

**W E I G H T
L O S S
E - B O O K**

Losing weight is hard work...

...it takes dedication and consistency. Let's just get that out of the way. I'm proud of you for being here and taking this step to even open up this document and read it. And I want you to know, from the bottom of my heart, I believe in you. I want to be with you every step of the way to reclaim your health. And I want to make it as simple as possible for you.

With all of that said, very important- this is NOT a 2 week crash diet. People who lost weight and KEPT it off (important distinction here) most likely did so in a more manageable and slower manner. This is SO SO important. I could spend a day here explaining why this is such an important step, but I would then be writing a novel, which you do not have time for right now.

Please use the next pages as a guide to your process of losing weight. Some of these steps you will try together, some maybe one at a time. Some you might already be doing. Any way you approach this, it's the right way as long as you are learning.

Macronutrients: A crash course

There are 3 types of macronutrients: fats, proteins, and carbohydrates. All 3 are important and play a vital role in helping your body work.

Fats: Unsaturated, saturated, trans
20-35% of total caloric intake

Proteins: Complete + Incomplete
10-35% of total caloric intake

Carbohydrates: Complex + Simple
45-65% of total caloric intake

Depending on your goals, your macronutrient breakdown will vary from person to person.

For weight loss, aim for 40% of calories from protein, 40% from carbohydrates, and 20% from fats.

On the next page, we will calculate your caloric needs and macronutrient breakdown.

ActiveKristen

Calculating your Macros

First calculate how many calories needs to perform- these are called several terms, including maintenance calories and basal metabolic rate (BMR).

For men: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$ (kcal / day)

For women: $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$ (kcal / day)

From here, reduce your total calories by 10-20% depending on your goals. I would always error on a more conservative percentage (probably what you don't really want to do- sorry!). If you are short/petite, be watchful when coming close to 1200 calories. I do not advise for the majority of my clients to drop below 1200 calories.

To calculate your macronutrient breakdown, multiply the percentage by your BMR.

For example, if your BMR is 2000 calories, and you are aiming for 40% protein, multiply $2000 \times .40$. This equals 800 calories from protein. You would calculate calories for fats and carbohydrates the same way.

Here is a link to an online calculator to help you run these numbers:

[Calorie & Macronutrient Calculator](#)

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Let's keep this simple

Raise your hand if that was kind of a lot. Like the last time I used a formula was in high school and I am NOT prepared to go back.

That's totally ok.

If we need to take a step back, I want you to do this, especially if math is hard AND you struggle to eat enough protein (and chances are, you do struggle with this).

What is your goal weight? Let's use 150 pounds as the example.

Now multiply that by .7. That equals 105. I want this person to aim to eat 105 grams of protein a day. I would slowly raise this to between .8 and 1 over time.

Now, Kristen, what about fat and carbs?

I don't care about the mix of those. As long as you are choosing as close to whole foods as possible, AND stay under your calorie goal for the day, research shows it's not that big of a deal how you eat the rest of your calories.

List of foods

I wanted to make a quick list of food ideas for each macronutrient so you can get an idea of options to eat. This list is no where near exhaustive. I want you to aim to eat foods that are as close to coming from the ground as possible.

Carbohydrates

Rice
Whole Grains
Breads + Cereals
Beans (also a protein)
Pasta
Starchy Vegetables

Protein

Beef
Chicken
Pork
Seafood
Eggs
Milk
Edamame
Nuts
Grains
Seeds

Fats

Eggs
Cheese
Nuts
Seeds
Salmon
Tuna
Avocado

Another skill that is so important: reading your labels. If you cannot pronounce the ingredients and/or the list is longer than 6 ingredients, see if there is a better option. When meal planning, I aim to pair a protein with a vegetable and fruit. Think of including high volume foods, such as lettuce and watermelon to help in times of a caloric deficit.

ActiveKristen

Let's keep this simple

Ok, we are getting to the end.

Seriously.

What about exercise?

Weight loss is due to a caloric deficit. That's it.

Yes, you can perform hours of cardio to aid in that deficit. And it will help. However, many people struggle with overconsuming calories. Then, you punish yourself by jumping on a cardio machine or taking a HIIT class to correct the damage.

I want to help you end this cycle. Being able to move your body is a gift and I want you to learn the discipline to give your body what it NEEDS and not what it CRAVES. This is a muscle we have to exercise, a metaphorical muscle that might be even MORE important than any muscle you actually build at the gym.

One more thing to discuss

I want to make crystal clear a few habits I want you to work on the next month.

- Work on staying in a caloric deficit. Aim to do so 5+ days a week.
- Walk at least 8,000 steps a day. If this is easy for you , aim for 2,000 more.
- Drink at least half your bodyweight in ounces of water. If you weigh 150, aim to drink 75 ounces of water.
- Start a strength training plan 3 times a week.

If all of this is new to you, or you are starting over, pick one goal above in addition to the first goal being a calorie deficit.

Please feel free to email me with any questions!

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You can also find me on Instagram @activekristen.

I am here now, rooting for you, cheering you on. Please let me know if I can help you in any way! 

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