



Bodybuilding Diet: A Complete Guide to Supplements, Nutritional Support and Dietary Tactics

Mike Bergan

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The Most Complete Guide To Nutrition, Diet, and Supplements

Diet and Supplementation can have truly extraordinary effects on performance, health, and optimal body function. It doesn't matter whether you are an athlete looking to achieve the limits of human performance, a bodybuilder trying to increase muscle mass and shred fat, or the average person who wants to improve their health - there is an optimal diet and nutrition strategy that can help you. Nutritional and dietary support is crucial to your success and this book will teach you everything you need to know.

You Will Learn:

- 1) A Full Course In Nutrition – from the basic macronutrients (Proteins, Carbohydrates, and Fats) to the complete spectrum of micronutrients (vitamins and minerals).
- 2) Advanced Nutritional Concepts such as Nutrient Timing
- 3) Ergogenic Aids – What they are and How to use them optimally
- 4) Nutrition To Maximise Muscle Growth, Repair, and Recovery From Training
- 5) Performance Supplements – Increase your athletic performance significantly by utilising the best supplements that are backed up by scientific evidence. Understand which supplements to use for different purposes, and why you are unlikely to ever need more than 4 of them.
- 6) How to Calculate Your BMR
- 7) How to Calculate Your Exact Daily Caloric Expenditure
- 8) Much, Much, More!

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