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Nutrition? The Bodybuilders Nutrition Book

One of the most famous nutrition books of the 80's, written by Dr. Franco Columbu. Is short (150 pages) and quite easy to read. In my opinion is not a difficult

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reading for a
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bodybuilder
interested in
nutrition. It's
not a medical
book! It is
composed of 6
chapters and
contains 11
sample diets,
easy to follow.

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Bodybuilders's Nutrition Book – by Dr Franco Columbu

Dr. Willey focuses on using exercising & nutrition as a preventative measure & means of improving health. This book is suitable for anyone who

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is trying to improve their knowledge about training and bodybuilding nutrition.

Again, the book is based on evidence and contains only proven to work information & facts.

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One of the best and most comprehensive books on bodybuilding is Franco Columbu Bodybuilder's Nutrition Book. In this 81 page

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book, Franco
talks about how
many other diet
books don't
cover everything
you need as a
weightlifter.
Although short,
this book goes
surprisingly in
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Published in

1985, The

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Nutrition book

is written by

one of the top

bodybuilder's of

his era, who

also happens to

be a

chiropractor and

has a PhD in

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Nutrition. Yes, the book is somewhat dated in that it doesn't cover every body building supplement (heavily advertised and touted as 'the supplements' in Muscle and Fitness, Flex

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and other

similar
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magazines...)

such as

creatine, fat
burners, BCAA's,
etc..., but what
it does cover is
how the body
processes
proteins,
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diet plans for
achieving a
superior
physique.

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by Sam Fussell –

A book about one man's

bodybuilding journey (not an instruction manual), Muscle is a seriously entertaining story that's very easy to read. After developing an obsession with

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Bodybuilders, the author is forced to deal with his own psychological issues amidst rampant use of anabolic steroids.

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Science ...

Bodybuilding is centered around building your body's muscles through weightlifting and nutrition.

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diet and
provides a one-
week . . .

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there are a
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to bodybuilding,
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classic status.

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build both your
mind and body.

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