Dedicated Athlete,

Welcome to the Iron Palace. Inside these walls you will find a place where you can improve your strength, speed and endurance. All of these will help you perform at your highest level.

However, you cannot achieve your maximum weightlifting goals without supplying your body with proper nutrition. The following pages will be a guide to help you select the right things to put in your body to become the best athlete possible.

The coaching staff at North Hunterdon hopes that you will make smart choices for yourself and follow a nutrition plan that works for you. The suggestions and tips in the following pages are a generalized formula. It is not the only way to increase your athletic performance.

The coaching staff **strongly recommends** that you consult with a medical professional before making any changes in a diet plan. Also, if any adverse reactions happen while changing your diet plan, please seek the aid of a medical professional. We are not requiring that you make any of the suggested changes in the following pages, merely consolidating information from different sources. The coaching staff would never want to put an athlete in a situation that could lead to harm.

Good Luck and Work Hard,

Coaching Staff of the Iron Palace