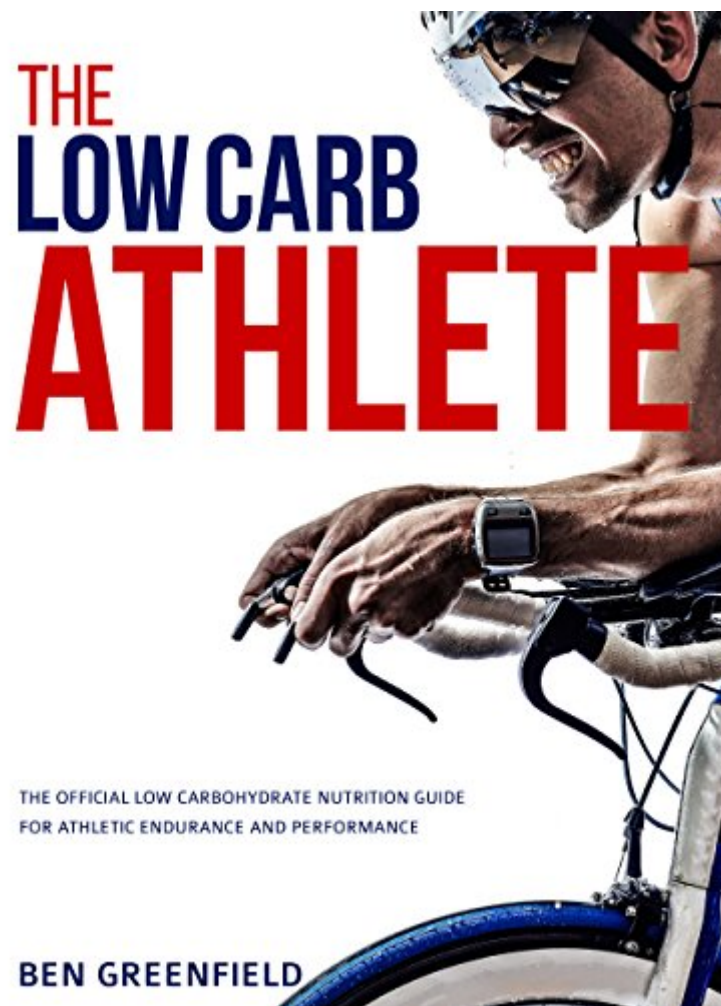




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# The Low-Carb Athlete: The Official Low-Carbohydrate Nutrition Guide For Endurance And Performance



## Synopsis

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.

## Book Information

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## Customer Reviews

Very good understanding of pluses and limits of a low carb diet for those who exercise long and hard. While fact filled and clear, perhaps could focus more on normal human foods vs shakes, powders, bars, and other miracles of nutrition with long ingredient lists. Personally I prefer a roast leg of lamb with a few green beans!

This book is for the high caliber athlete who trains 10 plus hours a week doing endurance training. The author seems to be selling a lot of different products in his text, and it is extremely distracting. Not to mention the need to use his outside information to continue reading most sections. Not a bad book by any means , just not for the average or even above average person.

Probably a good resource if you are a competitive athlete. Didn't do much to help with my casual running

A great resource for low carb exercise. Ben knows what's up and down in modern low carb paradigms and I will get back to this book as reference in the future. It's a short one that is easier digestible (pun intended) than Bens mammoth work 'Beyond Training'.

This guy has so much knowledge and all from being his own test pilot! Great read with solid information.

I was hoping for more info for people who just moderately exercised. But there are a lot of great resources and ideas laid out that made it worthwhile.

Ben really does a nice job explaining the "why" and the "how" of a low carb diet for athletes. It really can't get any easier than this book. I highly recommend this for any endurance athlete needing to keep sugars in balance.

Greatly appreciate the detailed ingredient and recipes. Maintaining this diet is difficult (for the novice at least), and the book provides more than sufficient tools to aid in accomplishing the topic.

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