

# BUFF BODY

SCIENCE BEHIND THE SWEAT

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## Nutrition Guide

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Eat for the Body You Want  
Not for the Body You Have

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## About this Guide

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You may have heard the rule: If you want to be successful in your training it's 70% nutrition, 30% workout. Or even 80-20.

### **Forget that right now! Think 100-100.**

Both these elements are equally important. You can't grow muscle, without eating right. But no matter how good you eat, you won't grow muscle without the right training impulse. Makes sense.

The best diet is the one that helps you reach your dream body and live a healthy life, but does not limit you in your life-style and enjoying life. Being able to increase the timespan of your life, while enjoying it in a healthy and happy state is what longevity is all about.

Training and diet are all about consistency. So when it comes to diet, focus on the important things, make sure you can fulfill these and be consistent.

The perfect diet, with the perfect blend of macro- and micronutrients does not help you reach your dream body, if you hate what you eat and give up after a few weeks.

Don't stress yourself, trying to get every gram to the point for a 100% perfect diet. Focus on what's important, before getting lost in the tiny details that won't bring you much further.

A pizza one day won't hurt you. Just like eating healthy one day won't make you healthier. It's the consistency. Eat well most of the time, and a pizza – or whatever your guilty pleasure is – on some days won't hurt.

This guide will help you learn and understand the basics of nutrition, so you are in full control of what you eat and enjoy eating – and enjoy eating a lot.