

Fasting, Meal timing

<https://www.sciencedirect.com/science/article/pii/S1550413122003977>

<https://www.tandfonline.com/doi/full/10.1080/27697061.2024.2316636?src=recsys#abstract>

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2794819>

[https://www.clinicalnutritionespen.com/article/S2405-4577\(25\)00062-2/abstract](https://www.clinicalnutritionespen.com/article/S2405-4577(25)00062-2/abstract)

<https://www.mdpi.com/2072-6643/17/1/169>

<https://journals.physiology.org/doi/full/10.1152/ajpregu.00115.2012>

<https://www.nature.com/articles/ijo2014182>

<https://www.nature.com/articles/ijo2012229>

[https://www.thelancet.com/journals/ebiom/article/PIIS2352-3964\(25\)00181-1/fulltext?rss=yes](https://www.thelancet.com/journals/ebiom/article/PIIS2352-3964(25)00181-1/fulltext?rss=yes)

<https://www.mdpi.com/2072-6643/13/8/2525>

<https://www.sciencedirect.com/science/article/abs/pii/S1871402123000589?via%3Dihub>

<https://www.nature.com/articles/ijo2015138>

(interesting review- <https://onlinelibrary.wiley.com/doi/10.1111/obr.12779>)

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9334675/#abstract1>

Sex difference glucose kinetics during and after exercise

Sex differences post exercise (lipids)

Sex differences post exercise (glucose)

<https://pubmed.ncbi.nlm.nih.gov/20605898/>

<https://academic.oup.com/jcem/article-abstract/83/1/76/2865077?redirectedFrom=fulltext&login=false>

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/effect-of-12-weeks-of-euenergetic-highprotein-diet-in-regulating-appetite-and-body-composition-of-women-with-normalweight-obesity-a-randomised-controlled-trial/8FB0C6CF8F3D246197100EAD55D17754>

<https://journals.physiology.org/doi/full/10.1152/ajpregu.90671.2008>

<https://journals.lww.com/co-clinicalnutrition/pages/articleviewer.aspx?year=2023&issue=07000&article=00009&type=Abstract>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC8015182/#Abs1>

<https://www.mdpi.com/2813-0413/3/3/24>

<https://onlinelibrary.wiley.com/doi/full/10.1111/sms.14506>

Ghrelin exercise intensity A

Ghrelin and exercise intensity B

[Ansdall's sex differences review](#)

[Sex Differences exercise timing](#)

[Aging muscle and function](#)

[LEA issues](#)

https://journals.lww.com/acsm-msse/fulltext/2024/05000/low_energy_availability_followed_by_optimal_energy.17.aspx

[Energy deficits and body comp](#)

[Within Day energy deficits and reproductive function](#)

[Our position stand](#)

[Underestimation of loading in RT](#)

[Fatigue and Lifting](#)