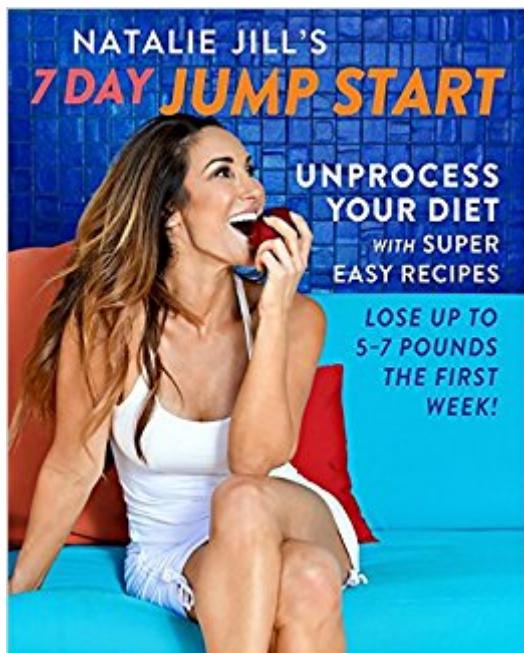


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# **Natalie Jill's 7-Day Jump Start: Unprocess Your Diet With Super Easy Recipes&#151;Lose Up To 5-7 Pounds The First Week!**



## 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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Praise for "Natalie Jill's 7-Day Jump Start" The New Potato, 5/7/16 Natalie Jill [is a] hot new voice in the fitness world. Working toward skinny is discouraging, but working toward STRONGER is empowering you will see! "Washington Book Review," 6/13/16 An inspiring cookbook. This collection of healthy recipes is for everyone who wants to remain healthy and slim. But it will also help you lose extra pounds and fight celiac disease if you suffer from it. Fit Bottomed Girls, 7/19/16 A

recipe-intensive version of [Natalie Jill's] online program. "Praise for Natalie Jill's 7-Day Jump Start The New Potato, 5/7/16 Natalie Jill [is a] hot new voice in the fitness worldWorking toward skinny' is discouraging, but working toward STRONGER is empoweringyou will see! Washington Book Review, 6/13/16 An inspiring cookbookThis collection of healthy recipes is for everyone who wants to remain healthy and slim. But it will also help you lose extra pounds and fight celiac disease if you suffer from it. Fit Bottomed Girls, 7/19/16 A recipe-intensive version of [Natalie Jill's] online program. "

Natalie Jill, LMSN, is the founder, owner, and CEO of Natalie Jill Fitness. She holds a degree in Health and Human Performance from the University of Maryland and is a Licensed Master Sports Nutritionist and Functional Fitness Trainer. Her other certifications, trainings, and awards include: Certified Licensed Sports Nutritionist, Certified Personal Trainer, Certified in Health Advocacy, Certified in Resistance Training, Certified in Fitness Evaluation, and American Marketing Certifications in Sales Training, Effective Executive Speaking, Sales Management, and Sales Training. [NatalieJillFitness.com](http://NatalieJillFitness.com)

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!!

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 love how this book lays out your grocery list, and the whole meal plan for a month. I personally didn't like all the recipes who ever does. I did go ahead and unprocess my diet and it makes an incredibale difference. Great book! It would have been great to see the exact pictures and brands of certain things that she uses since not all of us have ever used some of these ingredients! Great book though!

I have been following Natalie Jill's sites since January. At that time I decided I need a change in my diet and exercise routine. I signed up for one of her accountability groups and I was immediately impressed with how easy the food choices were to prepare and cook! I would highly recommend this book to anyone that is interested in eating clean and easy, non time consuming workouts!!

I love this book! I am a fitness instructor and like everyone have dealt with food cravings. I love the 7 Day Jump Start-It has nice easy simple recipes. All the recipes I've made from her book have been delicious and a great guide to starting to eat clean. Natalie outlines a 7 day meal plan for you to follow. The key to the 7 day jump start is portion control. Within a few days the sugar cravings we're gone. I felt like I had more energy through out my day instead of feeling like I'd have energy crashed! You will like the way you feel after the 7 Days that you will want to keep eating an unprocessed diet:)

Natalie Jill's new book is INSPIRATIONAL, MOTIVATIONAL and the recipes are EXCEPTIONAL ! She empowers the reader by being so down to earth and teaching how to live a lifestyle that is wholesome, simple and energizing. She provides the tools to help you focus on goals and stay on task. She takes the confusion out of what to eat and makes it understandable by showing you how to balance your meals as well as your life! The recipes are delicious and I know they are keeping me healthy. Her workouts are another great part of that balance! I encourage everyone to buy this book. You'll be happy you did!

We had our first meal from this book. Delicious! My favorite quote, "...all calories are not created equal." I have always believed this but this is the first book that I have read that supports this statement. Here's to hoping for a healthier meal I am editing to say that we have enjoyed each meal so far. All the ingredients are fairly typically found in kitchens where people actually cook - nothing unusual - and they are very easy to follow. To top it off, my husband exclaimed that I am fixing gourmet meals that taste great! You can't beat that.

I subscribed to the online Jump Start Plan and 4 week plan about a year ago and worried initially about buying this book because I already had those tools, but I'm glad I did. I love Natalie Jill's plans because they are not complicated and you don't have to buy certain brands of food, it's all real food. The book's plan is not the same as the online plan, it has lots of substitutions so it doesn't feel like you're repeating the same versions and can swap out what you like/don't like or just can't eat. It also has a 101 of the plan's basics -the benefits & balance of Protein/Fats/Carbs. I will say I love the printouts of the online version that I hung on my fridge, which I think I would have to make copies from the book to do, but not a big deal, in general I'm excited to try out this new plan. I needed this to refresh my motivation because when I first followed her plan I lost 6lbs. in my first week! She's super motivational and I'm ready to start it all over again. I totally recommend.

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