

GET FIT EATING 2,000 CALORIES A DAY!

COCONUTS & KETTLEBELLS

A PERSONALIZED 4-WEEK FOOD AND FITNESS PLAN
FOR LONG-TERM HEALTH, HAPPINESS, AND FREEDOM



75
SIMPLE
AND DELICIOUS
REAL FOOD
RECIPES

NOELLE TARR AND STEFANI RUPER

Noelle Tarr

**Coconuts and Kettlebells: A Personalized 4-Week Food
and Fitness Plan for Long-Term Health, Happiness, and
Freedom**



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Created by the expert hosts of the favorite Well-Fed Ladies Podcast, a step-by-step meals and workout plan for women, that teaches them how to improve their health simply by changing the quality—Coconuts and Kettlebells is illustrated with color photos throughout. grains, dairy, vegetable natural oils, and refined sugars—To consume your way to better health, you don't—Noelle and Stefani know about eating for health firsthand. t need to count "points. A thorough whole body program to get and keep you healthy inside and out, Coconuts and Kettlebells supplies the knowledge and equipment you need to heal in a way that is effortless, rewarding, confidence-boosting, and everlasting. Better health doesn't and take only thirty minutes. It comes from focusing on the quality of meals that you eat—not the quantity. The favorite hosts of the Well-Fed Females Podcast need you to spotlight the good issues you eat. Rather of limiting your food intake you need to be enriching it, argue Noelle Tarr and Stefani Ruper. They want to make sure you get enough food which means that your body gets the energy and nourishment it requires to support a healthy, long, and energetic lifestyle. You don' They discovered that the secret to improving wellness was in fact more food: they ditched the diet books, calorie counters, and scales, and started eating their way to health. They, too, struggled with confusing and frustrating medical conditions, including infertility, digestive issues, acne, polycystic ovarian syndrome, hypothyroidism, and anemia. In Coconuts and Kettlebells, you'll eat in least 2,000 calorie consumption a day thanks to a delicious collection of dishes that are gluten-free, grain-free of charge, and paleo. Within those 2,000 calorie consumption, setting the very least intakes of protein, extra fat, and carbohydrates instead of the typical maximums will ensure that your diet is full of nutrition, while also providing versatility to enjoy what you' Each meal plan includes a weekly shopping list, helpful information to kitchen equipment and tools, and instructions on how to batch cook, meal prep, and stock the pantry. Noelle and Stefani identify the Big Four foods—of the food they eat. that cause the most health issues among women. While many diets need you to eliminate these foods completely, Coconuts and Kettlebells has an easy-to-follow step-by-step program to test these foods and determine which you need to scale back on—and which you don't have to limit your calorie consumption, or lower out carbs or fat. to experience better. To help you discover how the body responds to the Big 4, you'll choose from two simple 4-week meal plans: 1 for the Butter Lover (people who have a tendency to feel more satisfied feeding on higher ratios of fats) and a single for the Breads Lover (individuals who have a tendency to feel more happy feeding on higher ratios of

carbs).re eating. In addition, you'll get access to over 75 gluten-free and paleo-friendly flavor-packed recipes (free from the Big Four foods) for each meal of the day, including:Coconut Chai LatteKale and Bacon Breakfast SkilletApple Pie SmoothieThai Coconut Curry ShrimpMoroccan Lamb MeatballsShrimp and Cabbage Mix FryParsnip and Carrot FriesMango Jalapeno SalsaChocolate Cherry Energy BitesLemon Raspberry Mini CheesecakesTo go with the meal plans, Noelle and Stefani also provide three 4-week fitness programs tailored to three experience levels: newbie, intermediate, and advanced. All the workouts can be done anywhere—at your home or on the street—t come from limits."not really the quantity—



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An awesome book for a healthy reset! This book came up as a recommendation when I purchased another Paleo(ish) cookbook and I purchased it based on the fantastic reviews it had. I wasn't familiar with either writer but have since began following their podcast (Well Fed Females) and am loving it! I have read through the complete book and tried a couple of recipes. I haven't gone through the complete 4x4 plan however, but I plan to start in a couple weeks. I have read through a few dozen books on diet/health/fitness before but I really enjoyed that one. They are really focused on total body/brain health, self love and recovery and the whole book is just filled with love and compassion. This book Can help you get on track, stick to track, and assist you to feel empowered while doing it. So far I've really liked the recipes that I've produced and I cannot wait to try even more. It really is a little different than most other cookbooks that I've. The majority of the recipes that I have seen are fairly "simple". Everything today's women have to hear about health, nutrition, and training. I think it's much better suited to somebody who is active and just wants to get healthy food up for grabs quick without a ton of fuss. I really like that part! That would make it stellar. Each food plan has a full grocery list (such a time saver! Excellent Publication! It's wonderful! Parts of the publication place tears in my own eyes when they discussed loving the body as-is! This book is amazing! I have already been following these lovely women for a long time now - and I must say that I was HONESTLY super impressed with their book! This book is a must for every woman! With a stocked kitchen there isn't much you won't currently have, this means not spending extra cash just to cook healthful. I am actually loving feeling satisfied after each meal and specifically enjoying eating more and well balanced meals while doing it. A great resource for anyone looking to improve their health! They have changed mine. I'm convinced and I'm excited to check out the Meal Plans since I know are going to be tasty, delicious, and faster and cheaper than a few of the other Paleo resources out there. Most of us have the capability to change what we eat and how we move our bodies to be able to promote wellness and ward off disease. Great place to begin your health journey!..The 4x4 is a wonderful place to start. Buy the book, listen to the podcast (Well-Fed Ladies), stick to on instagram (coconutsandkettlebells), and interact the motion of ditching the 'diet plan fads' and getting women back to wellness! Are you a Butter lover or a Loaf of bread lover? You've gotta read the book to discover! In the event that you feel like your mind is spinning from all the diet dogma, get this book! Health insurance and Self Love? I really like anything Nicole and Stefani related, they make my soul experience lighter and better simultaneously. More than only a cookbook I have already been a longtime follower of the Paleo For Women podcast and was thrilled when this cookbook was released! The layout is beautiful and easy to read along with, the images are stunning, and the information is usually well

researched and very easily understandable." I hate to provide away my quick-kitchen-prep-secrets but this one I'll rave about to anyone who asks!! This book has everything! Check out The Well Fed Women Podcast too if you haven't yet, it's a terrific way to start your Tuesdays!! This book is normally filled up with their message of loving your body and operating with your body to love and nourish it in every the very best ways. It's more than only a cookbook. It's an education on why women have to be eating more, something that is so often overlooked, specifically in the Paleo community. Anyone who is familiar with Paleo can skip over the intro, but be sure you read about the minimums on protein, fat and carbs. I really like their approach. As anyone who has tried (and failed) multiple instances at tracking macros, this is a more relaxed approach-get a MINIMUM of X protein, X extra fat and X carbs (along with caloric minimums). You wouldn't think you can work up a sweat with just a kettlebell, but you'd be amazed! Pick your length, focus, and if you would like power or conditioning and get to function! Delicious recipes aside, there exists a great home workout guide in the trunk. Knocking a single star off because while they put the emphasis on calories and eating enough, they don't have the nutrition count in the book.) and guidelines for make ahead food prep to save lots of time throughout the week. That's not to say they are boring or lacking in taste at all, but if you are an aspiring gourmet chef, it could not be your cup of tea. There's grounds this book has regularly been the #1 new release! This is simply not a "diet" publication and if you're looking for health gimmicks, you earned't find any here. Simply nuanced, well balanced thoughts from some smart women. Amazing recipes, easy to follow (and scale) exercises, and much-required voices of reason in terms of a healthy method of nutrition. Great work Noelle and Stefani are truly two voices of reason in the crazy world of health. They embrace consuming more food, not much less, and that was therefore eye-opening to me when I first heard their podcast earlier this year. Thanks to make the publication approachable and easy to use, girls, you nailed that one! YES! A Must-Possess for Your Library! Noelle and Stef are excellent! Steph and Noelle knock it out from the recreation area with great nutrition information, wonderful recipes and just an overall "reasonable" place to begin if you are seeking to really change your nutrition due to unhealthy habits, a ailment, etc. Yes, it's a cookbook and an exercise book (and I'd buy just for these 2 items!), but it goes one stage further... these girls hold your hand in a 4-week plan as you figure out the very best food and workout plan for you. BONUS: amazing meals photos and easy-to-follow fitness demo photos. The kettlebell workouts are also fun and demanding ?? and modifiable to ALL skill amounts. I can't recommend this book enough for people who possess struggled with these issues previously or present. That is an excellent food! THIS BOOK! LOVE THIS BOOK! The strategy in this book is so amazing. I love that it functions in mindset and not simply diet. If you

want to do an elimination diet plan and want some help.. This book WILL help you obtain on track, stay on track, and help you feel empowered while carrying it out. This book is so great on so many levels. This book is approachable, useful and in depth. Truly good details (and the recipes are sooo yummy - I've tried 3 already and loved all of them). Amazing book worth the money It has weekly Meal plans, meal prep plans and the shopping list which make living a healthy paleo lifestyle so easier. I love these females and their podcast so much. They give you the tips and supportive encouragement I need to hear. Health insurance and nutrition don't have to be this difficult ideal that we all make it out to become, and these women offer you all of the tools in this publication! Every woman needs this book! the workout program is challenging and simple to understand Love love love this book Informative and Fun! I absolutely LOVE this publication! Every recipe I've tried has been brilliant, and my husband and mother-in-law have both asked "this is so excellent how did you perform it? I really like their outlook on personal love, diet, and fitness.! I have had some books before that provided awesome meal plans but required making complicated dishes for breakfast lunch time and dinner - I simply don't have time for that! They are easy to make, use things that are inexpensive, and available at your neighborhood grocer/farmers marketplace. It's super interesting, the recipes are great, and the plan is easy to follow. I'm therefore grateful to Noelle and Stefani for creating a source for women seeking to enhance their health through diet, while focusing on self like and a body positive mindset. Life Changing These ladies and their perspective will honestly change your life. Additionally, only having to use one piece of equipment to get a total body work out saves money. This publication is full of true health from the host to live and acceptance. Eliminated are the days of restriction, over exercising and under eating. LOVE LOVE LOVE. It is worth your money. I Recommend their podcast aswell. This is the best paleo cookbook for anybody starting out or attempting to get fit but not starve.! I recommend it to anyone and everyone! I've been a long time listene of Noelle and Stefani's podcast, so I had to obtain the book.If you are interested in an application to create you up for long term health, just a couple good clean recipes, or involve some food intolerances that you will be trying to work out, I'd give this book a go! I feel enjoy it is an excellent book for a newbie in addition to wellness globe professional! Every girl should read this book! I myself have already been racking your brains on which foods agree with me and which don't, and there strategy is very possible without feeling overpowering. Great resource, great authors! I've made many of the recipes and love every one (Apple-Poultry Skillet pictured ?) therefore does my hubby! I need recipes that are fast: they delivered. It is full of nutritional information as well as meal plans, quality recipes, and fitness programs! The book is filled with information on diet, macros,

calorie consumption, overcoming diet guidelines, and how to eat more intuitively, along with easy to check out meal plans, quality recipes and even workout routines! I'm excited to check out the specific Meal Plans. I began with dipping my toes; making 3-4 dishes this week, adding the workout routines to my routine aswell. I have discovered A LOT about nutrition, hormones, and symptoms that your body portrays in response to low quality food choices from this reserve. I am pleased to support their function by purchasing the book. Looking forward to even more from you (as always), keep up the excellent work. - Sonia



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