



# Fat Burning WOMEN

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[www.fatburningwomen.com](http://www.fatburningwomen.com)

# Fat Burning WOMEN

*Making Health Easy*

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## THE FAT BURNING WOMEN LIFESTYLE

Changing the lives of families by providing holistic health services to women through nutritional science, mindset, emotional and energetic intervention as well as lifestyle and hormone balancing.



## 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 it's 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 it. 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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## 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 alkalisating 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  
4 Zucchini  
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 stevia/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 zuchinni  
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 zuchinni with a peeler or spiraliser  
Add the zuchinni onto the frying pan with salt and toss frequently for a couple of minutes to lightly sauteed the zuchinni  
Serve straight onto a plate



## SPAGHETTE BOLAGNESE

500g grass fed mince or ground beef  
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 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

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## FAT BURNING MADE EASY 12 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 step up.

You have been playing small, settling for less and all your dreams are yours for the taking. But only if you are willing to let go of your fear of the unknown, your fear of being good enough, of letting other people down. If you are committed to stepping out of your comfort zone, letting go, then just make a decision.

*"You will never regret doing this program.....I think we as mothers feel guilty .....What 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

### YOUR HEALTH PILLARS:

Mindset Intervention, Nutritional Science, Hormone Balance, and Self Care

### YOU GUARANTEED SUCCESS MODEL:

Personalised Strategy, Weekly Accountability Webinars, World Class Online Modules, Videos and Worksheets and Community Support.

### Next intake opens shortly.

Join our Facebook [HERE](#) to receive notification of the next free challenge and webinar to get access to the program.