whether you have yo-yo dieted for years or have tried to eat healthy • without seeing results, Natalie offers real solutions that will last a lifetime: Methods for using food to combat cravings and hunger pains; Easy-to-follow meal plans and guidelines for any situation; Delicious recipes for breakfast, lunch, dinner, and snacks; plus guilt-free desserts; 7-minute exercises for a leaner, toned body; Success stories from people who have transformed their lives and bodies; When you decide you're ready, Natalie will walk you through each step in your new unprocessed lifestyle. All it takes is 7 days to jump start a new you! ARE YOU IN?

Book Information

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Customer Reviews

I've been a NJ fan for quite some time now. I started out w/ the Original 7 Day Jump Start. When she came out with this book; I thought, "I already have her original...I really don't need this!" But this is NOT like her Original...it's BETTER! It has her story in depth; guidelines to jumpstarting to change your life and recipes GALORE! Easy recipes at that. Mother of 4; full time employee...and I still have time to eat UNPROCESSED FOODS; NOOOO EXCUSES. This gives you so many choices and

ideas to swap that it doesn't make it seem hard to give up the junk that damages our bodies and minds. This book is not only the jumpstart, it's a recipe book, a workout book, a motivator...AN EAT CLEAN BIBLE to say the least. Definitely worth purchasing.

I have fibromyalgia. Since I gave birth to my son 9 years ago I have suffered with horrible pain that destroyed my life. I have discovered that foods are a trigger for my pain. I was gradually cutting out foods and discovering if the pain got better or worse. Natalie Jill just saved me years of trial and error!! Since I started this 5 weeks ago my pain levels are at a ZERO!!! Not that 3 we all pray for but an honest to goodness ZERO. PLUS...The recipes are amazing!! Out of 84 recipes I'm excited to try them all! I have already tried 10 and loved them all. My husband and 8 year old approve them too!! I lost 6 lbs the first week!!

If you're like me, this book will be the KEY to your success at turning your diet, and your LIFE, around!And when I say "diet" I don't necessarily mean a weight-loss program. Though if you are not at your ideal weight, you will get there following this book. But even if you are thin, but not eating properly, this book will be your bible.Previous "diets" did not work long term for me, because I did not understand nutrition. Nutrition is a SCIENCE, and Natalie Jill presents the material in a VERY readable and understandable way. It will finally CLICK for you.You will learn how to "eat clean", how to irradiate poor planning from your meals so you are ready for success. And with knowledge you gain from this book, you will be able to make delicious healthy choices, even when out to restaurants.You will learn the Whys and Hows of nutrition and fueling your body, gain a better understanding of food, meal planning, grocery shopping, and even how to prepare and cook! The recipes included in the book are all winners.If you feel trapped in how you eat, if you want to change but don't know how, then Natalie Jill's book is for you! It is real food, that you buy at the grocery, and you create a new healthy life for yourself and your family.Enjoyable. Readable. Doable! Get ready for amazing success in your life!

This book is a must have! The husband and I have been following Natalie's meal plans since January of this year and we feel so much better! I'm down 30 lbs and my husband is down 40lbs since we started on them and we have a lot more energy! The book includes 84 recipes that are SO GOOD they are husband and kid approved too!! It has a 7 day meal plan including all meals and snacks, a great section on mindset and goal setting, a section that teaches you about nutrition so you can start making healthy choices on your own and 7 do anywhere workouts. Natalie makes

fitness and nutrition easy and she's super motivating!! Get this book...I promise you won't be disappointed!

I found out about Natalie Jill through her workout programs using body weight only, and I really enjoy them. So, I figured her book on unprocessed foods would also be good; it is. If you are wary of the title and think this is a "raw foods" diet book where you'll be eating organic mung beans prepared eighty ways, put you worries to rest. Just cooking food "processes" it, and the book is full of recipes with foods you cook. Don't go screaming into the night protesting that you don't know how to cook; if you can read and follow simple directions, you've got this; the recipes are uncomplicated. What the book shows you is how to easily use fresh or minimally processed foods (think rolled oats, clarified butter, etc.) to create satisfying meals packed with nutrition that your body will appreciate. There are main dish, side dish, dessert, muffin, and smoothie recipes. If you don't like or don't eat certain foods, Natalie offers "swap outs. This book offers many "options," not rigid dietary drudgery. It is packed with quick tips and is well worth your time and money.

This book is wonderful! Although I already have a great deal of knowledge about nutrition, the 7 Day Jump Start taught elements in a whole new way and there were parts that simply "clicked" after me having a hard time wrapping my head around it in the past. Being aware of what is making you feel bad is so important, but it does take work to do all the research. But the great news is that this book has SIMPLIFIED the process and put the information all together for you in one place! But, it doesn't stop there. Despite teaching you about nutrition, receiving a guided meal plan is a breathe of fresh air because it's hard to learn information and then start to implement. Not to mention, the recipes are so delicious and easy to make! The 7 Day Jump Start is everything you need to start feeling better TODAY!

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