



Strength Training Nutrition 101: Build Muscle Burn Fat Easily.a Healthy Way of Eating You Can Actually Maintain (Paperback)

By Marc McLean

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.There are more diets out there than you ve had hot dinners. There are countless crappy supplements promising the world. There s all sorts of advice being thrown at us about calories, macronutrients, micronutrients.blah, blah, blah. Wouldn t you rather just cut out the bull***** and learn a straightforward way of eating that ll help you gain lean muscle, keep your bodyfat levels low and maintain good health? A simplified strategy on what to eat, when, what to avoid to get the best results from your strength training program? Something that s easy to follow and maintain, and doesn t ban all your favourite foods, while still actually delivering results? This is it. Strength Training Nutrition 101: Build Muscle Burn Fat Easily.A Healthy Way Of Eating You Can Actually Maintain is a sensible, do-able, manageable nutrition guide for men and women who lift weights (or others who generally want to improve their diet and overall health). I m Marc McLean, an online personal training and nutrition coach, and Strength Training Nutrition 101 is my masterplan for maximising your exercise efforts. It uncomplicates...



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