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weight but volume as well. ive also dropped from ~210 to 201 this morning with no discernible decrease in strength. my trainer and his wife are getting 1on1 training from them and said it is the easiest diet theyve ever followed.

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like to get the

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first time? You've heard
others talk about it, but
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get that initial email
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with our RP coaches.

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ebook is available now for \$27 but after 11:59PM PST on Sunday, October 12th, the price will increase to \$37. ... Renaissance Diet Auto-Templates. These diets (written as easy-to-use Excel files) are designed to help you either shed body fat while keeping muscle(the cutting diet) or gain muscle (the

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this book) ... Chapter
11: BONUS "Trinity"
Powerlifting Templates.
Foreword: A Guide and

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Starting Point The goal behind the writing of this book is very simple; to bring a scientifically valid, organized approach

~~TRONG 1 Work with Coach Knispel Home Nutrition Template.~~
Choose from any of the following for each of your prescribed macros.
Lean Protein Sources.

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Any fish (tuna, salmon, etc.) Any seafood (shrimp, scallops, etc.)
Chicken breast; Turkey breast; Any beef 90% or leaner; Any steak 90% or leaner; Any turkey 90% or leaner; Egg whites or egg substitute (2 egg whites = 1oz meat)

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~~Periodization Page 1 |~~

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~~Breaking ...~~

A comprehensive view of diet requirements, varying by size, gender, and activity, this book provides an excellent overview of how to modulate calories and macros to hit weight gain or weight loss goals. Also covered are nutrient timing, special considerations for

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lifestyle, and review of
common cultural diet
conceptions.

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