

# IF BUNDLE

*sneak peek*



# WELCOME!

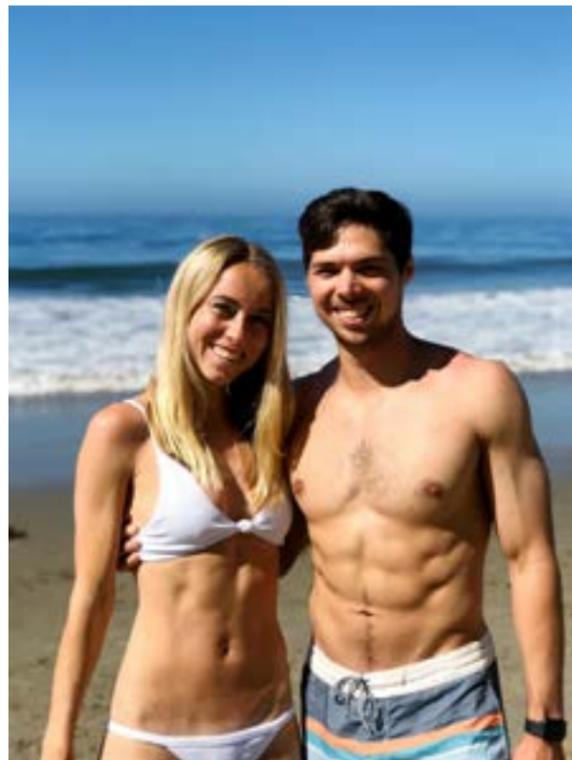
Welcome to the sneak peek of the [Complete Intermittent Fasting Bundle](#)! In this sneak peek, you'll get insight into what the Complete Intermittent Fasting Bundle is all about, how it works, what you can expect and example recipes from the Bundle.

You'll also gain inspiration and motivation from AENpeeps (Autumn Elle Nutrition peeps) with their incredible stories and experiences. I'm deeply passionate about helping everyone to feel GOOD again. There's no reason why we all shouldn't be living to our fullest potential with the highest energy levels, zero bloating, increased fat burning mechanisms and improved mental state while ALSO eating foods that we LOVE and enjoy!

My mission is to help you achieve this, just as thousands of other AENpeeps have, too.

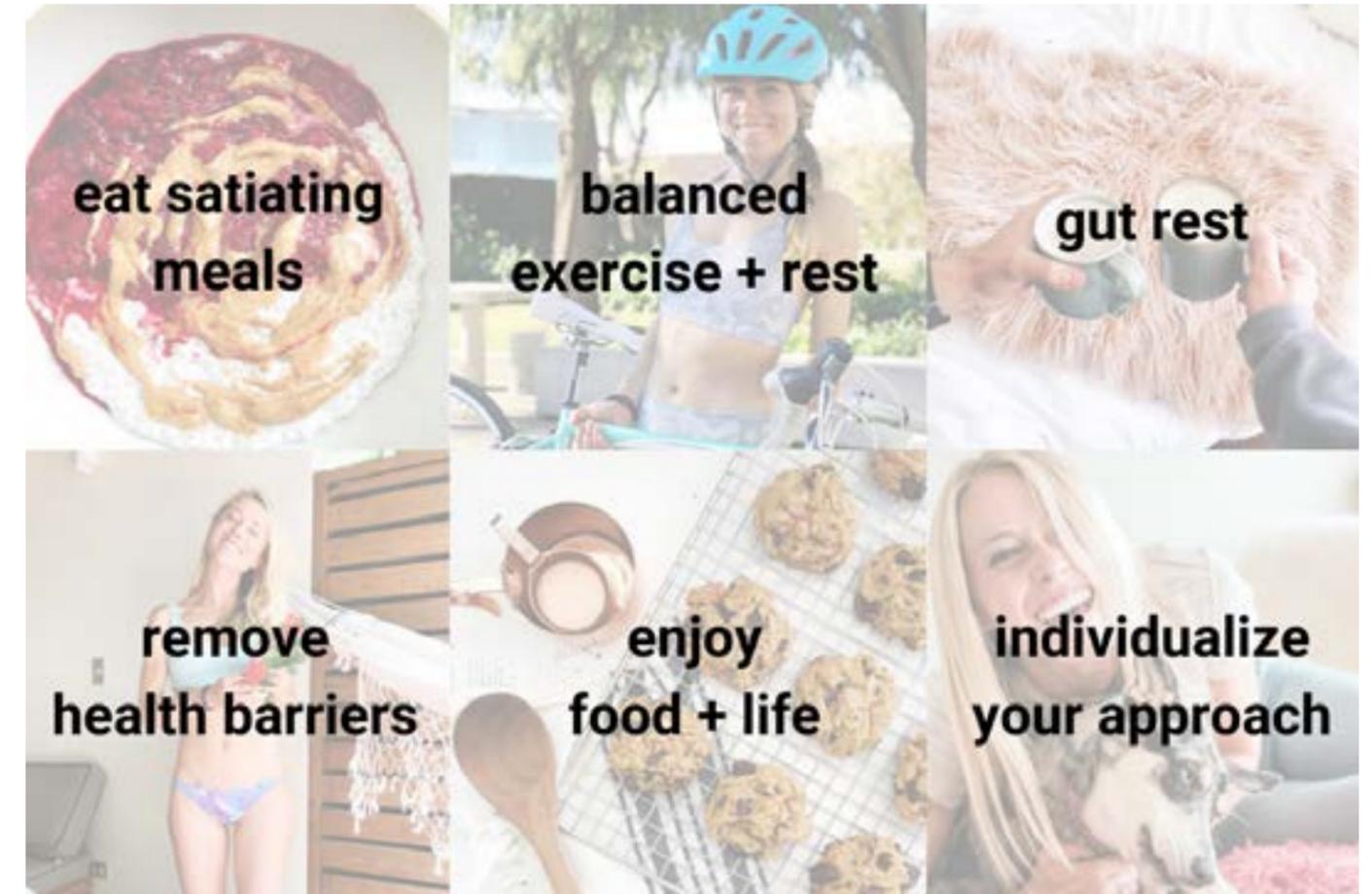
I can't wait for you to get started!

Your Nutritionist,  
Autumn Bates  
CCN, MS, BS, CPT



# The 6 AEN Pillars

The Complete Intermittent Fasting Bundle protocols all focus around the 6 AEN (Autumn Elle Nutrition) Pillars of health and wellness. You will utilize these throughout your journey in order to achieve your wellness dreams! The pillars include:



In every phase of the Complete Intermittent Fasting Bundle, you will be focusing on these principles. **Satiating meals** that implement **gut rest** are the key principles of AEN Nutrient Timing. Finding what works for you and your body (**enjoy food + life**) while **individualizing your approach** is incorporated in your Level Up Guide strategies. Finding a **balance between exercise and rest** is a cornerstone to the 21 Day IF Program and specific strategies in the Level Up Guide. **Removing the barriers** that prevent your body from tapping into fat burning mechanisms and liver detoxification is the essential strategy in the 7 Day IF Detox.

Each of the AEN Pillars work together synergistically to not only help you achieve your wellness goals, but make it a lifestyle that you ENJOY and that fits your needs. Because no matter how "perfect" a protocol may be, if it doesn't use foods you love or fit into your schedule, it will *never* work. This is what makes the 6 AEN Pillars unique and this is how thousands of AENpeeps succeed in their wellness dreams.

# How It WORKS

From working with clients and on my own wellness goals, I have found a step-wise approach to be the best approach to achieving long lasting results. This allows you to address one major specific "Action Step" at a time so that you can master that step and feel encouraged along your journey. This is how the Complete Intermittent Fasting Bundle is broken up in order to maximize your success!

## Step 1: The Prerequisite

The prerequisite (aka "pre-req") is the 7 Day IF Detox. During the Detox, the focus is removing foods that block liver detoxification and that promote sugar cravings. This initial step allows you to reduce sugar cravings and get your body ready to start improving fat burning at the cellular level.

## Step 2: Phase 1

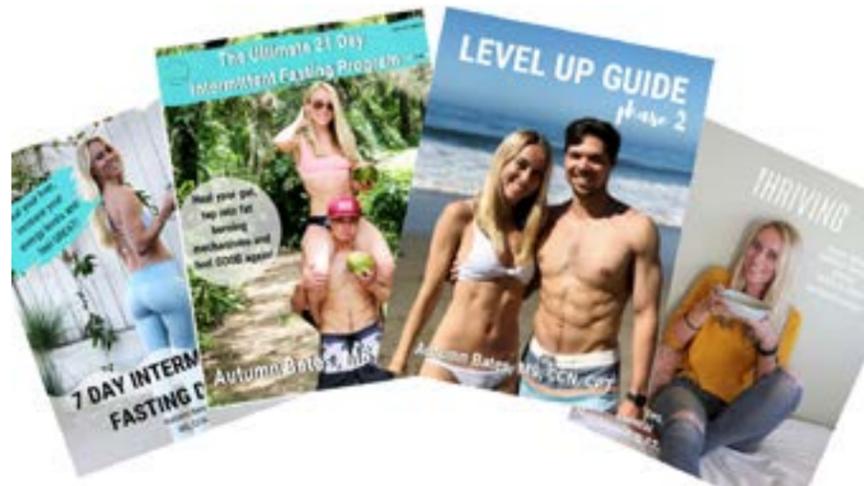
Phase 1 is the 21 Day Intermittent Fasting Program. This next step takes you through the implementation of AEN Nutrient Timing and Intermittent Fasting in order to tap into fat burning mechanisms, decrease hunger and increase your cell's metabolic flexibility (ability to switch between burning fat or sugar). I recommend going through at least one round of Phase 1 before moving on to Phase 2. However, many AENpeeps will go through two rounds if they feel like it's necessary for their body.

## Step 3: Phase 2

The final phase brings us to the Level Up Guide. Here, you take your improved fat burning capabilities and decreased hunger levels and sugar cravings from Phase 1 and start honing in on your specific goal. The Level Up Guide provides you a quiz to help determine which protocol will be best for your goals. The protocols include The Gut Healing Guru, Hormone Balancing Pro, The Athlete, Advanced Weight Loss Strategies and Beauty Queen. Each protocol has Action Steps tailored to your specific goal for you to layer in to your life in order to achieve your wellness dreams.

## Additional Resources:

The Complete Intermittent Fasting Bundle contains all three Programs and 100+ recipes, restaurant guidelines, 3 week workout plan, protein swaps, printable resources for ideal ingredients for your goals, daily fasting journal, adaptations for men, exercise guidelines and MORE.



# What You Can Expect

Because the Complete Intermittent Fasting Bundle is individualized depending on the protocol you choose, each AENpeep will have a different experience.

Here's what AENpeeps have to say about their experience:

"I'm on day 4 of the detox and **I'm down 5lbs!** I'm a little in disbelief that that I've had such a significant drop in weight, but also proud and happy of course."

-Kara H.

"I have tried every diet known to man (keto, zone, RP, etc.), and **at 49 years old**, I never thought it was going to be possible to get rid of (the weight) **but I did by following the diet and principles in your program.**"

-Robert T.

"I want to thank her from the bottom of my heart - I purchased the intermittent fasting guide and it exceeds the value I paid in terms of meal ideas and nutrient timing. Thank you Autumn. I started my 21 day intermittent fasting this week and **already feel like a completely different person mentally, have such a better/positive mood.** I've already seen a decrease in bloating and know this will only improve further."

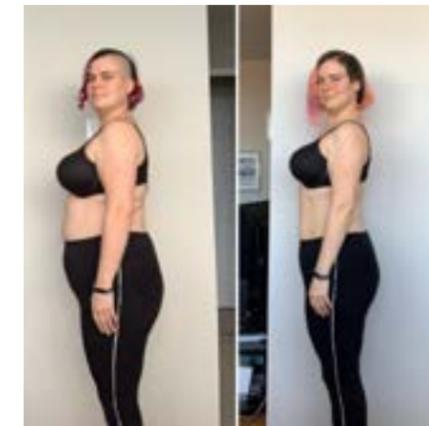
-Maria P.

"I was diagnosed with PCOS and insulin resistance and **weight loss is VERY difficult for me...** I have been doing IF for about 3 weeks and yesterday, I GOT MY PERIOD. A real period and I am so excited!!!! My body is healing. Giving my body a rest period from food is WORKING... **I have lost about 6 pounds, too (in 3 weeks!).** Woo hoo! Excited to keep going!"

-Vicky B.



**Kristin**



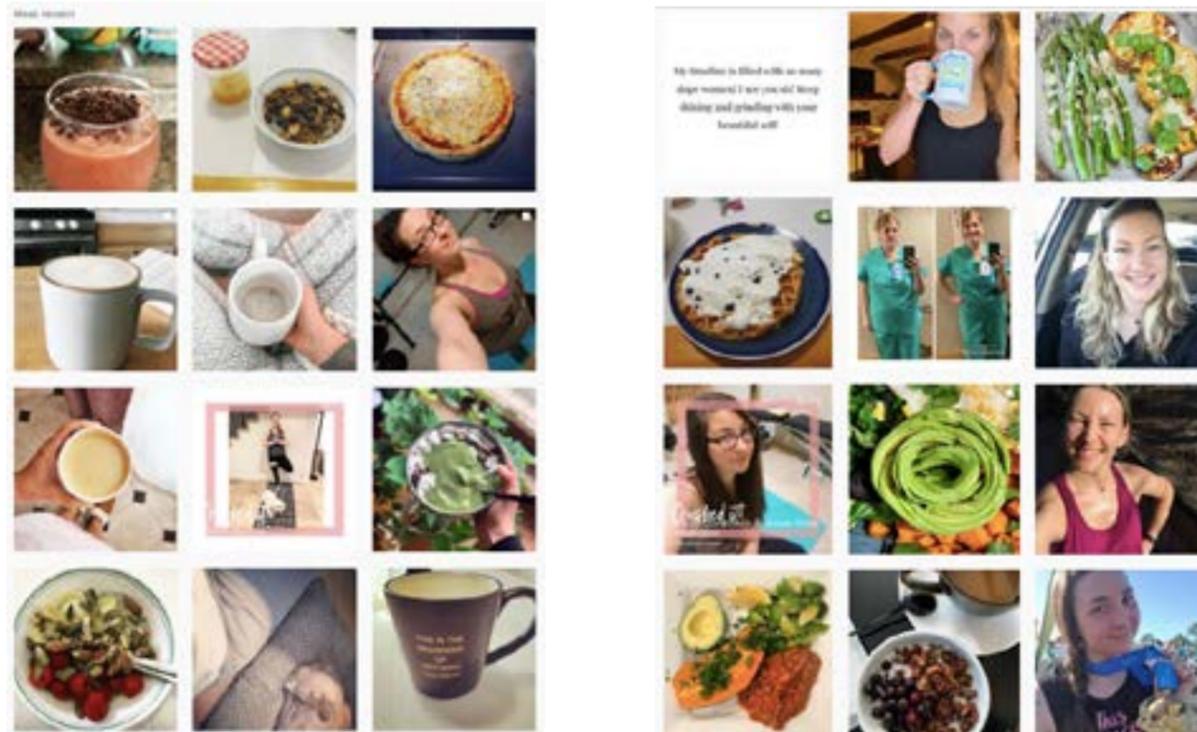
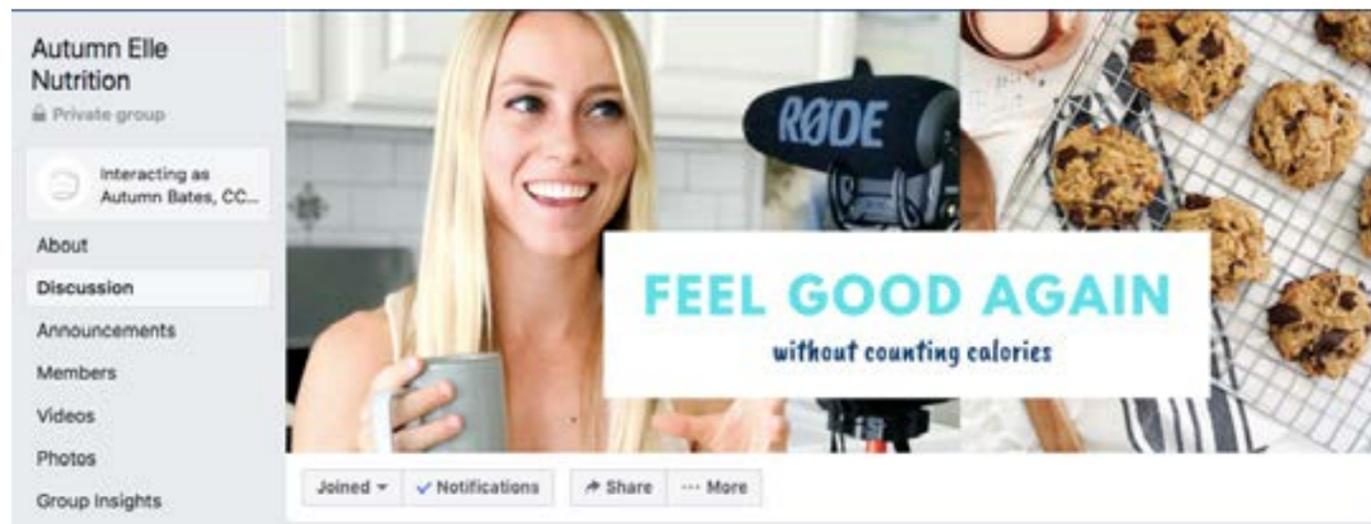
**Karola**



**Jennifer**

# The AENpeeps Community

The AENpeeps (Autumn Elle Nutrition Peeps) are an extremely supportive group of people who want to see each other succeed! You can join the AENpeeps and share your journey in the private AENpeeps Facebook Group [HERE](#) and on Instagram using the hashtag [#AENpeeps](#).



# The Food

Food should be a positive experience.

The food you eat everyday should be something that is convenient to you and something that you LOVE. That's why the Complete Intermittent Fasting Bundle provides 100+ recipes as well as detailed descriptions of how you can take the AEN Nutrient Timing and make it fit your food preferences. In the Bundle, you will find printable lists of non-starchy carbs, starchy carbs, animal and plant-based proteins, fruits and even dairy products that you can swap in and out depending on your goals and preferences. You'll also find restaurant guidelines with strategies for the more "tricky" restaurants to help you while on the go.

Food is meant to be enjoyed. Food is also not meant to be stressful. That's why I created all of these resources for you to make, create or order meals that best fit your goals, guidelines and taste buds!



# FAQ's

## Can you use the Bundle protocols if you're a man?

Yes! The Complete Intermittent Fasting Bundle protocols provide adjustments to consider as a man (refer to "Phase 2" for the deets).

## Can you use the Bundle protocols if you don't like to cook?

Absolutely! The Bundle provides restaurant guidelines and AEN Nutrient Timing strategies to use while out to eat. The Bundle recipes are also created with simplicity in mind so that you can limit the amount of food prep.

## Are the recipes vegan/vegetarian friendly?

The majority of the recipes are inherently plant-based or offer swaps in order to make the recipes plant-based. There is also a section within the Bundle explaining protein swaps for a vegan diet.

## Are the recipes dairy-free and gluten-free?

The majority of the recipes are dairy and gluten free. There are some meals that include dairy items, however these recipes offer dairy-free swaps. As for gluten-free, the meals don't inherently contain gluten, however there are some items that it is important to ensure you look for certified gluten-free (such as oats and tamari) when purchasing.

## What ages can use the Complete Intermittent Fasting Bundle protocols?

Men and women of ages 18-70 use the Bundle protocols to help achieve their wellness goals.

## Do the Complete Intermittent Fasting Bundle protocols come in hardback?

The Programs and cookbooks are in eBook format, meaning you can download it to your phone, computer, iPad and Kindle. Some AENpeeps also print their Programs at home or using services at places such as Costco, Office Depot or Staples.

## Will you have access to the ingredients where you live? (International?)

The majority of the ingredients within the recipes are whole fruits, vegetables, nuts, seeds and various proteins. The updated Level Up Guide (included in the Bundle) also provides easy swaps for every category of food so that you can make the recipes work for your local produce/proteins and dietary needs! For example, if you don't have access to/don't like broccoli, you can visit the "Starchy and Non-Starchy Swaps" page within the Level Up Guide to use any of the veggies as a replacement! There are some unique ingredients such as chia seeds and flax seeds that can be purchased via Thrive Market or Amazon and sent directly to your house. But even if you don't have access to these ingredients, you can visit the "Fats to Fill Your Plate" page for easy swaps.

## Will the Bundle protocols fit your busy lifestyle?

The Program offers recipes as well as details on how to utilize AEN Nutrient Timing. In addition to this, it also provides restaurant guidelines (p. 35) and meal formats (p. 22) that you can follow while out to eat. The 21 Day Intermittent Fasting Program (included in the Bundle) also covers how to incorporate alcohol into your routine (p. 43) and window flexibility for social occasions (p. 34). The Program does not emphasize calorie restriction or food group restriction in order to achieve wellness goals, rather it focuses on satiety and proper Nutrient Timing to reduce hunger and tap into fat burning mechanisms.

## Do the Bundle protocols calculate macros/calories?

An important concept that you'll learn throughout the Bundle protocols is the hormonal effect that food has on the body. This includes how certain types of foods will lead to weight gain while others are less likely. This concept is built into the AEN Nutrient Timing that is first introduced to you in the 21 Day IF Program and incorporated into the Complete Intermittent Fasting Bundle protocols/recipes. For this reason, calories and macros are not calculated as these are of little use to you throughout the program. (I know, it can be a weird concept to wrap your head around - it was for me too! You'll be provided all of the science-y deets and research you need to know to properly incorporate these strategies. This is what the thousands of AENpeeps are utilizing to achieve their goals as well - check out the testimonials on page 5 for some inspiration!) Instead, you will be focusing on eating until satiated, reducing snacks and triggering the hormonal fat burning mechanisms within your body in order to achieve your wellness goals AND to feel great/not hungry in the process! The Bundle protocols do provide a calculation to determine your protein needs so that you can make sure you're getting enough amino acids to stay satiated.



Lisa t I know Autumn has a video on "not tracking/counting". I stopped doing weight watchers when I started doing her program and it was so FREEING and I lost 8 lbs  
Love · Reply · 2h



Hi! I just wanted to say THANK YOU... I found your channel a few weeks ago and have started your IF Program. I'm 43 and have tried so many ways to eat, or not eat for vitality and so far this seems like by far the most sustainable one. I have so much energy and feel so clear headed, which are 2 of my main goals. I especially LOVE your recipes. I was not much of a cook, but love making and eating your recipes. UR a Godsend, TY!!!

Terriann t Her videos are packed full of incredible information. I have learned so much and I love that the videos are short. I have the bundle program and honestly for the price, she WAY over delivers.

# Sneak Peek Recipes

## Keto Matcha Latte

Serves 1

### Ingredients:

1 tsp. organic matcha powder  
1 Tbsp. grass-fed butter, ghee OR cacao butter (or less)  
1 Tbsp. unrefined coconut oil (or less)  
10-12 oz. hot water

1. Carefully combine all ingredients in a blender and blend until frothy - about 20-30 seconds.
2. Pour and enjoy!

Note: The water will be VERY hot! Be careful while pouring and blending your Keto Matcha Latte.



## Keto Coffee

Serves 1

### Ingredients:

10-16 oz. mold-free, toxin-free coffee (I recommend [Purity Coffee](#). Get 10% off your orders with my code "autumn".\*)  
1/2 - 1 Tbsp. grass-fed butter, ghee OR cacao butter  
1/2 - 1 Tbsp. unrefined organic coconut oil

1. Combine all ingredients in a blender and blend for at least 30 seconds on medium/high until frothy.

[\\*Affiliate Disclosure](#)

## Blueberry Hemp Smoothie

Serves 1

### Ingredients:

10 oz. unsweetened coconut milk (from a carton or [homemade](#)) or almond milk  
1 scoop organic vanilla protein  
2 Tbsp. coconut butter  
1 Tbsp. hemp seeds  
1 Tbsp. chia seeds  
1/4 cup frozen blueberries  
1/2 frozen banana

1. Blend all ingredients until smooth.
2. If your aim is to gain muscle, add 1-2 Tbsp. peanut butter as well.



## PB + Chocolate Chip Cookies

Makes 14-16 cookies; 1 cookie per serving

### Ingredients:

1 cup organic peanut butter  
1/4 cup maple syrup or raw honey  
1 egg or 1 flax/chia egg (1 Tbsp. ground flax or chia seeds + 3 Tbsp. warm water)  
1/2 tsp. baking soda  
1/2 tsp. sea salt  
1 dark chocolate bar, chopped up into pieces

1. Preheat your oven to 350.
2. Combine all ingredients except for the chocolate chips in a bowl until the batter forms. Gently fold in the chocolate chips.
3. Scoop 1 Tbsp. sized cookies onto a baking sheet lined with parchment paper. Bake for 8-10 minutes. Allow to cool for 10-20 minutes before eating.
4. Store in the fridge for up to 7 days.

## Peanut Asian Zoodles

Serves 3

### Ingredients:

2 tsp. sesame oil  
2 cloves garlic, minced  
1 carrot, shredded  
4 cups napa cabbage  
2 bell pepper, thinly sliced  
3 zucchinis, spiralized  
½ cup cilantro, chopped  
¼ cup green onion  
3 Tbsp. peanuts  
12 oz. your favorite protein, cooked (4 oz. per serving)  
pinch of red pepper flakes  
optional hot sauce

### Sauce ingredients:

3 Tbsp. peanut butter  
3 Tbsp. soy sauce  
2 Tbsp. rice vinegar  
2 Tbsp. sesame oil  
1 tsp. ground ginger  
1 Tbsp. raw honey

1. In a pan over medium heat, add the sesame oil, bell pepper and garlic and sauté for 3-5 minutes. Add the carrots, cabbage, and zucchini and sauté for about 3-4 minutes. Pour into a large bowl and add the peanuts, your favorite protein, cilantro, and green onions. Toss to combine.
2. Mix all of the ingredients for the sauce until smooth. Pour over your cooked veggie mixture and toss to combine. Top with a pinch of red pepper flakes.
3. Optional to top with your favorite hot sauce!

\*Pro tip: save the leftovers and throw it over some extra cabbage or romaine lettuce for lunch the next day!



## Cauli Rice Burrito Bowl

Serves 1

### Ingredients:

2 cups frozen cauliflower rice  
1 tsp. chili powder  
1/3 cup red onions, diced  
1/2 cup black beans OR 4 oz. favorite cooked protein (I love using ground beef or grilled chicken!)  
1-2 cups favorite veggies (purple cabbage, bell pepper, radishes and cucumbers are all great options for this recipe)  
1/2 jalapeno, sliced (optional)  
1/2 tsp. olive oil  
pinch of salt  
hot sauce (optional)  
salsa  
1/4 cup SoCal Spicy Guac

1. In a large pan over medium heat, add olive oil, red onions, jalapeno (if using) and a pinch of salt. Saute for 2-3 minutes.
2. Add cauliflower rice, chili powder, and black beans. Saute for 6 minutes.
3. Add mixture to a large bowl and top with your favorite chopped veggies, hot sauce, salsa and SoCal Spicy Guac.



## SoCal Spicy Guac

Serves 3

### Ingredients:

2 avocados  
1/4 cup red onion, diced  
1/4 cup cilantro, diced  
1/2 jalapeno, diced (remove if sensitive to spice)  
1/2 lemon, juiced  
1/4 tsp. salt.

1. Combine all ingredients in a bowl and mash together with a fork.
2. Serve with your chili, burrito bowl, tacos or a side of jicama and radish!

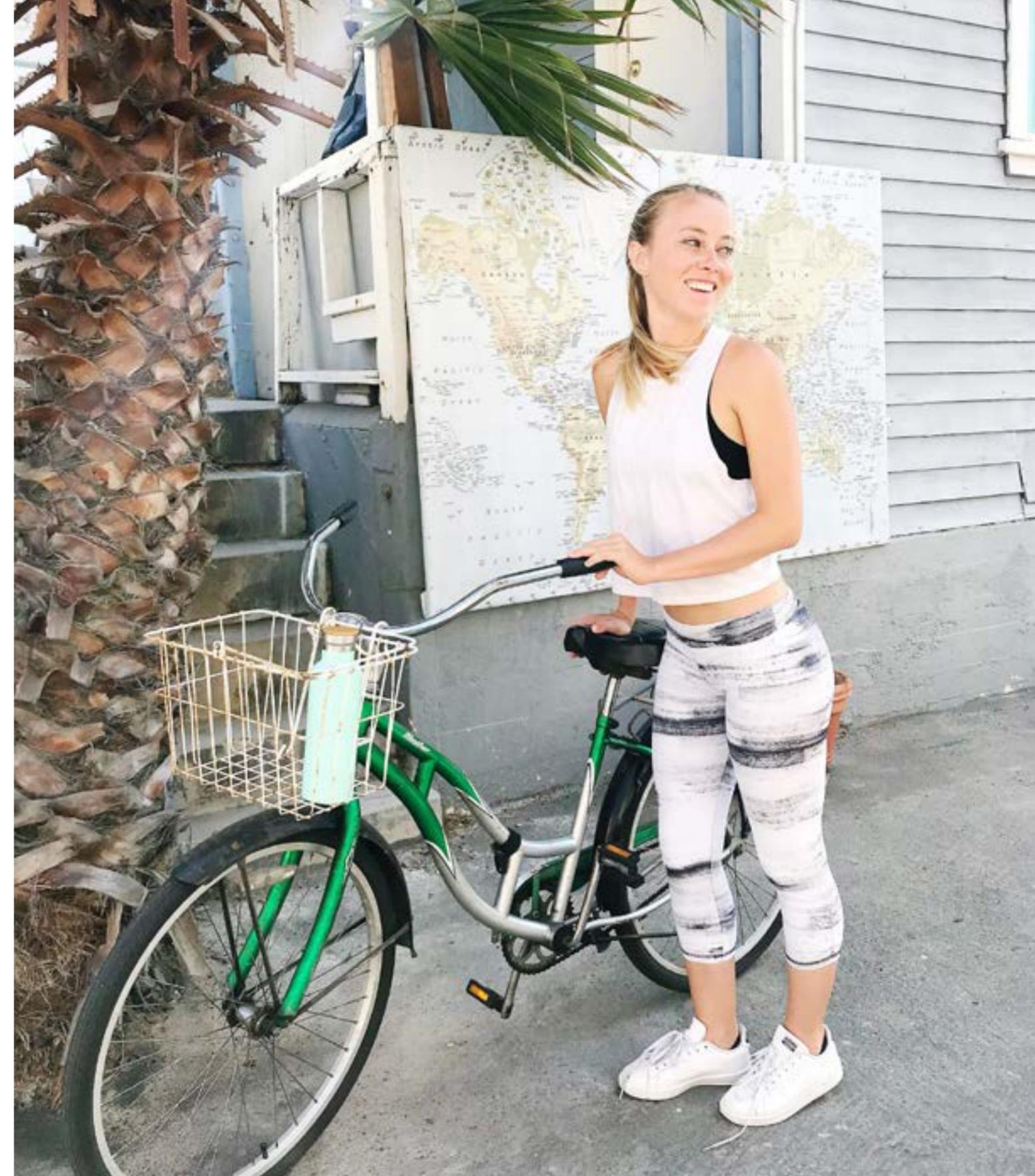
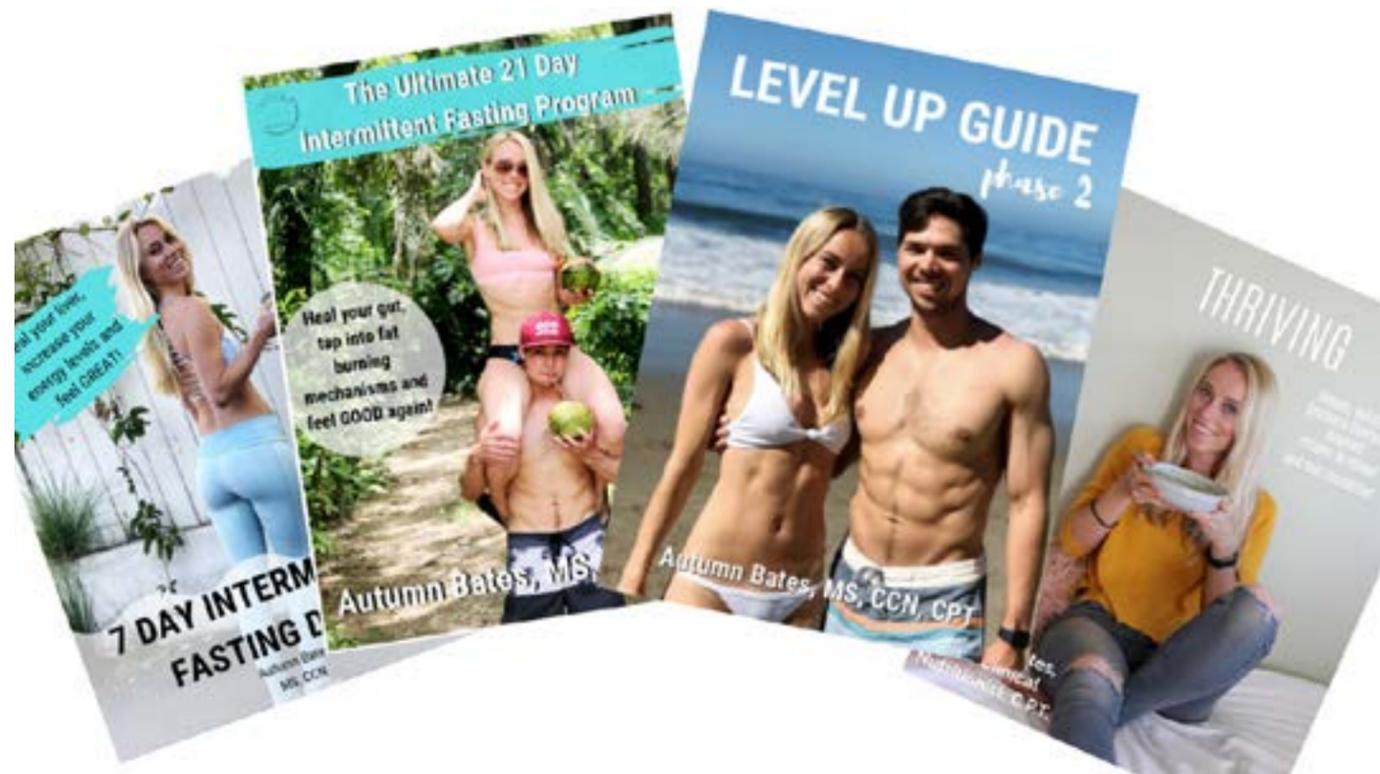
# Feel GOOD Again!

That's the motto with the AENpeeps and it can mean a variety of things to each of us. For some, it might mean de-bloat and re-energize. For others, it means achieving a weight loss goal or a healthy complexion. Whatever "feeling GOOD again" means to you, THAT'S what the AEN protocols are all about!

With the [Complete Intermittent Fasting Bundle](#), you get the latest updated versions of BOTH the 21 Day Intermittent Fasting Bundle AND the Level Up Guide! As an added bonus, you get the 7 Day IF Detox AND my THRIVING Cookbook for FREE with the purchase of the Bundle!

**Now the question is - what are you waiting for?  
It's time to start feeling GOOD again!**

**Head over [HERE](#) to grab your Bundle and start your journey!**



Disclaimer: The author is not a doctor. The advice the author provides herein is based on years of practical application, experimenting with her own health and physique as well as the clinical needs of others. Any recommendations the author may make to you regarding diet, including supplements and herbal or nutritional treatments must be discussed between you and your doctor(s) to ensure protection for client and author.