



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

By 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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## **Editorial Review**

### **Amazon.com Review**

Beyond the fad weight-loss diets, beyond the bodybuilding mythology about excessive amounts of protein for making muscle, beyond the nonsense that circulates about nutrition in the world today, there is a body of scientific knowledge that shows us a road map to our goals. For example, Susan Kleiner shares a formula to determine exactly how much protein the bodies of strength trainers and bodybuilders can use before storing the extra as fat, why amino-acid supplements are a very expensive and somewhat inferior substitute for simple foods such as yogurt and chicken, and why carbohydrates, not protein, are the most important nutrients for muscle building. Many of the recommendations seem so simple--"eat fruits and vegetables," for example--but *Power Eating* shows us that sometimes the oldest advice in the world is perfectly aligned with modern nutritional science, whereas the complex solutions dreamed up by bodybuilding gurus and supplement manufacturers don't always stand up to rigorous analysis.

### **From the Publisher**

"These authors have done their homework. The eating plans and recipes are perfect for men and women looking to maximize muscle gain and lose fat."

Jayne Schramm, MPH, MS, PT, SCS, ATC, CSCS; Member, Board of Directors, National Strength and Conditioning Association

"Susan does a great job of using scientific research to clarify gray areas specific to athletes' nutritional needs. The entire book is very precise in its approach and puts to rest several myths."

Dwight Daub, MS, CSCS; Player Development Coach, Seattle SuperSonics

### **About the Author**

Susan M. Kleiner holds a PhD in nutrition and human performance from Case Western Reserve University and currently serves as a nutrition consultant to GNC and to the Seattle SuperSonics. She has consulted numerous other strength and bodybuilding athletes, including sports teams in the NFL and NBA. She serves on the advisory boards for Shape and Let's Live Magazine/Physical, and she is the nutrition column editor for Athletic Therapy Today. She writes frequent columns and features for magazines ranging from Muscle & Fitness to Parenting.

A registered dietitian, Kleiner is a fellow in the American College of Nutrition, who honored her with a Young Investigator Award in 1987 for her work on the influence of diet and anabolic steroids on competitive male bodybuilders. She is an Associate Member of Sigma Xi, a scientific research society, and a member of the American College of Sports Medicine; the National Strength and Conditioning Association; the American Dietetic Association; and the Sport, Cardiovascular and Wellness Nutritionists.

Kleiner lives in Mercer Island, Washington, with her husband Jeffrey Kanter and their two daughters. In her free time she enjoys skiing, strength training, and spending time with her family in the great outdoors of the Pacific Northwest.

A certified nutrition counselor, Maggie Greenwood-Robinson has authored or coauthored 17 books in the health and fitness field. She writes the Natural Dieter column for Let's Live magazine and the Body Shop column for Christian Single. She is also a member of the advisory board for Physical magazine.

Greenwood-Robinson's articles have appeared in Women's Sports and Fitness, Working Woman, MuscleMag International, Ironman, Muscle and Fitness, Female Bodybuilding, and many other publications. She has conducted seminars on strength training, exercise motivation, diet and nutrition, fat loss, and couple's fitness; she has also taught bodyshaping classes at the University of Southern Indiana.

Greenwood-Robinson has a PhD in nutrition counseling from LaSalle University. She and her husband Jeff live in Destin, Florida, where she enjoys weight training and walking the beach.

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#### **Mary Alexander:**

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