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Chris Carmichael's Food for Fitness

Chris Carmichael, Jim Rutberg, Kathy Zawadzki

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From the coach of Lance Armstrong and several more of the world's greatest athletes comes a revolutionary eating plan for all active people - from weekend warriors to elite competitors to those just trying to lose a few pounds and be more fit.

Readers will learn:

- The truth and consequences of low-carb diets for athletes
- The importance of eating the right foods for clean-burning fuel
- Which supplements work and which just waste money
- The Complete Carmichael Nutrition Program, which has carried many top athletes to victory
- Comprehensive training programs to put a nutritional program to work - for cyclists, runners, endurance athletes, and others
- The ease and benefits of dozens of quick-to-prepare, power-packed recipes

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