



# The 20 Minute Meal

The Kickstart  
Guide to Eating  
Intuitively

**Eat more of what you want without restriction!**

# Did I hear you say that all the crazy diets you've tried aren't working?

And that they're making you feel even more miserable than the extra pounds you've been trying so hard to lose?

Are you one of those people who has tried just about EVERYTHING under the sun to lose weight—you name it—I'm talking Atkins, macrobiotic, paleo, gluten-free, fruitarian, vegan, pescetarian....?

Are you feeling so frustrated by your weight loss efforts that you want to make a huge bonfire in your backyard and burn all your diet books?

If this sounds like you, then you are in the right place... WELCOME!

I am here to let you know that there is another WAY of eating where you can lose the weight without the suffering. Take a deep breath and I'll say it again... you don't have to suffer anymore to lose weight!

Don't believe me?

Then close your eyes and try to imagine a way of eating that involves no calorie counting, no restricting, no bingeing, no starving, no forbidding, no eliminating and no weighing your food!

Can you imagine a WAY of eating where you can still eat everything (yes, I said everything) you WANT to eat while maintaining a positive sense of being in CONTROL?

But before I let you in on this amazing GIFT I have to offer you, I'm wondering if you've ever heard of something called the Cephalic Phase Digestive Response or CPDR?

Well just in case this is new to you, this is what CPDR is and this is how it works:

CPDR simply put means that the thought, sight and smell of food stimulates gastric secretions in your gut to prepare for the digestion of food even before you have taken your first bite.

What this means for you is that much of the pleasure of eating is derived from your anticipation of the sensations, textures and flavors of food.

In fact, researchers have estimated that as much as 30-40% of your digestive response to a meal is due to CPDR! (That's before you've even taken your first bite!)

The reason being that the way your brain works is that it must experience this pleasure and satisfaction from the thought of food even before eating in order to signal to your body to stimulate digestive juices.

BUT here's the catch... if you eat too fast or absentmindedly, your brain will interpret this culinary experience as unsatisfying and you will therefore be left feeling hungry—even if you have eaten a full meal!

Basically, the more AWARENESS and PRESENCE you bring to each meal, the LESS you'll need to eat.

And vice versa, the less AWARENESS and PRESENCE you bring to each meal, the MORE you'll need to eat.

Isn't that just amazing?

I knew you'd think so!

# So let's move on to the one thing you can do to lose weight successfully without the suffering, shall we?

And just so you know:

- It will only take you 20 minutes at most
- It doesn't cost a cent
- It doesn't require any willpower or motivation
- You will lose weight without changing anything you eat

*Here it is... introducing...*

## **“The 20-Minute Meal Method”**

The 20-Minute Meal Method means an end to a lifetime of failed dieting and the beginning of a NEW and PLEASURABLE way of eating that you have only ever dreamed of before!

To get started, all you will need to do  
The 20-Minute Meal every day is....

1. A clock or a timer somewhere in sight
2. A pen
3. A special meal journal

Let's learn how it works:

# What to Eat.

## Eat. Anything. You. Want.

(Double head-turn!!!) What did you say? Are you serious? Too good to be true! No way!

Yes, I'm dead serious! Read on to find out why...

Remember earlier when I explained about the amazing benefits of CPDR, well now it's time to take a good look at why weight loss is less about WHAT you eat and more about HOW you eat.

I'll mention it again, just in case you didn't believe me the first time... our minds want to experience the **pleasure** of eating (the process) and not just the aftermath of being full (the result).

Just like in other areas of life when you are too focused on the result and forget to smell the roses (or the roast potatoes with sprigs of rosemary) or to feel the grass beneath your bare feet (or the crunch of the balsamic-infused romaine lettuce) or the wind in your hair... you get the picture... you lose out.

Food mirrors life and just as in life we know that the **pleasure is in the process** way more than in the end result, so it is with eating! Which brings me to...

# How to Eat.

**Starting with your next meal,  
follow these simple steps:**

## ***Step #1:***

- Check the clock before you start your next meal
- Eat your meal at the pace you normally would
- Check the clock at the end of your meal
- Jot down how much time your entire meal took in a special meal journal

(BTW your special meal journal is NOT a food journal. It's NOT about being "bad" or "good". It's about discovering whether you are taking enough time while eating your meal for your stomach to tell you what the right amount of food is for your body.)

## ***Step #2:***

- At your next meal, increase your meal time by 5 minutes more than your last time
- Document your meal time: when you started to feel full, your mood and your "aha!" moments in your special meal journal

## ***Step #3:***

- Keep repeating Step #2 with each meal until meals last at least 20 minutes
- Document each day in your special meal journal

## ***Step #4:***



- Note at what time during the 20-Minute Meal you feel satisfied and when you tip over to full in your special meal journal

### **Step #5:**

- Make each meal for the next 7 days a 20-Minute Meal (or longer!)
- Note in your special meal journal whether you feel uncomfortably full

That's it! Easy as pie. I didn't even mention the word "diet" because it isn't a diet. And I didn't mention calories, because there is no calorie counting. So just when you had almost given up all hope... this came along!

EXCITING STUFF!

## **Moving on... because remember it's all about the PROCESS of eating not the RESULT!**

So now that you know The **20-Minute Meal Method** PROCESS, let's look at how to integrate it in your day-to-day life.

Using **The 20-Minute Meal Method** in your day-to-day life is super simple because:

- No one will know you're doing it (love that!)
- You don't have to miss out on parties or dinners with friends or loved ones
- You don't have to postpone your vacation or travel to accommodate a "diet"
- You don't have to restrict foods you enjoy to eat

Voila! Isn't this just about the most amazing thing you have ever heard? I think so too!

# Ready to learn more about why diets just don't work?

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I've helped women like you learn all about the ins and outs and do's and don'ts of dieting, so they can:

- Look and feel amazing about their bodies and their weight
- Experience more energy, and enjoyment of food, their bodies and their lives
- Feel a profound satisfaction that emanates into all corners of their lives

Would you like to experience these results, too?

Truth is that saying no to crazy dieting and learning to LISTEN to what your body needs and to eat with AWARENESS and PRESENCE is the KEY to healthy eating and feeling amazing.

I can help you achieve that, even if nothing else you've tried has worked.

That's why I'm excited to invite you to a private, 1-1 "Inspired Living Strategy Call" with me!





# Inspired Living Strategy Session

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**In this complimentary 60-minute session, I'm going to lead you through a process to help you:**

- Uncover what's been stopping you, slowing you down or keeping you from having the body you want
- Develop a powerful vision for your Body Transformation, and what it will mean you and for your life
- Discover which foods and lifestyle habits are bringing your body down...and what to do about it
- Get crystal clear on a step-by-step plan to create a Total Body Transformation in 90 days or less

I typically charge \$97 for these sessions, but because you're reading this ebook, this session is my gift to you.

***All you have to do is show up for yourself.***

Invest 60 minutes of your time, and I guarantee you will walk away with at least one major “aha” about why you are stuck and how to get unstuck.

**[Click here now to secure your complimentary Inspired Living Strategy Call](#)**

This invitation is only valid while there are spots in my calendar.

Spots do fill quickly, so if this is something that's calling to you, then take the leap. You have nothing to lose, and only HEALTH and HAPPINESS to gain!

## Here's to looking and feeling AMAZING again now without dieting!

- PS—If you're ready to uncover what why dieting hasn't been working for you, why it's been draining your energy or keeping you from feeling your best self, then NOW is the perfect time to schedule a private "Inspired Living Discovery Session" with me.

I'll help you discover which diets you need to forget about and which habits you need to change ... and what to embrace instead.

Plus I'll show you how to get crystal clear on a step-by-step plan to look and feel Amazing in your body in 90 days or less.

**[Click here now to secure your complimentary session \(normally a \\$97 value\):](#)**

## How To Lose Weight When Nothing Else Is Working.

Did I hear you say that all the crazy diets you've tried aren't working?