*Welcome to* ***The Chalene Show****. Chalene is a New York Times Best Selling Author, Celebrity Fitness Trainer and obsessed with helping you live your dream life.*

Chalene: Join me LIVE and my friend, Natalie Jill who also happens to be a nutrition, diet and fitness expert and somebody who I love because A. she is a mom, B. she wasn't born this way, and c. she gets that the struggle is real. She has written an amazing book which has help thousands and thousands of people and what I love about Natalie which you guys know is the case for me is that I am a student I just I don't care about Trans, I wanna know what really works and that is why I haven't brought you any diet experts to my Facebook world so to my Facebook friends I brought the best here to you this is Natalie, Natalie say Hi to everybody.

Natalie: Hi everybody!!

Chalene: So we wanted to have this opportunity to talk to you about your new book because I know I'm always loved reading books and highlighting and pointing pages out and what is interesting to me is that there are so many books right now that are very very very popular and people don't realize that the stuff that they are passing on to each other even that author has changed their position and I love what you have brought to the market the latest and the greatest so tell us a little bit about your book and what people can expect.

Natalie: Sure, okay. The same way what most books out there and diet plans is there are so much information overload and it gets really trendy and fast as quick it can be should I be no sugar should I be no carbs, should I be fat free, should I be on a cleanse. It gets really confusing for people because they don't know what to believe what to follow and my gosh when I went through my own journey losing weight and getting in shape I remember trying to navigate through all that information overload and you just get overwhelmed and so discouraging and I feel that is what causes people to give up.

Chalene: Natalie, you just exactly just took the words out of my mouth it is like you're on my head because it is frustrating and you just want to know what works and it is frustrating when you think you've found a lifestyle that you can stick to and then lone and behold and your skinny girlfriend comes by and she just said Oh my god are you really eating that it is like bad for you and you were like what and I know that I can think back on when as a personal trainer I and all my clients are completely fearing fat. Right and everything had to be fat free and sugar free. I literally as a personal trainer I remember one day for lunch I had a box of sugar free snap well cookies and a diet coke. So tell me which on is the biggest myths that is out there right now . we know that the fat free and sugar free like you know we did that in the 90s but what is the most common current trends that you drives you crazy.

Natalie: One of them is the nutrition label believe it or not the part where it said the fat gram the sugar gram carbohydrates because I want the people to stop looking at that so much instead of read the actual ingredients because what happens is we get so much caught about how much fat, how many sugar, how many calories, they were forgetting about what are bodies are meant to do with that process real natural food and if we look at it a lot more simple and we actually know what we were eating can we just buy the ingredients it changes so much that is what is based everything on sort of on process or diet

Chalene: So if that should be the case and I am shopping tonight and normally i will pick up the box look at the label and read fat and calories and carbs and proteins and what you are saying is that stop looking at that instead take a look at the ingredients and so when read the ingredients what's something that I should go okay red flag.

Natalie: If you can't pronounce the word that is a big red flag.

Chalene: that is pretty much the all processed junk foods?

Natalie: yeah, all junk. you see all obvious chemicals or you see other words for sugar. I mean there is so much monos anything that you can pronounce is a problem.

Chalene:Well that is the problem. When I read the label I could see the end of the list so I don't need to see the word and read about it. Is there some truths to that?

Natalie: There's some truth a little bit because at the beginning it is supposed to be what is the majority but I wanna get away from that all together because if you're eating real natural unprocessed foods that you think things that once grew it is simple the basic that we all heard the basic parameters in the grocery store you know apple, carrots, chicken, anything that is basic and simple that is what we want so look at food in the box processed foods. there's a different levels of what is extreme and what is not. So if I pick up something and there is foreign ingredients it said things that we cannot pronounce like apples, water, maybe salt no matter whatever it is that is the better choice of foods than something that had a big paragraph of things putting red number or whatever and another word we can't pronounce whatever artificial flavor or color.

Chalene: Okay. having said that. I interviewed an nutrition expert recently from my podcast and one of the things that was really surprising and I know that was her personal opinion but she very much believed that people consumed too much fruits. And all of that fruit keeps us continually craving for more sugar and people needs to be careful about the fruit intake so what is your thoughts on that?

Natalie: I don't agree at all.

Chalene: yeah!

Natalie: Let me tell you why. Let me tell you why. I don't know anybody personally, of all my clients before ever obese because of too much fruit. If they are not moving and they're eating Doritos and ice cream and fruit then we may have a problem but it is very hard eating fruit when you're in a primary natural diet. If you're eating. If your foods are based on real food. I am talking nuts, seeds, proteins, real oils, vegetables, fruits, it is very hard to overeat stuff so if you're eating based on your meals on that and you will strawberries how many strawberries will you have eat to have a problem? I mean if you're eating buckets of, buckets of fruits fine I don't know anybody who does that.

Chalene: And so then are there fruits that are better than others and I know that one of the exciting things about your books it had me excited anyways it is all about fat burn recipes. Okay. How is it food to be fat burning and What are foods that we need to consumed to help us rap up our metabolism.

Natalie: Okay so to answer that question I have to back up a little if we are eating processed food diet. We have lost are sense of regulating what we need to eat what we should eat our bodies really don't know and we get this endless cycles of cravings and needing more needing more when you think about the last time you ate cookies or chips or something that is heavily processed food we tended not stop, we eat this. we started and eat it.

Chalene: yeah, you start eating and you feel no satisfied yet, you keep waiting for that chip for that last bite that okay that satisfied me not the fullness thing but the satisfaction thing, so what is that?

Natalie: and it never seems to come and when you are worthy and you have artificial sweeteners and your body thinks that you're getting those calories and it is not and it is consoling to make up for them, so if you're drinking diet soda, if you're chewing sugar free gums or your eating sugar free fat free Gelo your body thinks that you're getting calories but when it is not it will look for things and you will have this constantly cravings and hunger and you're not going to get this fat burning mode because you're constantly looking for that best thing and we are always looking looking but when you're eating a natural food diet things that once grew on processed foods and you give it a few days to come and kick in your body to be used to that.

Chalene: So, I will just have to interrupt you for a second. Let me tell you a second that people are so excited that you're giving them the permission to eat fruit, I am reading on it and I love it when people are YES, YES!! Okay keep going.

Natalie: I love it, I had to be honest I cringe the two things that I hate when I get a message about I was told about i eat too much carrot, there's too much sugar or I have to give up fruit. I am thinking where is this coming from because I get that, fruit has fructose which is sugar and yes how many times have you seen somebody legit eat overeat their fruit? You know if you're not if you're being inactive and you're eating junk. Yes that is adding to it but if you're eating a natural food diet, fruits starts peeping really sweets you, it is really sweet, if you're into a

Chalene: Okay I wanna go back to it is a personal question. Back story Natalie completely unrelated to the book but maybe kind of related. And she is full time working in a corporate sales, she had that 95 plus busy career managing tons of people in sales, struggled with her weight, struggled with her health, didn't really get into health fitness until what age Natalie?

Natalie: Oh my Gosh, late 30s.

Chalene: late 30s. You have a before photo do you? with you? Like in a book

Natalie: I maybe Oh my gosh I do but not in my hand right now obviously. I do have before pictures and it is funny when you don't like yourself and you don't like taking pictures and you're not feeling good and I was the one hiding off but...

Chalene: but what i love about it though. You're that kind of person that people see your stuff on Instagram and it was like oh she is a fitness model she has been training for years and years and years oh she always look this way oh I bet she doesn't have kids, so tell us because I want people to understand why this is your passion? So tell us how it is you left you know career that was really a high paying uhmm sales position and got into something that was completely outside of that and why?

Natalie: Oh okay, How I get into this all. first of all i am 44 years old now and I am a mom so I have had a baby I've done all that and uhmm but what happens was i was always interested in fitness nutrition but it was a hobby of mine it was not my career and I wasn't until I went through my own personal rock bottom that everything changed for me and I think my own personal rock bottom because I was look I look like I have this perfect life at this certain point and now on my corporate job with married at the time my now ex-husband lived in what look like a perfect house had a two dogs had a baby on the way and everything looked perfect and It was my pre-life because it was a very fake life because what people didn't know that I was extremely unhappy. and i didn't I thought that I had to be this fake person to other people I had to put on the facade of yes i am happy, everything is great and wonderful but because of that I was really wasn't i was eating to make up for things I was depressed uhmm this was the time when the \_\_ market crashed and everything sort of fell apart for me i became that person that was depressed and didn't have any money and I felt that I didn't have friends to talk to and I was going through divorce and I found myself becoming a single mom having to leave my security, my secure comfort job with the traveling time because I had figure it out so I was really I remember feeling being extremely scared, depressed and I felt that maybe I could only get on to grasp on control was my health and I thought about to focus on that that is really what lodge me to all these unprocessed food because I went online searching and looking for answers how to get myself healthy again I became so overwhelmed with all the information out there I honestly I was so confused and I kept on reading that I needed to do this work out or that or drink this shake I don't know I was so confused.

Chalene: Natalie, I wanna keep your voice for a second because I think there are so many people who can relate to what you said which is i didn't want to burn other people didn't want to tell people that I was unhappy I didn't want people to think that it is like that I feel like a whiner or a complainer you got this nice house you got this nice car you this nice job what do you complaining about how dare you be unhappy. and I think that there's a lot of people out there, especially women that we just think not to burn anyone else on I will handle my problems myself I would not talk about this but yeah I am sad and I am going to turn on food and oh yeah I feel unhappy or I feel like I deserve this god dammit you know like it is eight o'clock at night I'm going to have that glass slash bottle of wine and I'm gonna eat this and i deserve it 'coz I really have a hard day and everybody counts on me and I think that and I'd love to hear because I am reading the comments live how many of you relate to the feeling exactly that like that is the thing you turned to because you don't want to burn anyone else and then to realize that it is not helping you long term and it is not giving you momentarily satisfaction but then to realize okay needs to make a change I want to make a change but it is so confusing and was it something physically was it something you gain a lot of weight or were you actually feeling sick that splurge your

Natalie: It was everything, I gain I had gain. I was 65 pounds heavier than i am today but it was 50 pounds I gain when I was pregnant a little overweight and I gained this 50 pounds it was eating junk that comes from myself so I was then eating junk that I was more tired and that I had no energy I didn't understand how much food would really put a role on that my gosh it played such a role and to make that worst when you're feeling depressed and I played it and you're wearing sweats on the couch and nothing is feeling tight because you're comfy on your couch and you think you want to see more, it is a vision of, it is a cycle. It is a worst feeling.

Chalene: Natalie, I wanna know what is different about this book because I know that you've helped thousands and thousands ten thousands, hundreds of thousands of people with your seven day jump start but this is different and so this a book that you published and it is a hard copy book and it comes, is it available yet?

Natalie: yes, at may third it hit stores everywhere you have to have a pre-order now because it is basically available now

Chalene: We'll pretty order it

Natalie: Yup, we could get in the AMAAZON, Barnes and Noble or go to nataliejillfitness.com/book

Chalene: nataliejillfitness.com/book, okay so you know we are friends but I want you to share the story because what I said to you well why don't you produce your book which you already written called 7 day jump start because you were so I can't talk right now, I'm researching I am writing, I'm researching I am writing, so what is the different?

Natalie: because I wrote the original 7 day jump start when I was in my first start my own information digging and I learned so much since then and even that works this works better this is new information this is the most up to date information what i really found is much about help people what I found the one with more choices and I wanted a lot of food options that tasted great, and I want to show people how easy made me unprocessed food diet can be and how amazing it can taste while you're burning fat. So this book has brand new 84 brand new fat burning recipes like i never shared to you before last of options even seven and so

Chalene: I so love that after work out on this book.

Natalie: yeah that is another thing so the other thing is that i love working out as you do Chalene everyone loves working out but i often know what it like when you're starting and you don't have the time and you can't afford the gym like you don't have the time the big one so I put seven minute body weight work out i personally used my uhmm self that will help you get in the fundamental shape and if you cannot have the long work outs and all the intensity there's seven minute body work out

Chalene: I'm glad you said that, I happened to know that you know you have some setbacks this year and you have to go to a couple of spells but you quit on exercise some other calls it a controversial question and I want your honest opinion. What matters more our nutrition or our fitness I know we need both.

Natalie: My gosh it depends I don't have, 'coz part of me will say if you cannot be active you cannot be an athlete then it is nutrition, nutrition will conquer all but however when you're training intense you are in an athlete mode it starts to shift and your nutrition and your diet have more flexibility there because I watch I watch people analyzing Michael Phelps diet how could he eat all this carbs and pancakes and my gosh he is training for hours and hours a day intensely in Olympic when you're doing that diet you will have a of flexibility most of us are not training like athletes every day. Diet is important.

Chalene: So this i would love to know, I know that there's people there right now who they know you exercise but i don't think they know that your exercise are so short like you that is one thing the first I met you I don't think that you do cardio like No Chalene what girl you don't have to don't lie to me i will find out don't tell me that you have those abs and that body but you don't do cardio but i used to but because i have this body because i trained the right way and i love that and i want that

Natalie: and, and people will tell me all the time

Chalene: people who hate exercise and they don't want to exercise, i understand that but I think it is really important to start feel better about yourself and the reason why people don't like to exercise it because they feel physically they feel tired they feel run down and there's no wonder that they don't want to exercise so what is your opinion on people who just start off this new kick this new healthy lifestyle by just focusing more on their diet?

Natalie: it's great, that is by original the seven day jump start is based on diet and that alone will change so much but this is what happens when you start eating right your energy start coming back you start feeling better of yourself funny thing happens you don't want to eat more, So it starts to shift and you know there are several reasons why people get overweight and out of shape get tired and have those crazy cravings diet is a very big part of it but also sitting all day is very big part of that. you know why you do that

Chalene: sitting is the worst thing you can do, who invented sitting.

Natalie: it is horrible the more your moving the better but it doesn't have to be crazy intense uhmmm working out but you could love that and it is amazing but you don't have to do that to get started so that is for me is an excuse to hold people's back but you could do so much more in your diet.

Chalene: I have a question from Dana who is watching us live right now , and she sad Chalene i want to know ask Natalie what her thoughts on Pasteurized dairy.

Natalie: Yeah, that is a good question so it all depends i am a fan actually of the raw when you get to it when you pasteurized stuff we are quitting that is where people that are lactose intolerant our body is not recognizing it a little process events so when you can switch it to raw a lot of people that lactose intolerant don't have so much trouble I am a fan of the raw when you can have it however there is always a way about everything is not so black and white dairy can be fine for people in moderation one of the things i talk about in my book actually all the programs is that there are few trigger foods that bloat people create more cravings higher create implementation and I'd like people to value initially just to how their body react and they are pretty much basic one is wheat others dairy and the others are artificial sweeteners .

Chalene: I love that when you say that because I also agree that our no hard intense rules for all people because we are different you know my genetics is different from your genetics my sister and I have different genetics food responds differently from the both of us the way our bodies responds to the work out is different so get on somebody is to rules uhmm it is sometimes finds disappointments people will get great results and so maybe there is something wrong with me and i love your approach and you've always said that you like it depends but I'm gonna give you all the details so that you could test it for yourself and make the best decisions but i love that you believe and you're sharing the book how important when people should figure out here from themselves so that they can maintain it for a lifetime.

Natalie: So what I teach in my book is I really tried to teach what is happening to your body so you can eat in certain ways so that you can make a better choices and so yes I have a seven day meal plan there I have lots of recipes and all that but it is really designed to teach you in a very basic way I have the Science to back it I have the resources there but I wanna to talk to people the way I talk to mom park or where i talk to you Chalene right I want to explain in simple terms so that everybody can understand. so when you go to a party and you're tempted with that you would understand and make an educated choice and or my friends told me that i can't eat that and not knowing why.

Chalene: Knowledge is the key. and this journey started for you because of because you discovered your celiac.

Natalie: I have discovered I have Celiac years before when I struggled on this but it interesting that I went on gluten free just because your gluten free that doesn't mean you're eating healthy because you eat all kinds of gluten free cake and cupcakes and bad and it is not going to help you but when you're eating a naturally unprocessed food diet that is influenced by nature and so much more when i go gluten free I don't know everyone should go gluten free and everyone goes unprocessed food were yeah i pretty much recommend that to everybody.

Chalene: okay, and and now let's talk a little about the recipes so for those people who go and pick up the book I highly recommend you guys, I mean I just you know me I don't like trendy stuff I wanna be honest I want you to do something that does not mean you're on a diet routine for life so that is why I have Natalie with me here today because I believe this is the kind of thing that empowers people it is knowledge base like when you understand why as she just explained there is so much easier to go oh what can you make a decision for myself and I can start testing these things this is out of my diet and see where my body responds and I can put it right back in there's no problem and and it it is your body should be something that gives you energy and you feel really good about and affects your mood and people will not realize that what you're eating is like a drug so I want people to understand when I pick up the book what are they are going to learn and what are they are going to feel.

Natalie: The first thing is that you are going to learn about empowering yourself and not beating yourself up. I mean really I approach everything from my Facebook post and to what I spoke that way is this empowering and encouraging somebody or are they going to make it a failure because I don't want that so everything is encouraging and empowering and I don't want the whole subtraction mode so instead of focusing so heavily on the things you can't have I go to really having so what you can have

Chalene: I like that.

Natalie: CAN. because the more on addition versus subtraction and it is very encouraging when you're focusing on what you can add. the more the good we add the less there is for the bad so I say that to everything so we can say that to the positive people into your life more movement more on the right food. Focus on that versus all these crazy this you can't have and make love to everything you have.

Chalene: yeah, I like how that feels, what about the recipes on difficult, hard? What can we expect?

Natalie: No, little about everything but I have 84 you guys are so good I can't even, I'm like my whole team we've been tasting these everyday like this is what we do for lunch but let me show you there's fries and peas and I am giving you permission to eat French fries. There's uhmm.

Chalene: Are those sweet potato fries by chance?

Natalie: let me show you.

Chalene: You guys pull out questions for me?

Natalie Team: Yes we could pull out some questions.

Chalene: are those sweet potato fries by chance?

Natalie Team: No, potato fries.

Chalene: I am potato fries suckers.

Natalie: Well look this is pudding, I am not going to tell you what is in it

Chalene: You get to have the book.

Natalie: Some people, I want people to try because I want you to try, I will read to you the ingredients some time. There are lots of it you found good but you have to try because it is amazing and more puddings and

Chalene: Oh yum yum

Natalie: So especially \_\_\_

Chalene: So let me ask you a question, Are those people vegetarians? You know I heard that you mentioned that people need proteins, Can we get that protein, how do we get protein? And do you have those recipes for those people who are vegetarian?

Natalie: First of all Protein is in every food. When people ask about protein you know I am a fan of protein but you can get protein from everything. There is a place when you are a vegetarian or a vegan. If you're vegan I am going to go straight up but if not vegan there are definitely some vegetarian recipes that I do have vegan recipes in here but it is not a vegan book uhm I respect those who are vegan but it is not what I talk about or do in here but there is definitely some vegetarian recipes.

Chalene: My daughter is uhmm she's not really vegetarian but we call her \_\_\_because there's rules but you know she doesn't just like meat and she is 16 and she is 16 and she could figure out modify meals, sorry guys but I have to tell you but it drives me crazy of people what do I do when I am vegan you're vegan, you figure it out you know what to do like you know what to do then you wouldn't be calling yourself vegan and you know so what recipes can you modify

Natalie: I could swap up

Chalene: and you can go to restaurants and order modify so you take the foundation of these recipes and you can make it work for you . What do you think about all of the uhmm all of the I will not say hype on the people were like what do you think about Paleo. Let's say that.

Natalie: ahh I love these questions again if you're putting people in a category then you're making them a failure if they were going to stick to that . So some of my recipes are Paleo yeah sure they are I am gluten free they are all gluten free are they some vegetarians like these all these labels I am over labels than you're a failure think it is like a Paleo means you never been than people like you can have more butter than some none on the other I don't know it is just the labeling needs it got out of control tome let's focus more on all the good things because look at okay vegan and Paleo extreme different they are but they are also into unprocessed healthy foods healthy foods in most parts there are still similarities too. I wanna drop the labels and that is why I am saying everything is unprocessed and on diet d because that is really the general whole thing that I want people to focus on and not to live up to some category or specific type of label diet.

Chalene: What about rice, isn't something rice that grows on ground what is your position on rice?

Natalie: Rice is in my plan, I have Rice on my plan. I have potatoes in there. Those are natural unprocessed food.

Chalene:Wait a second. Everybody stop, Everybody stop. The woman has abs and she said we can eat potatoes and rice?

Natalie: YES!

Chalene: Are you sure?

Natalie: Yes!!! of course you can.

Chalene: So, I know that I know that is not the norm, and I love that I don't care what everybody is saying, I've done my research and here's why it is okay for my body, it is okay and it is already part of my plan. Explain, defend rice and potatoes. Would ya?

Natalie: Let me, I did not tell everybody to eat 10 servings of rice today. that is not what I am going to say but what I talk about it is once through and it is natural place for it. So we could have it in moderation we have choices so with your primary Carbs that would come from vegetables, good fruits which are allowed in all my meal. And you want to have a couple of starchy Carbs today and eat it in moderation it is fine in this plan and it works some life and my thing is anything I put out there as a diet or nutrition plan I need to work on your life or you're not going to stick to it.

Chalene: Somewhat true. A lot of people are asking because it is uhmm a processed obviously is a protein powder and doing protein shakes so what's your thoughts on that.

Natalie: Yeah, You can define processed in a lot of ways and I say on process on your diet you don't shrink anything in processed because that is impossible so yes there is a place for protein powders I used protein powders myself. My thought and what I tell people about it is to know what you're eating. If you are using protein powders I all for it, you just read the ingredients know what is going on coming on your protein powder I am not going to get in the brands here but

Chalene: there are all equal.

Natalie: there are amazing in and some aren't.

Chalene: yeah, that is so true and what is your thoughts on when you're in a pinch and you got to go through or you got to eat something, do you think it is better for people to wait for several hours and feel those pains of hunger until they get how many something on process. Is it, are there things for people that can eat when they're on the road and when they're with their kids and they're t going through a drive-thru

Natalie: There is definitely things you can eat on the road and with kids through drive-thru of course there is, there is better, best and ideal you know like you're starting pages so, if you're living on junk right now there is a next step is better there's an ideal perfect step but it is all on processing it's going on baby steps and here are things that I want to tell people we got into this mindset that we can never feel hungry and we can eat in two hours or our body is going to eat our muscles it is not true and when you are eating food you are not burning fat I just want that clarified that when you are eating all day long and your eating eating and you're not giving any chance your body to burn fat so it is not the end of the world and we have a few hours you are waiting to get home and eat so that is not a danger zone we are not going to eat our muscles we are two hours late for a meal that is a myth and that is been disapprove and it is not true and yeah you can, do I love eating fast food chicken no is it okay in a pinch sure that's life. So you know it doesn't have to be extreme again I don't like that kind of chicken but that is not my choice but eat it a pinch and it is your better choice than what else there is so that is your choice while I can teach this in the book because I want everyone to make a better

Chalene: Okay more questions coming in, uhmm What about cheese, can I have cheese? Can I have yogurt, what about go.., okay what about Ketogenic how can I be?

Natalie: So okay, that is again another extreme can you go on a Ketogenic diet where you are forcing your body extremely low carb and only eat fat and burn fat? Yes, you can but can you do that for life? I don't think so. If you can and you found a way then Kudos to you but if it is not working for you struggle and it is hard look at that I knew, I know you can't it is not a one time.

Chalene: In my opinion, it is something not worth trying, okay Can I just wrap up these questions at you?

Natalie: Yeah!

Chalene: I love it, What about eating just fruits in the morning Can I have them I think you kind of answer that all day long.

Natalie: All day long. Why, Why just in the morning? Why?

Chalene: Also do you feel that you need to Detox your body before starting something like this?

Natalie: No, when you're eating, your body is not design to do this, we have kidneys we have liver we have all the stuff when we are eating in a natural diet your body works right. you don't have to go on this crazy.

Chalene: Oh, that is really a good one. Natalie, If I buy your book and I start the 7 day Jump start, am I still able to get my coffee?

Natalie: Yes, I still have my coffee every day. I love coffee.

Chalene: hey hey! Coffee is the way. Alright next is uhmm I don't even know what it means. Food combining?

Natalie: Yes, but also again if you're my combining will goes to far as Protein Carbs and Fat are we getting Protein, Carbs and Fat in our meal. That is my combining rule. So if you care about yourself then you will not die.

Chalene: Soy?

Natalie: Uhmm I am not a big fan of soy but again it depends Soy is heavily genetically modified which is a whole another different conversations but if you are gonna have soy i'd rather have a real food like \_\_ versus processed stuff and sweet that is estrogen producing which is might be fine to some but not with others so it will just messes up our hormones not a big Soya.

Chalene: Why ghee over a regular butter?

Natalie: Because I clarified butter is what you want, it is like the best quality butter and ghee is actually an Indian food and it is a sweeter than butter clarified butter that is sweet tasting, I love it and it makes you stuff yummy.

Chalene: Where did you get Ghee?

Natalie: Any stores have it. Any grocery stores have it for sure whole foods and national foods are so well but it is yummy I put it on my coffee.

Chalene: Butter in your coffee? Okay Girl. I love this.

Natalie: What was that?

Chalene: This question is so good, What about the hype around coconut oil?

Natalie: I love coconut oil but I don't know again all the hype it is not one thing solves everything. So yeah, Coconut oil is amazing I used it but MC2 oil is great \_\_ are so many oils you know it is not about one thing is everything so coconut oil is great and so is ghee so as avocado oil there are a lot of oils that you can use and find.

Chalene: How many calories that they should be consuming per day?

Natalie: The question crack me every time, first of all there is no way to know let's just get rid of that because if I, If Chalene and I both eat an apple how many calories are there in an apple I mean how big is the apple how ripe was it. I don't know, if we both go for a run where are we starting from, How many hills would we go on there's no way to know the exact that doesn't matter the thing that I get away from and my rule in calorie counting because there is no way for sure that those machine are not accurate and we do not know exactly what we were eating and we tend to overestimate always how much we are burning and underestimate how much we were eating so instead I focus more on portions on how we feel versus the counting the calories.

Chalene: wow! Very good,uhmm but let's say we were just talking about this morning I was lifting with a couple of girlfriends here and \_\_ gym and we were talking about that exactly that the average person may not really know when their full and how much is too much because they had so many years of bad habits and overeating that you know that they get on the plane and the size of the meals like this is ahh like childlike portions and that actually those are average size portions what we should be consuming so with that in my mind is there are a base point that people should how would you know that you if you never if you never figure this in the past if you really yearly years and years of bad habits how do you know okay I am eating enough okay I am eating too many calories.

Natalie: This is exactly why I wrote this book, this is exactly the whole problem here we were eating the wrong foods and we lost the ability to know when we should stop eating and when were full because we are eating the wrong foods for us and they're triggering all these process foods are making us crave more and we have lost the sense on when we should stop when we're full. We need to get back to that and when you unprocessed the diet the right way with the right foods you will be amaze that their changes it completely changes all the sudden you know would absolutely know that you will just have to give it to those days of cleaning out your body and eating right.

Chalene: And people want to know that, is this 7 day Jump Start is it a 7 day diet or is it a lifestyle plan?

Natalie: So it is both. It teaches, the 7 day diet is in there because I know people want that and tell me the black and white what do we have to do so I put that there but I spend the rest of the book teaching you choices how to do swap outs how to make recipes how to fit this in and I have the seven day plan that I know and if I follow it that will work and ask for if you don't want to think because you know I just want things to follow.

Chalene: Right and how long will it take to see results, people want to know.

Natalie: Immediately, you'll see, you'll feel it in three days. You'll see it in week one. The reason that I am aggressive to five to seven week one and I need to explain that is that I am not talking about 5 to 7 week one because that is not realistic for most people but if you're eating a heavily processed junk food diet and you have all the weight to lose that maybe but for most people what happened is you're going to lose those excess bloat and water and in addition to fat and that is why we have bump per week.

Chalene: the what?

Natalie: and it is like whooping, and you have a bump from week one, but because of that good thing people think that water weight is bad thing. It is a good thing to lose that and you're feeling encouraged and you will feel motivated to keep going and we shouldn't be walking around bloated and feeling like that all the time.

Chalene: True.

Natalie: So when we get rid of that, and we could encourage ourselves

Chalene: So what can people expect from the work outs?

Natalie: Ohmygosh. You can put

Chalene: Do I need equipment?

Natalie: Nothing, There's no equipment.

Chalene: Do I need to be coordinated?

Natalie: You can do it at home, you don't need to be coordinated, I progress everything. You can be beginner, you can be advanced there still going to work for you.

Chalene: And then it will be. Describe your work outs. Your approach to fitness let's just say.

Natalie: Yeah so, My approach to fitness is that I do functional training. Which means I am not a machine person, I'd like to use my whole body as one and you're using multiple body parts and I don't like to isolate and restrict things because that is what increases balances the whole other topics but I approach every exercise in every combination move working more on multiple muscle groups so we are going to build muscles a little bit which we should help with fat burning and using overall more calories in a day help toned up and shaped up and we are start to feeling more confident. The best part of my work out it is a stand point on how to prevent and ease up back pains because of the other things that women struggled with. Especially women struggled with a lot so it is friendly for that.

Chalene: Really, about how many work outs? And so it is in the book so how would I know what I am supposed to be doing?

Natalie: It is so detailed. Now listen, I put my life into this book. I seriously Chalene, I put my life working on this book.

Chalene: Really, Natalie.

Natalie: Everyday is detailed out, exercise instructions.

Chalene: Wait show us that again. It is beautiful. Show me again those pictures, Let's see. Those are really detailed tutorials.

Natalie: Really detailed like every exercise is gonna be exactly what to do, and what happened especially for you guys are pre-ordering. There is a bonus you get my simplify programs which is going to be launching on June and July. It is a 100 dollar program months yet but you will get free access to peaks and all of the stuff and videos too.

Chalene: Okay, wait let me just clarify that so you're saying that do they have to get that in AMAZON or do they have to go to your website?

Natalie: You can order it from AMAZON, Barnes and Noble anywhere but if you go to nataliejillfitness.com/book and there it prompts you with instructions and put a receipt and when you get it from and you will get or be the first to have an access to simplify program when you launch it just like what I am doing it now with you, it is a full academy with me explain it in detail and few work out.

Chalene: So it is your book coming to life, so it is actually a video of you in same work out it is cool that is awesome. And I think every people learn differently like I always buy a hard copy of the book and I enjoyed it I later buy the audio find because It's like, it thinks differently when I listen to it or watch somebody so I love it when you tap on both learning. That is really cool. Natalie, thank you so much for being my guest today and answering so many questions.

Natalie: Thank you!

Chalene: You know being a renegade, being a person you know yeah I knoweveryone says you can't eat rice, I know everyone says these are the rules but let's face it we all have different parents we all have different DNA let's just figure this stuff out and enjoy life and you helped hundreds of thousands of people you've got, you guys check her out her Facebook and on Instagram don't take my word for it obviously I am biased but just read from the people who Natalie has helped changed their lives changed their bodies and changed the way they eat changed the way they feel about exercise and go get this book because that is an incredible offer that you are giving the academy with it that when that launches but the mean time they got your very first book and we know that it is going to be a best seller so grab it before it sells out people.

Natalie: Thank You!!

Chalene: You're Welcome. Bye guys!

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