



# **Power Eating: Build Muscle Boost Energy Cut Fat (2nd Edition)**

*Susan M. Kleiner, Maggie Greenwood-Robinson*

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This guide provides information on strength training nutrition. It includes detailed nutrition plans for the goals that strength trainers, bodybuilders and power sport athletes want to achieve: gaining muscle, cutting weight, maintaining weight, and tapering for competitions. The guide has been updated and expanded with new intake guidelines for supplements and herbs, diet plans for men and women, a new section on "designer waters", and more of Kleiner's popular recipes.

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