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The RP Diet 2.0
| Chapter 4 |

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Israetel

*Structuring
Nutrient Timing
for Hypertrophy*

|

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Timing, Food

Composition, and

Supplements for

Muscle Gain

Nutrition for

Muscle Gain

Lecture 3

Lecture 4:

Nutrient Timing

(Nutritional

Priorities with

Dr. Israetel)

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Dr. Shawn Arent:

Nutrient Timing

Ep. 50 Why Meal

Timing Really

Matters (Chronon

utrition) EAT

MORE + BALANCE

YOUR HORMONES

NATURALLY

Intermittent

Fasting vs Time

Restricted

Feeding | Health

Benefits

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Intermittent
Fasting LUNCH
Mistakes That
Make You Gain

Weight ~~How To~~
~~Train While On a~~
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Time Restricted
Eating - Full

Webinar *The Post-
Workout Anabolic
Window (MYTH
BUSTED with
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Timing vs. Macros (IIFYM)
Best Time for Carbs | Carb Timing | How I Time My Carbs for Fat Loss (2018) ~~Ask the Machine — Meal Timing, Meal Frequency and Intermittent Fasting | Tiger Fitness~~

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How to Time Your
Meals for Max
Fat Loss- Thomas
DeLauer

~~Meal
Timing and
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Fasting Nutrient
Timing (What,
Why, and How)~~

Why Meal Timing
Really MATTERS
(Science of
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~~Meal Timing~~

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Timing 012:~~

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2020 *Nutrient*

Timing Seminar

Denmark Nutrient

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Timing' gives

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supplements and

vitamins have

given 'proven'

benefit in

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Workout
performance and
post-workout
recovery. Also

what supplements
to avoid because
they have shown
to have 'no'
real benefit. The
book gives
advice about the
'timing' of
foods
(protein/carb

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drinks) prior
to/during/after
workout to

maximise

performance and
recovery.

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misconceptions
about how to
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nutrition to
working muscles.
It shows ...

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specific advice
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Supplements and vitamins have given 'proven' benefit in workout performance and post-workout recovery. Also what supplements to avoid because they have shown to have 'no' real benefit. The book gives

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foods

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author={J. Ivy
and R. Portman},
year={2004} }
figure 1.1 table

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1.1 table 10.1
table 10.1 table
11.1 table 11.2
table 12.1 table
12.2 figure 2.1
figure 2.2 table
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figure 4.2 table
4.2 figure 4.3
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about what
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given 'proven'
benefit in
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what supplements
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Book gives
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foods

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drinks) prior
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maximise
performance and
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John . . .

Nutrient timing involves eating foods at strategic times in order to achieve certain outcomes. It's supposedly very important for muscle growth, sports

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performance and
fat loss. If
you've ever...

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Does Nutrient Timing Matter? A Critical Look

Basic Health
Publications,
Inc., 2004 -
Health & Fitness
- 211 pages. 2
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working muscles.

It shows that

when the right

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combination of nutrients is delivered at the right time, one can activate his/her body's muscle machinery to increase muscle strength, improve endurance and increase lean muscle mass.

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adds the missing
dimension to
sports
nutrition, the
dimension of
time. By timing
specific
nutrition to
your muscle's

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24-hour growth cycle, you can activate your body's natural anabolic agents to increase muscle growth and gain greater muscle mass than you ever thought possible.

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The Three
Nutrient Timing
Phases The
nutrient timing
system is split
into three
distinct phases:
1) Energy Phase
(just before and
during workout)
2) Anabolic

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Phase (post 45
minutes of
workout) 3)

Growth Phase
(remainder of
the day) The

Energy Phase

Muscle glycogen
is the primary
fuel (followed
by fat) used by
the body during
exercise.

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- The University
of New Mexico

In the early
2000s, with the
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Nutrient Timing:
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by Drs. John Ivy
and Robert
Portman, the
idea of nutrient
timing became

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author={J. Ivy
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Nutrient timing
refers to the
concept that the
timing and
content of

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Feeding in-and-around training sessions has a dramatic effect on improvements in muscle mass, body composition and performance. A new vista in sports nutrition - not just what is eaten, but when it is eaten.

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Overwhelming evidence now supports the specific and the strategic use of liquid formulations to provide carbohydrate and protein in precise amounts to support recovery and training

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