

1. Bellisle F, et al. Meal frequency and energy balance. *Br J Nutr.* 1997 Apr;77 Suppl 1:S57-70.
2. Cameron JD, et al. Increased meal frequency does not promote greater weight loss in subjects who were prescribed an 8-week equi-energetic energy-restricted diet. *Br J Nutr.* 2010 Apr;103(8):1098-101. doi: 10.1017/S0007114509992984. Epub 2009 Nov 30.
3. Kulovitz MG, et al. Potential role of meal frequency as a strategy for weight loss and health in overweight or obese adults. *Nutrition.* 2014 Apr;30(4):386-392. doi: 10.1016/j.nut.2013.08.009. Epub 2013 Nov 20.
4. Scott CB, et al. Onset of the Thermic Effect of Feeding (TEF): a randomized cross-over trial. *J Int Soc Sports Nutr.* 2007 Dec 5;4:24.
5. Acheson KJ, et al. Protein choices targeting thermogenesis and metabolism. *Am J Clin Nutr.* 2011 Mar;93(3):525-34. doi: 10.3945/ajcn.110.005850. Epub 2011 Jan 12.
6. Binns A, et al. Thermic effect of food, exercise, and total energy expenditure in active females. *J Sci Med Sport.* 2014 Feb 6. pii: S1440-2440(14)00027-9. doi: 10.1016/j.jsams.2014.01.008. [Epub ahead of print]
7. Ravn AM, et al. Thermic effect of a meal and appetite in adults: an individual participant data meta-analysis of meal-test trials. *Food Nutr Res.* 2013 Dec 23;57. doi: 10.3402/fnr.v57i0.19676. eCollection 2013.
8. de Jonge L, et al. The thermic effect of food and obesity: a critical review. *Obes Res.* 1997 Nov;5(6):622-31.
9. Reed GW, et al. Measuring the thermic effect of food. *Am J Clin Nutr.* 1996 Feb;63(2):164-9.
10. D A D'Alession, et al. Thermic effect of food in lean and obese men. *J Clin Invest.* Jun 1988; 81(6): 1781-1789.
11. R Swaminathan, et al. Thermic effect of feeding carbohydrate, fat, protein and mixed meal in lean and obese subjects. *The American Journal of Clinical Nutrition* 42: AUGUST 1985, pp 177-181. Printed in USA
12. Denzer CM, et al. The effect of resistance exercise on the thermic effect of food. *Int J Sport Nutr Exerc Metab.* 2003 Sep;13(3):396-402.
13. Peele, Leigh. *Starve Mode.* 2013.

