## **Table of Contents**

Prologue	1
Chapter 1 – What To Eat: Basics of Nutrition for Healthy Weight Loss and Cycling	2
Chapter 2 – When and How Much To Eat: How to use Hunger to your Advantage	9
Chapter 3 – Eating for Weight Loss and Cycling Performance	15
Chapter 4 – Example Training and Eating Plans to Maximize Weight Loss and Performance	23
Bell Lap – Tips for Weight Loss as a Cyclist	27