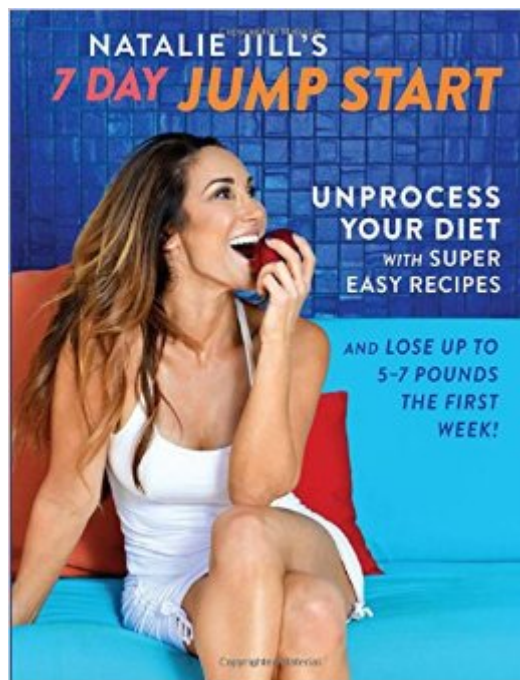


The book was found

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. Youâ™ve probably come up empty-handed. Weâ™ve all been there—but Natalie Jillâ™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 healthyâ• without seeing results, Natalie offers real solutions that will last a lifetime:Methods for using food to combat cravings and hunger painsEasy-to-follow meal plans and guidelines for any situationDelicious recipes for breakfast, lunch, dinner, and snacks—plus guilt-free desserts7-minute exercises for a leaner, toned bodySuccess stories from people who have transformed their lives and bodiesWhen you decide youâ™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

Hardcover: 320 pages

Publisher: Da Capo Lifelong Books; 1 edition (May 3, 2016)

Language: English

ISBN-10: 0738219126

ISBN-13: 978-0738219127

Product Dimensions: 7.4 x 0.9 x 9.3 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (251 customer reviews)

Best Sellers Rank: #7,505 in Books (See Top 100 in Books) #15 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #28 inÂ Books > Cookbooks, Food & Wine > Special Diet > Allergies #42 inÂ Books > Cookbooks, Food & Wine > Special Diet > Gluten Free

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 irradicate 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 your 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!

[Download to continue reading...](#)

Natalie Jill's 7-Day Jump Start: Unprocess Your Diet with Super Easy Recipes; Lose Up to 5-7 Pounds the First Week! How to Dunk if You're Under 6 Feet Tall - 13 Proven Ways to Jump Higher and Drastically Increase Your Vertical Jump in 4 Weeks (Vertical Jump Training Program) Wild Diet: WHOLESOME DIET FOR A WHOLESOME LIFE!: (the wild diet, No carbs diet, Low Carbs food list, high protein diet, rapid weight loss, easy way to lose weight, how ... way to lose weight, how to lose body fat)) Tea Cleanse: 7 Day Tea Cleanse Diet: How to Choose Your Detox Teas, Boost Your Metabolism, Lose 10 Pounds a Week and Flush Out Toxins (Tea Cleanse, Tea ... Tea Cleanse Diet, Weight Loss, Detox) Super Mario: Ultimate Jokes & Memes for Kids! Over 150+ Hilarious

Clean Super Mario Jokes! (Nintendo Memes, Nintendo Jokes, Super Mario Jokes, Super Mario Memes, Super Mario Bros) The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Ketosis: Keto: Ketogenic Diet: 21 Day NO BS Step by Step Challenge to Lose 10 Pounds: Achieve Optimal Ketosis (diabetes, diabetes diet, paleo, paleo diet, low carb, low carb diet, weight loss) Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic diet for beginners, ... diet mistakes, diet plan, diet guide) Paleo: A Simple Start To The 14-Day Paleo Diet Plan For Beginners(paleo books, Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, ... Slow Cooker) (Cookbook delicious recipes 3) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) Ketosis: Keto: Ketogenic Diet: Ketogenic Bootcamp: Lose 22 Pounds in 30 Days with Easy & Quick Ketogenic Recipes (diabetes, diabetes diet, paleo, paleo ... carb, low carb diet, weight loss Book 1) Atkins Diet: Atkins Diet For Diabetes-Low Carb High Protein Diet To Lower Your Blood Sugar & Lose weight-14 Day meal plan-42 Recipes (Atkins Diet Quickstart ... Diet,diabetes,reverse type 2,atkins) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Quick & Easy Recipes: Super Bowl Party Recipes: 35 Easy and Delicious Super Bowl Recipes, Appetizers, Dips, and More! (Quick and Easy Cooking Series) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Low Carb: Low Carb Diet for Beginners - How to Lose 7 Pounds in 7 Days with Low Carb & High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook)