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Public Figure

A Quick Guide: **Shedding Body Fat Via Dietary Modifications**

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About Kristen Adamson



After facing a stream of adversity, including being hit by a car and being diagnosed infertile, Kristen decided to take control of her life by transforming her body and mind and becoming a multidimensional public figure. Focused on inspiring & motivating others, it's Kristen's goal to help improve the quality of other people's lives. To do so, she devotes her time to writing about her adversities, demonstrating to others how they too can overcome their struggles and providing guidance and/or support to others in need. Kristen is also active in introducing others to the life-changing power of health and fitness.

To contact Kristen, visit her website and her blog entitled 'Exhale & Elevate' at kristenadamson.com or email her at Kristen@kristenadamson.com. She can also be found online on Facebook, Pinterest, Google+, LinkedIn and Bodybuilding.com.

Disclaimer: Please note that I, Kristen Adamson, am not a medical professional or Nutritionist. The suggestions and information in this guide are based on my own experiences in shedding over 50lbs of fat, coming 2nd place in a fitness competition and becoming educated in Nutrition & Wellness, as well as Plant Based Nutrition through Cornell University.

Introduction

A huge component of fat loss is diet. And this is why I've chosen to devote an entire e-book to the basics. Again, I'm not going into specific details – because everybody's body is different and it's impossible to create one plan that will suit everyone – but I'm going to outline the fundamentals that, if you're interested in shedding body fat, you NEED to make sure you implement. Then, after having changed your lifestyle and habits, you can begin to decipher in more detail, which foods your body likes and doesn't like and what sort of meal structure works best for you. Also note that this fat shedding plan will work best when coupled with a regular weight training routine (5 – 6 days a week).

Now before we go any further, let's review some of the terminology I'll be using and what I am implying when I speak of them:

Lean Protein – For the sake of this e-book, when I refer to a 'serving' of lean protein, I'm referring to anything that gives you 25 – 30 grams of protein when you eat it. But that also contains little amounts of fat. *See the grocery list on page 6 for examples.*

Healthy Fat – When I speak of Healthy Fats, I'm referring to foods rich in monounsaturated and polyunsaturated fats. Not, saturated (with the exception of coconut) and trans fats. Generally, this will mean fats from plant-based foods and fish. *See the grocery list on page 6 for examples.*

Starchy Complex Carbohydrates – When I refer to starchy complex carbohydrates, I'm referring to foods like whole grains and root vegetables (except white potato). For instance, this would include foods like oatmeal, brown rice, beans or sweet potato. *See the grocery list on page 6 for examples.*

Veggie Carbohydrates – This one is pretty self-explanatory and simply means vegetables. However, it doesn't mean root vegetables like beets, potatoes, dasheen etc. *See the grocery list on page 6 for examples.*

Meal Frequency

To achieve optimal fat loss potential, I strongly advise eating every 3-4 hours. This would begin within an hour of waking or within an hour of low intensity fasted cardiovascular training after waking. For example, below is how I space out my meals:

Meal 1 “Breakfast”: 6:30am

Meal 2 “Morning Snack”: 10:00am

Meal 3 “Lunch”: 1:00pm

Meal 4 “Afternoon Snack”: 4:00pm

Meal 5 “Dinner”: 7/8:00pm

This sort of eating schedule will rev up your metabolic rate, prevent blood sugar spikes and crashes (causing sluggishness among many other things) and satisfy your hormones.

Meal Composition

The makeup of each one of your meals will differ depending upon how active you are and when you are the most active in the day. What will stay consistent, however, is that each one of your meals will always include a generous serving of lean protein (25-30g). This isn't to say that you cannot eat fatty protein though (such as salmon or steak). If you do choose to substitute a lean protein for a fatty protein, just follow these rules:

- Avoid fatty protein after weight training
- Only ingest a serving of fatty protein once a day
- Avoid eating other fats in the same meal

Also, you'll notice I mention fruit in a few spots. Try to limit your fruit intake to 1-2 servings a day (berries are the best choice) and remember, only when you're active! Now, let's review each meal:

Meal 1

This meal is extremely important as it sets the tone for the rest of your day.

1. **Active Before or After Eating**

This meal should consist of lean protein, healthy fat and a decent serving of starchy complex carbohydrates OR fruit. However, I strongly advise not to weight train on an empty stomach and I also advise that if you plan on weight training after eating, you hold off on eating healthy fats. It's ok for cardio training.

2. **Not Active Before or After Eating**

In this case, this meal should be eaten within 1 hour of waking and consist of lean protein, healthy fat and a small serving of starchy complex carbohydrates OR fruit. If you desire veggies as well as the complex carbs, go ahead.

Meal 2/3/4

1. **Active Before or After Eating**

These meals should consist of lean protein and starchy complex carbohydrates OR fruit (veggie carbs as well if desired). When it comes to healthy fat, however, I do not advise it before or after weight training. If you're doing cardio, or just have an active day job, then yes, go a head and have the fats.

2. **Not Active Before or After Eating**

In this case, these meals should consist of lean protein, healthy fat and however much veggie carbohydrates you desire.

Meal 5

1. **Active Before Eating**

This meal should consist of lean protein, healthy fat and a serving of starchy complex carbohydrates. When it comes to healthy fat, however, I do not advise it after weight training. If you're doing cardio, then yes, go ahead.

2. **Not Active Before Eating**

In this case, this meal should consist of lean protein, healthy fat and if you desire, you can also have veggie carbohydrates (*unlimited*).

Note: You should not be active after your last meal of the day. If you plan on being active after meal 5, then treat it like a meal 2/3/4 and add in a meal 6, which you should treat like a meal 5. Your body needs something to aid in recovery.

A Note On The Paleo Lifestyle

The Paleolithic Lifestyle, a.k.a. Caveman Diet, is essentially eating the way our ancestors used to eat. This generally means eating lots of meat, nuts, seeds and veggies, plus a little fruit every now and then, but avoiding grains, dairy, beans, legumes etc. If you choose to follow this lifestyle, I commend you. I completely agree with it and feel it is the best way for us to be eating. So, if you choose to go that route – whether 100% or partially – here are a few notes on meal composition:

- You may still follow the rules above, however when I speak about starchy complex carbohydrates, make sure you eat Paleo friendly foods only.
- You may find that you need to increase your healthy fat intake a bit. Again, I don't really advise it post-weight training, but certainly make sure you're eating it at other meals in the day.

A Note On The Vegan & Vegetarian Lifestyle

Vegan Lifestyle

After studying Plant Based Nutrition through Cornell University, most people expect that I'd be pro Veganism. Surprisingly, however, I remain the exact opposite. Even with all the studies that have been shoved in my face, I whole-heartedly disagree with living a Vegan lifestyle. While I respect the purpose for many people (not eating animals), I do not believe it is healthy for our bodies and long-term health.

While it will likely decrease your body weight and BMI (Body Mass Index), I strongly believe that over time, this lifestyle will cause substantial deterioration of one's lean tissue (muscle), thereby causing a decline in one's metabolic rate. Thus, in time, a person would become weaker, 'flabbier', and ultimately obtain a higher body fat percentage, leading to a whole slew of other health problems.

Having said that, there is a healthy way to live Vegan, but it involves a lot of protein supplementation with powders made from rice or hemp protein. If one chooses to live as a vegan AND get the equivalent protein intake from powders, then all the power to them!

Veganism For Medicine

On the flipside, there's one positive part of Veganism that I cannot deny – it's medicinal capabilities. The facts are startling as to its ability to cure Cancer. So if I, or anyone I knew had Cancer, you can bet I'd be encouraging it. The difference is, it would be temporarily used as a form of medicine. When the time was right, I'd incorporate protein back into the diet and work hard to build back the lost strength.

Vegetarian

Vegetarianism, to me, can be a very healthy lifestyle when used correctly. The problem is, however, that most Vegetarians don't eat right – not at all! Just because 'veg' is in the name, does not mean they're eating their greens. Far too many vegetarians live solely off of carbohydrates like rice, pasta, fruit and potatoes. And at the end of the day, they end up with high body fat percentages and very messed up hormone levels, with little to no muscle on their bodies. The solution? Vegetarians should still follow the same meal composition plans as above, but when it comes to consuming protein, they should stick to fish, seafood and protein powders.

Serving Sizes

Serving sizes are important to understand as, over the years, our interpretation of what is a proper serving has become warped. Follow these rules of thumb:

Lean Protein – 25 – 30 grams of protein per serving.

Healthy Fat – 1 tbsp of most liquids/nut butters, ¼ cup of nuts or avocado, 2 egg yolks.

Starchy Complex Carbohydrates – As much as you can fit in one ‘cupped’ hand.

Veggie Carbohydrates – As much as you want.

Fruit – 1 piece, ½ grapefruit, ½ cup berries or ¾ cup chunked melon/pineapple etc.

Grocery Shopping List

Below is a list of some of the foods I recommend. Remember, stick to whole, unpackaged foods. (NP) = Not Paleo Friendly.

Lean Protein

- Skinless Chicken
- Lean Pork (Pork Loin, Trimmed Pork Chops)
- Seafood: Shrimp, Scallops
- Lean Fresh Fish (Tuna, Dorado, Tilapia)
- Canned Tuna (Water packed)
- Whey Protein Powder
- Egg Whites

Fatty Protein

- Lean Red Meat
- Salmon
- Whole Eggs
- Sardines (Water or Olive Oil packed)

Healthy Fat

- Avocado
- Olive Oil
- Coconut Oil
- Flax Seed
- Coconut
- Egg Yolk
- Nuts: Almonds, Walnuts, Peanuts (NP), Cashews etc.
- Sugar Free Nut Butters: Almond, Peanut (NP)

Starchy Complex Carbohydrates

- Sweet Potato
- Green Fig (Green Banana)
- Dasheen
- Breadfruit
- Tania
- Oatmeal (NP)
- Quinoa (NP, arguably)
- Brown Rice (NP)
- Brown Pasta (NP)
- Beans: Black, Kidney etc. (NP)
- Legumes (NP)
- Ezekiel Bread (NP)

Veggie Carbohydrates

- Anything except for ground provisions/root vegetables.
- Anything green and/or leafy is best!

Fruits (not canned or dried)

- Apples
- Berries: Blue, Rasp, Straw etc.
- Pear
- Ripe Banana
- Pineapple

Other Healthy Suggestions

Some other recommendations I have to help achieve optimum health are:

- Drink a substantial amount of water (more than 8 cups a day!)
- Supplement with a high quality multivitamin, daily.
- Take Fish Oil 2-3 times daily (1tsp serving if liquid, follow bottle if capsule)
- Take Probiotics daily (empty stomach in morning & before bed)
- Drink 1 cup of coffee a day and/or drink green tea regularly
- Supplement with Amino Acids around weight training regime

For more information or to contact Kristen directly, visit

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