

# Contents

Acknowledgments, v

Preface, vii

**Introduction** You're a Bodybuilder, So Eat Like One!, 1

1. Understanding Macrobiotic Nutrition, 3
2. Carbohydrates—Don't Count Them Out, 12
3. Protein—Choosing the Right Building Blocks, 28
4. Fat—It Is Essential!, 61
5. Water—The Nutritional Paradox, 68
6. Macrobiotic Meals to Muscle Mass, 71
7. Guide to Estimating Caloric Requirements, 83
8. The Important Role of Micronutrients, 92
9. Enhancing the Macrobiotic Nutrition Effect, 119
10. Macrobiotic Meals, 150

**Conclusion** Progress Is the Great Motivator, 175

**Appendix A** Macrobiotic Caloric Requirements Tables, 176

**Appendix B** Macrobiotic Food Guide Pyramids, 189

**Appendix C** Macrobiotic Exchange Lists, 191

References, 195

Index, 207

About the Authors, 214