

Table of Contents

Foreword by Rich Froning i

A Note from the Authors ii

I. Nutrition Principles and Priorities

Chapter 1 The Diet Priorities 1

Chapter 2 Calorie Balance 8

Chapter 3 Macronutrients 16

Chapter 4 Nutrient Timing 37

Chapter 5 Food Composition 53

Chapter 6 Supplements and Hydration 66

Chapter 7 Diet Adherence 77

Chapter 8 Hunger Management 84

II. Practical Application of the Diet Principles

Chapter 9 Nutritional Periodization 94

Chapter 10 Designing Your Diet	111
Chapter 11 Tracking Your Weight and Adjusting Your Diet	133
Chapter 12 Monitoring Body Composition Changes	147

III. Special Topics

Chapter 13 Special Diet Circumstances	160
Chapter 14 Competition Day Nutrition	173
Chapter 15 Gut Health	187
Chapter 16 Alcohol, Body Composition, and Performance	195
Chapter 17 Fads and Fallacies	199
Getting Help with Diet Design	230
Bibliography	231