



WEEK 2
**RECOMMENDED
READING, WATCHING,
AND LISTENING**





ULTIMATE NUTRITION MENTORSHIP

Week 2

RECOMMENDED READING, WATCHING, AND LISTENING

WEEKLY LESSONS CHECKLIST:

Lesson 1: Protein Digestion and Absorption

Lesson 2: Protein Intake, Structure, and Function

Lesson 3: Everything You Need To Know About Protein Timing

Did you understand the content this week? Try these exercises:

1. Try and explain protein digestion out loud without looking at your notes
2. Pull somebody aside who isn't a trainer or coach and try to explain protein timing to them in simple terms
3. What are the best protein sources? Why are they the best? And what does the leucine threshold mean?

My podcasts covering protein intake:

[Under the bar - Jeff Serven](#), start at the 13mins mark.

[Under the bar - Dan Garner](#), start at the 25:30mins mark.

[Fantastic debate on protein intake](#) between two brilliant guys with different extrapolations from the data.

Dr. Israetel providing an [excellent summary](#).



Favorite textbooks for further protein information (as mentioned in the digestion section):

[Sport Nutrition Edition - Asker Jeukendrup](#)

[Advanced Nutrition Metabolism - SareenGropper](#)

[Quick breakdown on protein](#)

Active population protein needs:

<http://www.ncbi.nlm.nih.gov/pubmed/18577776>

<http://www.ncbi.nlm.nih.gov/pubmed/23107527>

<http://www.ncbi.nlm.nih.gov/pubmed/22150425>



-Dan Garner

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