



The Low-Carb Athlete: The Official Low-Carbohydrate Nutrition Guide for Endurance and Performance

By Ben Greenfield



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No More Carb Loading!

So you're gearing up for a killer exercise session, or a big event like a marathon or a triathlon, and you want to avoid all the carbo-loading that's so prevalent amongst endurance athletes. You're interested in fueling your body for the combination of ideal health and performance, and you're ready for weight loss, longevity, health, and breaking your sugar addiction. But is that even possible? Can you really escape the pasta binges and gastrointestinal distress that often accompanies an over reliance on sugar? Can you really be a low-carb endurance athlete?

Enhanced Performance Without Expensive Supplements

Maybe you know it's possible, but did you also know that there are certain supplements no low carb athlete should be training without? You're probably worried that you'll need to shell out big bucks for obscure supplements, right? Pine pollen? Ant protein? Thankfully, you just need some tried and true favorites that have proved the test of time. The number one supplement for low-carb athletes? It's likely to be sitting on your kitchen table right now. And there's another one that 70% of the population is deficient in...don't let that be you, especially when deficiency can lead to fatigue and muscle cramps.

Edge Out the Competition with Superior Nutrition

As an Ironman triathlete who eats low-carb, author Ben Greenfield walks his talk. He's developed a detailed system that will put you nutritionally ahead of 99% of your competitors. From training days, to race week, to the day of the race itself, you'll learn exactly what you need to be eating and when for best performance and best health. *The Low Carb Athlete* is the go-to resource for low carb athletes and those wishing to switch up their diet protocol from the old school carb-based diets of yesterday.

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Editorial Review

About the Author

Ben Greenfield is an ex-bodybuilder, Ironman triathlete, Spartan racer, coach, speaker, and author of the New York Times Bestseller “Beyond Training: Mastering Endurance, Health and Life.” In 2008, Ben was voted as NSCA’s Personal Trainer of the Year and in 2013 and 2014 was named by Greatist as one of the top 100 Most Influential People in Health and Fitness. Ben blogs and podcasts at BenGreenfieldFitness.com and resides in Spokane, WA, with his wife and twin sons.

Users Review

From reader reviews:

George Foulds:

Have you spare time for a day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the particular Mall. How about open or perhaps read a book allowed The Low-Carb Athlete: The Official Low-Carbohydrate Nutrition Guide for Endurance and Performance? Maybe it is for being best activity for you. You understand beside you can spend your time with your favorite's book, you can better than before. Do you agree with its opinion or you have other opinion?

Carrie Hanks:

The reason why? Because this The Low-Carb Athlete: The Official Low-Carbohydrate Nutrition Guide for Endurance and Performance is an unordinary book that the inside of the book waiting for you to snap it but latter it will shock you with the secret the item inside. Reading this book close to it was fantastic author who also write the book in such awesome way makes the content inside easier to understand, entertaining technique but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This unique book will give you a lot of rewards than the other book get such as help improving your ability and your critical thinking approach. So , still want to hold off having that book? If I were you I will go to the publication store hurriedly.

Melissa Gusman:

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based confirm resource info that maybe you can be among it. This great information can easily drawn you into fresh stage of crucial considering.

Mary Gobeil:

The book untitled The Low-Carb Athlete: The Official Low-Carbohydrate Nutrition Guide for Endurance and Performance contain a lot of information on this. The writer explains your ex idea with easy method. The language is very straightforward all the people, so do definitely not worry, you can easy to read the idea. The book was compiled by famous author. The author will bring you in the new era of literary works. It is possible to read this book because you can continue reading your smart phone, or model, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site along with order it. Have a nice study.

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