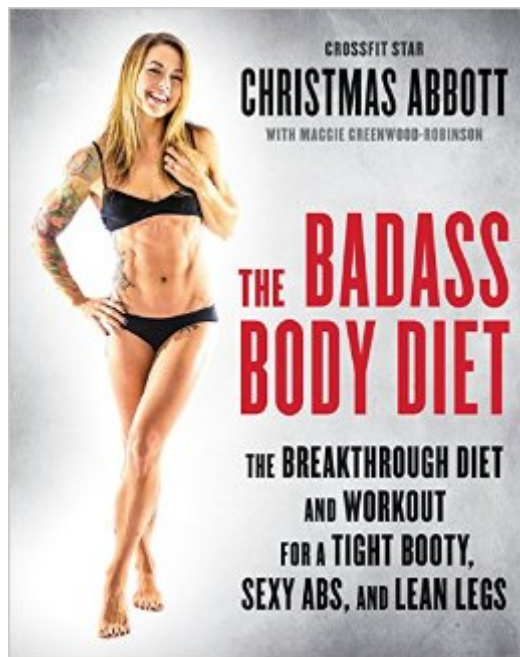


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The Badass Body Diet: The Breakthrough Diet And Workout For A Tight Booty, Sexy Abs, And Lean Legs



Synopsis

CrossFit celebrity Christmas Abbott shows how to attain the body of your dreams with a targeted eating strategy and total-body workout plan that will whip glutes and hips "and every problem area" into top shape. As a formerly "skinny fat" woman, Christmas Abbott knows what real women need to get the butt and body of their dreams. In *The Badass Body Diet*, she dispels the myth of the health benefits of a "pear shape" body, teaches readers how to spot-reduce excess fat with targeted meal plans and recipes that zap cellulite, and galvanizes them with a quick and simple workout plan for a toned butt "the key to total body fitness. Your glutes" (the technical term for booty) are the body's largest and most powerful muscle group "and one of the most beautiful "but they can go dormant, flat, and flabby. Packed with essential information, and inspirational before-and-after photos of her clients, *The Badass Body Diet* shows how to whip that butt into shape and provides essential information on how to: Select essential "booty foods" "the right proteins, fats, and carbs Experience a total body workout with an easy-to-follow, powerful exercise program Improve posture and functional mobility and enhance overall health Target cellulite through diet, workout strategies, and other proven tips And much more. Unlike most "one approach fits all" diet and exercise books, *The Badass Body Diet* identifies the three types of dieters that Christmas has discovered working with hundreds of clients at her CrossFit gyms "Modifiers, Gainers, and Maintainers" and tailors her approach to each, providing specific goals for maximum results. Stop obsessing about a flat belly, Christmas advises. A Badass Body is a birthright, and it starts at the bottom "with a trim and tight tush.

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Customer Reviews

I would be very weary of taking the food advice in this book and am honestly confused how Christmas herself is able to make any muscle gains at all if she follows her own advice in this book. I was pretty excited reading through the beginning but when I finally got to the body analyzing and meal planning, I was bewildered. Just an example, lunch, using 3 "bricks" comes out to: 2.5oz chicken breast, 2 cups of broccoli & carrots medley and 1/8 an avocado = 21 g protein, 15g carbs, 4.5g fat. Protein and carbs are about 4 calories per gram and fat 9 calories per gram. That lunch is 184 calories. The whole day in that sample came to 678.5 calories. Uhhhhh what? That was supposedly for a Power Frame (5'7" - 5'10" in height) in the "Maintain" realm -- but I believe that was one of many errors/typos I found in the first few chapters (the total for the day was 11 "bricks" when a Maintainer Power Frame needed 13-15 bricks according to her chart, and the bricks used were for Minimalist bricks, not Maintainers or Gainers). I think I calculated what my "Maintain Force Frame" daily caloric intake of 12 bricks to be 1062 kcal per day. Yeah no, I lift AND run marathons, I'll be falling asleep after mile 2 with that diet. I currently measure my food most times and a chicken tenderloins I get from Costco are 4oz each. and those are TINY. She expects us to eat 2.5oz for LUNCH? That is 76 kcal according to most calories tracker websites. All the other research I've done for muscle building and lifting, macros (for me of 5'4" and around 18-22% body fat depending on my training) usually come around to about 250g carbs, 100g protein, and 45g fat.

I am a fan of Christmas Abbot so the last thing I want to do is write a negative review on her book but I am just so shocked at how misinformed the information is that I feel compelled to speak the truth. I have studied nutrition/health/wellness/medicine/nutraceuticals for over 15 years. I own a medical company, a functional medicine company and a health coaching company. It is my mission in life to teach others the right way to live a healthy lifestyle. First of all anyone working out 7-15 hours a week is GOING to develop muscles. When you are giving the body that type of energetic output it will 100% happen even if you are eating brownies for breakfast (which olympic Michael Phelps used to do). What saddens me is that she has probably a million followers and fans who are all going to believe that she knows what she is talking about regarding nutrition simply because she has an athletic/fit body. You can have muscles and be extremely unhealthy. Ahem. Lance Armstrong had cancer living inside his six pack abs of a body. While the first part of the book seems to be informative yet very "I googled all this information" sounding, what is perplexing is she claims

that her plan is "not a diet" and the word diet has DIE in it etc. and spends quite a long time going over how bad "dieting" is yet her ENTIRE PLAN is one big fat DIET!? Planning, counting, measuring etc. Last I checked Christmas THAT is a freaking DIET. Eating that much meat in a day is so ridiculously acidic to the human body that I do not even know where to begin. On top of that she has most of her daily plans eating meat WITH fruit which means equals a digestive DISASTER.

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Shape February 2011 Marisa Miller on Cover, Sexting, Flat Abs Tight Tush Killer Legs, Love Your Body & Yourself, Drug-Free Headache Cure, 10 Minute Tone-Up - 3 Total Body Moves
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