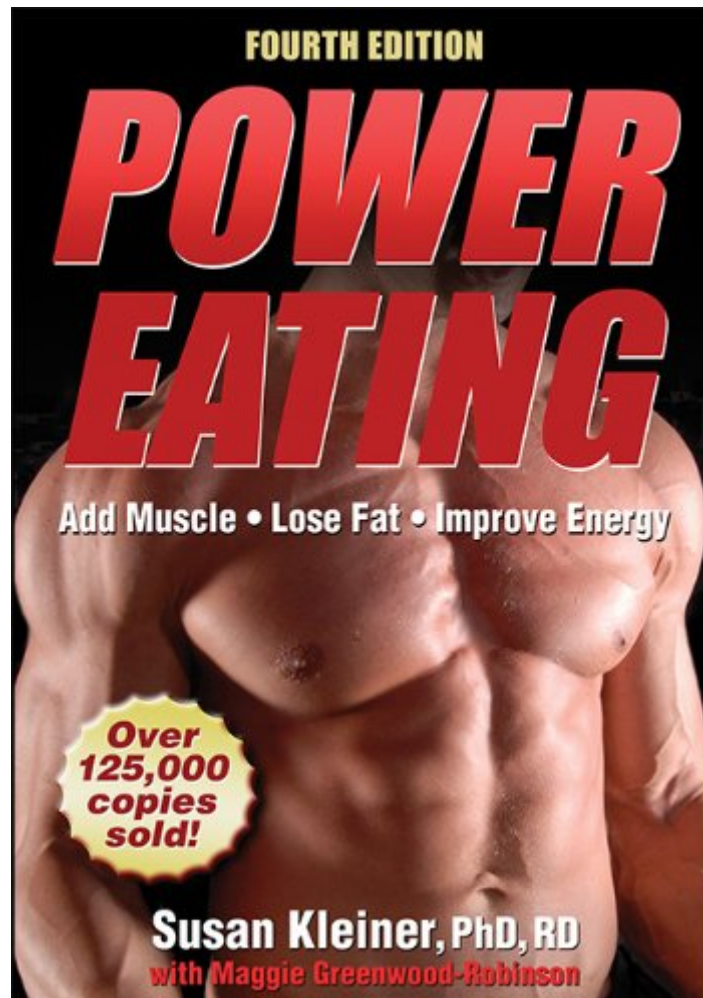


## Power Eating-4th Edition PDF



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Power Eating-4th Edition by Susan Kleiner, Maggie Greenwood-Robinson ISBN 1450430171

Gain muscle, cut fat, and elevate your power and performance levels. With a résumé that includes work with many NFL and NBA athletes as well as world-class bodybuilders, Susan Kleiner brings you a resource like no other.

In *Power Eating*, Kleiner brings together years of scientific-based research that has aided in the development of thousands of athletes and offers it to you in this one-of-a-kind practical resource. In a world where every athlete desires to gain that extra advantage over the competition, too often attention is given to the latest quick fix. In *Power Eating*, you'll find a better way to achieve goals in physique and performance—safely, legally, and effectively. In this fourth edition, you'll find the latest scientifically proven nutrition guidance that athletes in all power sports require. In addition to the popular diet plans that provide meal suggestions for each meal of the day, you'll discover new

findings suggesting how certain botanicals can improve performance when introduced to your diet. And the completely updated supplement rating system, based on the latest scientific studies, will guide you through the minefield of unsubstantiated claims and help you select the best supplements for you based on their purity, potency, digestibility, and absorption.

Incorporate the Power Eating plan into your training and find out what thousands of athletes already know. *Power Eating* is more than a book. It's your path to power excellence.

## Power Eating-4th Edition Review

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