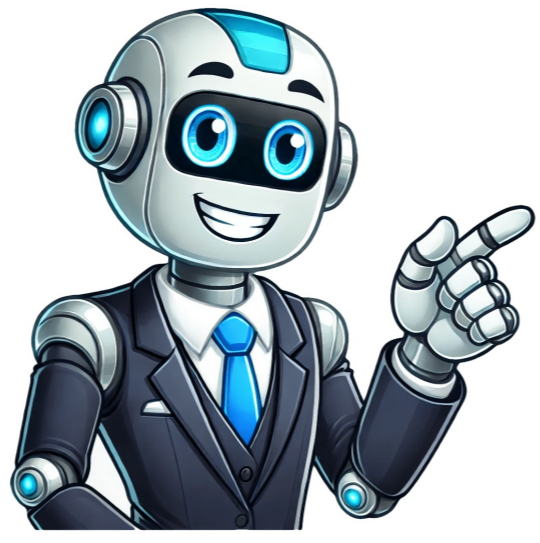


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Complete the questions below to create your meal plan. 1. Days 2. Meals 3. Breakfasts 4. Snacks Sign Up To Emails You'll Want To Read Distilled from our experience as the world's leading results-producing trainers, Volume 2 of the UP Encyclopaedia of Personal Training gives you everything that you need to know to understand and create your own body transformation meal plans and diets. For the first time ever we show you how we take into account individual clients' commitment levels; taste buds; dietary restrictions; budget; time limitations and of course, goals! Aimed at the beginner right through to the experienced professional personal trainer, we have included every lesson that we have learned in creating ways of eating that work in the real world for fat loss and dramatic body transformation improvements. This is not a book that gives you just one plan and you must hope that it works for you and the unique things that you need to stick to the right diet. It is a book that teaches you how to eat, not merely tells you, so that you can go into the world with confidence in your nutritional plan. In partnership with Ultimate Performance, this meal plan fuels your fitness journey with precision nutrition, supporting goals set by world-class UP trainers. Sign Up To Emails You'll Want To Read Distilled from our experience as the world's leading results-producing personal trainers and seasoned with the expertise of professional chefs, the Ultimate Performance Cookbook gives you a repertoire of delicious recipes to help you eat and live as healthily and enjoyably as possible, for life. Aimed at anyone who wants real results while enjoying foods that are fulfilling and flavourful, the 190-plus recipes in this book are the antidote to archetypal diet fare and combine the perfect balance of our tried-and-tested nutrition principles with tastes from around the world. The 320-page cookbook is packed with recipes inspired by the finest world cuisines, including Thai, Indian, Mexican, Chinese, Italian, Spanish, Middle Eastern and many more. There are ideas and inspiration for main meals and breakfasts, desserts and shakes, salads and sides, as well as plant-based and vegan dishes. Every recipe is under 500 calories with exact macronutrient calculations that can be tailored to your specific diet requirements perfect for creating your own body transformation meal plan. The Ultimate Performance Cookbook also includes Nick Mitchell's Rules for Healthy Eating, our formula for the optimal body transformation meal, and weekly meal plan examples showing exactly how you can create your own ideal meal plan using the recipes.