

منابع کتاب تغذیه ورزشی به زبان ساده

۱- NSCA's Guide to Sport and Exercise Nutrition- ۲nd Edition

۲- The Complete Guide to Sports Nutrition, ۹th edition, ۲۰۲۲

۳- Flexible Dieting: A Science-Based, Reality-Tested Method for Achieving and
Maintaining Your Optimal Physique, Performance & Health

۴- Protein - all of your burning questions answered. First edition, ۲۰۲۱, Alan Aragon by
Alan Aragon (z-lib.org)

۵- Nutrition Recommendations for Bodybuilders in the Off-Season: A Narrative Review

۶- How much protein can the body use in a single meal for muscle-building?
Implications for daily protein distribution

۷- Is an Energy Surplus Required to Maximize Skeletal Muscle Hypertrophy Associated
With Resistance Training

۸- The Impact of Vegan and Vegetarian Diets on Physical Performance and Molecular
Signaling in Skeletal Muscle