



# The Muscle & Strength Pyramid - Nutrition

*Eric Helms (Chief Author) , Andrea Valdez (Co-author) , Andy Morgan (Co-author)*

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**The Muscle & Strength Pyramid - Nutrition** Eric Helms (Chief Author) , Andrea Valdez (Co-author) , Andy Morgan (Co-author)

Long gone are the days of strict meal plans and cookie-cutter dietary approaches. We know too much as an industry to stand for these “one plan fits all” food prescriptions. This book will reveal a set of guidelines, principles, and theories to create a framework for athletes with muscle and strength in mind.

Nutritional prioritization in accordance to goals

The structured order of importance is what makes this book different. Yes, many things matter, but WHEN do they matter? This is the question answered throughout this text to keep you from wasting time and energy with your nutritional efforts.

Science-based calculations for any strength athlete

Whether the athlete aims to get in shape for the bodybuilding stage, cut pounds for a weight class, or ensure that their nutrition is adequately supporting their muscle gaining efforts, we’ve got it covered.

Dietary philosophies for long-term adherence and success

We don’t believe in quick fixes. We believe in lifestyle....The detailed mindsets, tools, and methods described in this book will help you find the appropriate balance between adherence, consistency, and flexibility within your nutrition plan to set you up for continued progress throughout your athletic career.

## The Muscle & Strength Pyramid - Nutrition Details

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# **From Reader Review The Muscle & Strength Pyramid - Nutrition for online ebook**

## **Vulto says**

This book is an excellent read; simple, concise and straightforward information about strength training nutrition and the best way to implement it.

Every topic gives the reader an overall perspective of the nuances at play, while remaining approachable. This is also an excellent book to collect scientific references, because every explanation is consistently supported by actual research.

Recommended.

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## **Steve Papanastasiou says**

Great book for every professional nutritionist that cares about his athletes.

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## **Jessy Sparks says**

What a great book on not only how to dial in your nutrition and support performance but also how to also maintain meaningful relationships along the way. Some days are harder than others and this book was an easy read, well written and extremely knowledgeable. Many great recommendations within the book with resources cited and websites for other educations support.

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## **Mike Klug says**

While a lot of the info was known to me already, some ideas I had established in my head were challenged. I appreciate how straight up it was written and that he didn't label certain ideas as objectively wrong. Most interesting to me was that he kind of supports the anabolic window, kind of.

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## **VC Gan says**

Excellent book in helping to create a balanced diet.

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## **Stan says**

Very simple, straightforward and nuanced book on nutrition. This book should be mandatory reading for everyone starting with getting in shape or aspiring personal trainers/dietists.

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### **Book Reader says**

Great book.

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### **Adam McNamara says**

The M&S Nutrition Pyramid is the perfect guide to help you achieve your body composition goals. It explains what concepts to focus on, from most to least important.

The Pyramid is five levels:

1. Energy balance
2. Macronutrients
3. Micronutrients
4. Nutrient Timing and Frequency
5. Supplementation

Each section explains the concept's role in nutrition and provides simple rules to implement. For optimal performance, an athlete should master each concept in order before moving on to the next.

The book is written extremely well. It's easy to read - using simple language to explain complex topics. It's succinct - having enough detail to understand but not too much as to overwhelm. Finally, it's logical - anticipating readers' questions and answering them.

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### **Aditya Pai says**

Provides a very fair overview of the nutrition for all beginners and experts. It will help you no matter if you know a lot about nutrition, you sure will learn something from Eric. It divides the 5 hierarchies of nutrition into cutting or bulking phases(using the broad term, Eric goes in details). A good read for someone who just wants to start new in nutrition or even for someone competing in bodybuilding or maybe even powerlifting!

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### **Dblinkzz says**

Short concise book, no bullshit, direct to the point and with great great great recommendations for any dieter that's looking to have long term results.

This is easily the top 3 books that I've read in nutrition, ever. One thing that made me add additional points, as opposed to, for example Tom Venuto's "Burn the fat feed the muscle" is that, this book doesn't spend one entire chapter talking about the author's accomplishments and accolades, he starts right off the first page talking about nutrition, about the importance of each part of the pyramid he designed, then he starts talking

about each part of the pyramid with examples so you can adjust the examples to your own and apply them on you. This value is insane, you are talking about a pro natural bodybuilder who coaches other natural bodybuilders and powerlifters, someone who has a PhD in exercise science and programming workouts for muscle mass, and he is creating a valuable book where he lays down his strategies for coaching other athletes. This might as well be his personal notebook to go and check for notes when deciding how to help an athlete what to change in his nutrition to keep improving.

Great book, but it's maybe not for complete beginners just looking to dive into learning how to eat correctly, if you have been lifting for 6 months or a year and you want to improve your body composition though and you have general notions of how to count macros and calories, dive right in.

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### **Niki Linkov says**

Very well written and easy to understand, even if you don't have a lot of experience counting calories and macros. I wish I've read this book when I first started my fitness journey, as it would've saved me a lot of time.

The best thing about this book is that at the end of each chapter there's a small table summarizing the most important ideas and suggestions.

You may want to check out Eric's other book on the topic of training before reading the one about nutrition. Some of the terms are explained in greater detail in the other book and just briefly mentioned in this one.

Note that if you're just looking for general info on nutrition, this may not be the book for you. The information presented is geared towards specific body recomposition and fitness goals. So unless you're interested in strength training, you won't benefit a lot from learning about protein timing or setting up your macronutrient ratio.

However, if you're already lifting weights and looking to understand how to take care good care of your body, stay healthy and hit your goals in terms of aesthetics - I highly recommend reading this book.

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### **Vatsal Pathak says**

This book is not about information regarding fitness nutrition. It's about how you implement lots and lots of information you have to make them useful. Not for beginners. You need atleast few basic ideas about nutrition to go through this book.

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### **Guilherme Zeitounlian says**

good, actionable information. I like that the author makes it clear all the time that it is not a cookie-cutter approach. Rather, these are guidelines for nutrition (and mindset) that could be useful for a majority of trainees.

