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sufficient fiber
and
micronutrients.

Athletes must
also factor in
their own needs
and preferences,
including food
preparation and
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of the utmost
importance.

Nutrition is a
game of numbers.

The key is
getting the
numbers to work
in your favor.

The absolute
worst thing to
do as a strength
athlete is to be
one of what I
call the

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“Chronic Strength Dieters.” These people are on a diet every time you talk to them. They ultimately spend 75 percent of the year in a caloric deficit, often times jumping from one fad diet to the next in an

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shredded.

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Protein is
essential to the
strength and
power athlete
because protein
is the nutrient
that builds and
repairs

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Adequate protein needs must be met to promote the growth of new tissue and activate the recovery and repair of exercise-induced damage to muscles.*

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