



# A Bodybuilder's Guide to Golden Era Nutrition: Understanding the Basics

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## **A Bodybuilder's Guide to Golden Era Nutrition: Understanding the Basics** Golden Nutrition

The keys to an aesthetic physique lie not only amongst the iron within the gym, but the plate in which you eat from. It is that simple. You do have to carefully learn how to lose fat without sacrificing the muscles you've trained so hard for.. HOWEVER, whether you are just beginning your fitness journey, or finding that your current method isn't giving you the results you want...THIS overview was written to help simplify this journey for YOU... our thanks goes to those that have already been there AND achieved it... 40 years ago!

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