




Natalee Neill



Fat Burning

MEAL PLAN



energy . confidence . freedom

www.nataleeneill.com

BALANCING YOUR HORMONES AND AWAKENING YOUR METABOLISM

WITH NATALEE NEILL

I see you are a smart woman who already knows a lot about holistic health and nutrition. Yet, here we are, you are still searching for more.

I know this because I speak to many women like you, smart, resourceful, proactive, you have tried all the diets right?! You have tried everything. Yet for some reason you are still not in control of your body, it doesn't quite behave like it use to, and its frustrating and overwhelming because all the advice is conflicting! So you try it all and then end up emotionally eating or self sabotaging and feeling like there must be something wrong with you. Am I right?!

Well I am here to tell you, there most certainly is nothing wrong with you. In fact, there is some pretty awesome stuff happening inside you right now, you have just been given the wrong advice.

You are actually here because you have been called for more. You have been calling for more. You are actually ready for the ART and SCIENCE of Energy Alchemy, Biohacking and Quantum Healing to take your body, health and life to the next level.

I know you are done with settling for less, you DON'T believe you are supposed to be tired, overweight, or sick. You KNOW in your hearts you are meant to dance through life, energised, confident, light and free!

So I am going to give you some help getting started. I am not going to give it all away, as honestly it would overwhelm you and you have had enough of that. Instead I am just going to give you a taste of balancing your hormones and awakening your metabolism so you can unlock 20x more energy, lose excess weight EASILY and feel light, free and confident in your body again.

Then we can go from there in cleansing and clearing your bodies, bringing in more energy and light and letting you shine like the brightest star you have ever seen - your most highest divine self. Sound Good?

Ok let's get some stuff just quickly. Fat metabolism is actually regulated by hormones, not cutting calories and exercising. Sure exercising is awesome for your health, but it sux for weight loss, your body will adapt - its awesome like that.

So we wake up your fat metabolism by balancing your hormones. You have probably been burning glucose as a fuel which is kind of like putting paper on a fire, quick easy fuel sure, but also runs out quick and lots of smoke. So you have energy (usually when you are busy running off adrenaline, lets be honest) and then you crash, or feel hungry, or get brain fog - a couple of hours after eating because you can only store 2000kCals of glucose. So lets burn fat, you have at least 20x more so your energy will last longer, plus it means you will lose excess fat easily, plus there are some cool side effects and less 'smoke'.

*the ART and SCIENCE of Energy Alchemy,
Biohacking and Quantum Healing to take your
body, health and life to the next level.*



Disclosure: I am not a doctor or endocrinologist. The information in this book is based on my own personal experience, study, research and the life changing results I have achieved with my client. The information is generic and your personal circumstances have not been considered. This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.



ENERGY | CONFIDENCE | FREEDOM

ENERGY ALCHEMY

Cleanse and clear the physical, mental, emotional and soul bodies, channel more energy and light, shine like the divine being you were born to be!



AWARENESS

Without awareness we are unable to change our habits and behaviours. Every moment our bodies and minds default into patterns of least resistance, patterns within our comfort zone that allow us to feel safe. This is a survival mechanism that is rarely required in today's society.

Even though for the most part its automatic, taking the path of least resistance, prevents us from evolving - from reaching our full health potential. Only when we open our eyes and hearts can we then make the choice to behave differently. Unless you stop your busy life to reflect, to become aware, you cannot change. Coaching questions open the space to do this and create the stage for change.

RESPONSIBILITY

Knowledge without action, is worse than ignorance. Knowledge without action is a choice to stay in our lower selves, a choice to stay in pain. In order to reach your full health potential you must make a daily decision to take responsibility for your body and health. To be aware of your patterns but to then take action to change them.

To often we give away our power to others; doctors, family, our financial planner, the government, our personal trainer, teachers and then we blame them when our health and life doesn't turn out as planned. The ONLY path to true freedom of your body and health is to take full responsibility and act on in. Trust that 'action precedes clarity', take steps and health will follow.

My New Story

My New Story:

Name:

Date:

Start Date:

Review Date:



If you could fix one part of your health, what would it be?

How long has this been a problem?

What have you tried to do to resolve the problem?

What will happen if nothing changes?

What would my perfect body and health be like?

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ENERGY ALCHEMIST



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ON RISING

Wake up when the sun rises and have a glass of warm water and fresh lemon or lime juice, apple cider vinegar, or even a tsp of aluminium free baking soda. These options are excellent for balancing blood sugar and alkalisng the body for optimal fat burning.

BREAKFAST

When hungry, have chia pudding with strawberries and a handful of nuts. Glucose levels are low in the morning so it is essential not to elevate glucose too quickly otherwise it will increase insulin dramatically and shunt glucose into fat storage.

LUNCH

For lunch have a vegetable stack with roasted eggplant, capsicum, zucchini, pumpkin and haloumi. Vegetables are a quick and easy way to fill up, while also providing sufficient fiber to support good gut bacteria. Good gut bacteria is fat burning and bad gut bacteria is fat storing. Restoring balance to the gut will support effortless fat burning.

AFTERNOON CRASH

Sparkling mineral water with a dash of apple cider vinegar will balance blood sugar in the afternoon and give you a refreshing boost of fat burning energy. Often an afternoon crash is the result of a glucose spike at lunch which provides a few hours of energy before crashing. Bone broth is another powerhouse drink rich in nutrients and energy.

DINNER

For **dinner** make your usual spaghetti bolognese with zucchini noodles instead of pasta. Keeping meals simple but providing fat burning alternatives is one of the easiest ways to make your lifestyle changes sustainable. Zucchini noodles keep your insulin lower than pasta and are more supportive of optimal gut health.

DESSERT

Check your feelings in the evening. Often a drop in serotonin which converts to melatonin can lead to a drop in mood. You will often reach for foods rich in sugar and carbs as they boost serotonin. This behaviour causes an imbalance long term so a better option is to indulge in a beautiful turmeric and ginger latte, anti-inflammatory, fat burning and extremely satisfying.

EXERCISE

Fat is a slow burning fuel that requires oxygen so a warm up is required before the body will burn fat. Also exercising at a low heart rate where there is plenty of oxygen will support the metabolism of fat. Enjoy a walk first thing in the morning for optimal fat burning and restful sleep.

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MEAT

500g Diced beef
6-8 Chicken carcasses

DAIRY

Parmesan
Haloumi
Butter (grass fed)
Full fat greek yoghurt

FRUIT

Lemon
Lime
Frozen strawberries - or mixed berries

VEGETABLES

Eggplant
Capsicum
Kent pumpkin
5 Zucchini
1 carrot
250g mushrooms
Large mushroom
2 Onion
Garlic
Broccoli
Tomatoes

FATS AND OILS

Olive Oil
Coconut Oil

NUTS AND SEEDS

Your choice of almonds, macadamia, pecan, pine nuts, pumpkin seeds, sunflower seeds, walnuts

SPICES AND CONDIMENTS

Apple Cider Vinegar
Aluminium free baking soda
2L coconut milk
1/4 cup of chia
Large root of turmeric (or ground)
Large root of ginger (or ground)
Pure vanilla extract or vanilla bean or paste (no sugar)
Cinnamon
Sparkling mineral water
Himalayan salt
Pepper corns
Can diced tomato
Turmeric
Ginger
Nutmeg
Sweetener if applicable monk fruit/lakanto/stevia or erythritol



CHIA PUDDING

- 1 1/2 cups of coconut milk
- 1/4 cup of chia seeds
- 1tsp of sugar free vanilla extract or 1/2 a bean
- 1tsp of cinnamon
- 1/2 cup of organic mixed berries

Combine all ingredients and place in two jars with a lid
Place the jars in the fridge overnight to form chia gel
Serve with 1/2 cup of activated nuts and seeds & 3 TBS of full fat greek yoghurt or homemade yoghurt.

Cinnamon balances your blood sugar so insulin response is lower. Lower insulin = less fat storage.

Berries are a low carbohydrate fruit so also have a lower insulin response compared with other fruit and/or adding sugar.



TURMERIC LATTE

- 500ml of coconut milk
- 1 TBS of ground turmeric or 4cm grated turmeric root
- 4 cm of grated ginger root
- 1 TBS coconut oil
- 1 TBS of grass fed butter
- 1 tsp cinnamon
- 1 tsp nutmeg
- Pinch of cracked black pepper
- Optional sweetener (pure stevia, or erythritol)

Add all ingredients to a pot and heat slowly over a low to medium heat for 5-10 minutes
Use a frother or stick blender to froth the mixture
Pour into a mug through a sieve to remove the ginger and turmeric pieces (or leave if you prefer)
Store any left overs in a jar in fridge to reheat later



BONE BROTH

- 3-4 Chicken Carcasses
- Himalayan Salt
- 1 TBS Apple Cider Vinegar
- Crushed Peppercorns
- Optional Vegetables (onion, garlic, broccoli, carrots, any vegetable of choice)

Put the chicken carcasses in your biggest pot and cover with your best quality cold water
Add 2-3tsp of Himalayan salt and crushed peppercorns
Optional - add vegetables
Add the apple cider vinegar and stand for 1hr to help draw the nutrients out
Bring to the boil
Reduce heat and simmer and for 24hrs
Allow to cool just enough to pour into glass jugs through a sieve
Drink fresh, or store in the fridge for 4-7days

Drink as a standalone drink or use as stock for soups or other dishes.
Leftover meat and organs can be used also. Organ meat is highly nutritious and particularly good for those with gut imbalance. O blood types thrive on this food.



VEGETABLE STACK

1/2 Eggplant sliced like bread
1/2 Capsicum sliced thinly
1/2 Zucchini sliced thinly long ways
1 cup pumpkin cut into 1cm cubes
Mushroom diced into slithers
100g Haloumi sliced
Balsamic Vinegar
Olive Oil

Add vegetables to a frying pan over a medium heat
Add some olive oil and put the lid on for 10 minutes
Add balsamic vinegar and some more olive oil and toss
Cook for a further 5 minutes or until vegetables are ready
Dish up the vegetables and add the holumi to the pan
Cook for a couple of minutes and then flip and cook the other side

Serve straight away or take to work and reheat at work, or eat cold :)



ZUCHINNI NOODLES

3 Large zucchini
3 TBS olive oil or butter
1tsp of salt

Heat olive oil or butter over a medium heat frying pan
Either peel or spiralize your zucchini with a peeler or spiraliser
Add the zucchini onto the frying pan with salt and toss frequently for a couple of minutes to lightly sauteed the zucchini
Serve straight onto a plate



SPAGHETTE BOLAGNESE

500g grass fed mince or ground beef or (250g mushrooms, 1 carrot and 1 zucchini for vegan option)
1 onion finely chopped
2 cloves garlic crushed
1 can of italian diced tomatoes
1 tsp of ground pepper
1 tsp of himalayan salt

Sautee the onion and garlic in ghee until softened
Add the mince (or vegan veges) and stir to break up the mince and brown the meat
Add the tinned tomatoes and simmer for 15 minutes until the sauce thickens
Serve on zucchini noodles and sprinkle with parmesan

FAT BURNING MADE EASY 13 WK METABOLIC RESET

"Natalee will help you smash through barriers you might not have even realised you had.

You'll finally be able to enjoy healthy eating, lose weight, maintain a healthy lifestyle and feel happier and calmer than before."

Linda Miller



AWARENESS

If exercise and dieting is not working for you anymore, if you are exhausted, confused, embarrassed and unhappy then stop repeating the same pattern over and over.

If you want unlimited energy, a body you love that functions effortlessly, to sleep well and to be free from being controlled by food, your body, mind and all of life stresses - then it is time to make a decision about the life you want to lead.

In 13 weeks your whole body and life can turn around with exclusive access to Natalee as your coach you will switch your body from burning out on an unsustainable metabolism and imbalanced hormones to thriving with 20x more energy, fat falling off your waist without exercise or cutting calories and rocking your summer outfits confident, light and free. With lifetime access to life changing content you will not only get results from week 1 you will re-learn everything you need to know so you never have to cut calories again!

"You will never regret doing this program.....I think we as mothers feel guiltyWhat we create is a new woman who is empowered not only within herself, but can then go on to role model healthy behaviours and ideas to the children we are raising."
Leeann Hudson

RESPONSIBILITY

1. Take our **[Fast track Biohack your Metabolism Challenge HERE >>>](#)**

2. **[Enquire about our 13 Week Metabolism Reset - Attending one of the above is compulsory prior to our chat HERE >>](#)**

Our 13 Week Program supports neural, cellular and vibrational programming, inner child and emotional healing, self sabotage and emotional eating release, next level nutrition education, hormone balance, resetting sleep circadian rhythms, stress management, 100 recipes, shopping lists, meal plans, exercise plans and so much more.