

Nancy Clark's Sports Nutrition Guidebook

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✓ Verified Book of Nancy Clark's Sports Nutrition Guidebook

Summary:

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You've heard it, you've read it, and you know from experience it's true: You'll feel better and perform better when you choose the right foods to fuel your body. The problem is, the more active your lifestyle is, the less time you have to spend on preparing healthful meals. Nancy Clark's Sports Nutrition Guidebook offers solutions from the nation's leading sports nutritionist.

More than 350,000 fitness enthusiasts and athletes have already turned to the first two editions of this book for straightforward sports nutrition and weight management advice. Now the all-time best-selling sports nutrition guide has been thoroughly updated with realistic eating strategies to help you make nutritious, tasty food choices in today's fast-paced, high-stress, eat-on-the-run society.

Renowned sports nutritionist Nancy Clark shows you what to eat to boost energy, reduce stress, control weight, improve health, and enhance workouts--even when coping with a stressful lifestyle. You'll learn how to navigate your way healthfully through grocery stores, restaurants, food courts, and even your own kitchen, with numerous food suggestions and sample meal plans. You'll find more than 72 recipes for healthful, mouth-watering meals that are quick and easy to prepare.

Clark offers recommendations on how to lose undesired body fat while maintaining energy for exercise. She helps you get the maximum benefit from the foods you choose, and her sample eating plans show you how to fuel for specific workouts. You'll learn how to eat well on a day-to-day basis as well as how to eat before games or tournaments and, just as important, how to eat afterward for optimal recovery. Clark covers current food, diet, and supplement options and explains which are best--and why--based on your individual energy needs. She also offers healing information on overcoming food and weight obsessions and advice on trendy diet alternatives like the Zone, Atkins, thermogenics, and Ultra Slim-Fast.

Nancy Clark's Sports Nutrition Guidebook is the preferred source of solid nutritional advice to fuel an active lifestyle while achieving a desired weight. Use it to feel great and energized all day long.

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