

Gain muscle, cut fat, and elevate your power and performance levels. With a resume that includes work with many NFL and NBA athletes as well as world-class bodybuilders, Susan Kleiner brings you a resource like no other. In Power Eating, Kleiner brings together years of scientific-based research that has aided in the development of thousands of athletes and offers it to you in this one-of-a-kind practical resource. In a world where every athlete desires to gain that extra advantage over the competition, too often attention is given to the latest quick fix. In Power Eating, you'll find a better way to achieve goals in physique and performance—safely, legally, and effectively. In this fourth edition, you'll find the latest scientifically proven nutrition guidance that athletes in all power sports require. In addition to the popular diet plans that provide meal suggestions for each meal of the day, you'll discover new findings suggesting how certain botanicals can improve performance when introduced to your diet. And the completely updated supplement rating system, based on the latest scientific studies, will guide you through the minefield of unsubstantiated claims and help you select the best supplements for you based on their purity, potency, digestibility, and absorption. Incorporate the Power Eating plan into your training and find out what thousands of athletes already know. Power Eating is more than a book. It's your path to power excellence.

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window.ue_csm.cel_widgets = [ { id: detail-bullets }, { id: featurebullets_feature_div
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return custRev + (index + 1); } }, { id: sims_fbt }, { id: purchase-sims-feature }, { id:
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t }, { id: vtpsims }, { c: celwidget }, { id: fallbacksessionShvl }, { id: rhf }, { id:
unifiedLocationPopoverSelections } ]; (function(a){var
b=document.ue_backdetect;b&&b.ue_back&&a.ue&&(a.ue.bfini=b.ue_back.value);a.uet&&a
.uet(be);a.onLdEnd&&(window.addEventListener?window.addEventListener(load,a.onLdEnd
,!1):window.attachEvent&&window.attachEvent(onload,a.onLdEnd));a.ueh&&a.ueh(0,windo
w,load,a.onLd,1);a.ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.split?(b=a.ue_furl.split(.))&&b[0]
&&a.ue.tag(b[0]):a.ue.tag(nofls)))(ue_csm); var ue_pty=Detail, ue_spty=Glance,
ue_pti=1450430171; v (function(g,h){function d(a,d){var b={};if(!e !f)try{var
c=h.sessionStorage;c?a&&(undefined!==(typeof
d?c.setItem(a,d):b.val=c.getItem(a)):f=1}catch(g){e=1}e&&(b.e=1);return b}var b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(a=a.val,a (a=b.oid NI,d(csmtid,a)),c=d(b.oid),c.e
(c.val=c.val 0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(ue_csm,window); (function(b,c){var
a=c.images;a&&a.length&&b.ue.count(totalImages,a.length)})(ue_csm,document);
(function(m,h){function I(a){if(a)return a.replace(/^//s+ //s+$/g,)}function
x(a,e){if(!a)return { };a.m&&a.m[k]&&(a=a.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.target&&a.m.target.tagName?b+(Error handler
invoked by +a.m.target.tagName+ tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown error,b={m:b,f:a.f
a.sourceURL a.fileName a.filename a.m&&a.m.target&&a.m.target.src,l:a.l a.line a.lineno
a.lineNumber,c:a.c?a.c:a.c,s:[],t:m.ue.d(),name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror: ueLogError)},d,c,g=0,f=0,n;c=h.location;d=a.stack
(a.err?a.err.stack:);b[y]=e[y] c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.performance&&h.performance.timing&&(c=h.perfo
rmance.timing,f=window.performance&&window.performance.now&&window.performance.
timing?window.performance.now()+window.performance.timing.navigationStart:+new
Date,b.ld=0l.mx)}{l.ec++;l.ter.push(a);e=e { };var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e) } }function w(a,e){if(a){ var b=x(a,e),d=e.channel
```

```

M;if(ue.log.isStub&&h[u]&&h[u][v]){var c={};c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.ue_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n!=(f[D]&&
f[D](E,g))){var l;if(h[F]){var k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogress=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var q=new h[G];p=withCredentialsin q?q:void 0}else p=void
0;l=p}n=1;if(d=n){d.open(POST,E,!0);if(d[H])d[H](Content-type,text/plain);d.send(g)}}catch
(r){}}else m.ue.log(b,d,{nb:1});if(!a.fromOnError){g=h.console{};d=g.error g.log
s;c=h[u];f=Error logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieUserJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no info provided; converting to string failed}else
f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,N=navigator,D=sendBeacon,v=stringify,u=JSON,p
=logLevel,q=attribution,y=pageURL,r=skipTrace,H=setRequestHeader,k=message,s=function
(){},E=//+m.ue_furl+ /1/batch/1/OE/,l=m.ue_err,M=m.ue_err_chan
jserr,z=FATAL,J=v6,A=20,t=256,L=RegExp( (?([^\s]*):(d+):d+ )?.split(
).join(String.fromCharCode(92))),K=/.*@(.*):(//d*)/;x[r]=1;C[r]=1;w[r]=1;(function(){for(var
a,e=0;e (function(c,d){var b=c.ue,a=d.navigator;b&&b.tag&&a&&(a=a.connection
a.mozConnection
a.webkitConnection)&&a.type&&b.tag(netInfo:+a.type)})(ue_csm>window);
(function(c,d){function g(a,b){for(var c=[],d=0;d ue_csm.ue.exec(function(d,e,a){function
b(a,b){return{name:a,getFeatureValue:function(){return void 0!==(b 0)}}}function
h(a,b,c){return{name:a,getFeatureValue:function(){return b===c 0}}}}function
g(a,b){return{name:a,getFeatureValue:function(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) ) ue._bf.modules.push( ue._bf.mpm(cc_ie6, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie7, 1) ) ue._bf.modules.push( ue._bf.mpm(cc_ie8, 1)
) ue._bf.modules.push( ue._bf.mpm(cc_ie9, 1) ) (function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=(/[w//]-)/);a=null!==(a?a[1]:null);var
b=ue_sid,c;c=Date.now?Date.now():(new Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b}),f),d[a]=1)}var
k=sbk,f=csm;b=b.navigator.cookieEnabled?!0:!1;var
e=g.ue,d={};e.log({k:cinf,enbl:b},f);b&&ue_sid&&(d[ue_sid]=1,e.attach(beforeunload,c),setI
nterval(c,1E3)))(ue_csm>window,document); ue_csm.ue.exec(function(e,f){var a=e.ue
{ },b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_previousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&b&&a.ssw(CSM_previousURL,b);d=c?reload:d?int
rapage-transition:first-view}else d=unknown;a._nt=d},NavTypeModule)(ue_csm>window);
var ue_mbl=ue_csm.ue.exec(function(e,a){function k(f){b=f
{ };a.AMZNPerformance=b;b.transition=b.transition { };b.timing=b.timing
{ };if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&a.cordova.platformId&&ios===cordova.platformId?
!1:!0:!1)&&b.tags instanceof Array){var c;c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1 (function(b){function
c(){if(a.log&&a.log.isStub){var b=[];a.log.replay(function(a){var
c={ };c[a[1]]=a[0];b.push(c)});b.length&&k(b)}function
k(a){if(e)a=f(a),b.navigator.sendBeacon(g,a);else{a=f(a);var c=new
b[d];c.open(POST,g,!0);c.setRequestHeader&&c.setRequestHeader(Content-type,text/plain);c
.send(a)}}function f(a){return
JSON.stringify({rid:b.ue_id,sid:b.ue_sid,mid:b.ue_mid,mkt:b.ue_mkt,sn:b.ue_sn,reqs:a})}var
d=XMLHttpRequest,a=b.ue,l=b[d]&&withCredentialsin new b[d],e=b.navigator&&
b.navigator.sendBeacon,g=//+b.ue_furl+/1/batch/1/OE/,h=b.ue_fci_ft;a&&(l
e)&&(a.attach&&(a.attach(beforeunload,c),a.attach(pagehide,c)),h&&b.setTimeout(c,h),a._ffc

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i=c}})(window);

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