What is the best source of protein for a person who is into weightlifting and heavy exercise? Meat protein or over the counter supplements such as protein powders? 1. The main body of the paper will be 6 - 8 pages in length, excluding the title page and reference page. Must be double-spaced with 1” margins, left justified, and Times New Roman or Times 12 point font. 2. Must include a minimum of five (5) references (at least three must be a journal, book, or article that is peer-reviewed, not a website, although the journal, book, or article may be accessed online.) Do NOT use sources such as Web MD, Wikipedia, or Dr. Oz! You must have valid, academic resources. 3. Must include an abstract, your reference page and in-text citations\*. 4. Will use American Psychological Association (APA) format style, 6th Edition or later, which includes parenthetical references in the body of the paper that coincide with your reference page.