

DAILY PROTEIN REQUIREMENT

Target: Fat Loss & Lean Muscle Preservation

Name: _____
Goal Weight: _____ lbs

Body Weight (lbs)	Moderate (0.8g/lb)	High (1.0g/lb)	Optimal (1.2g/lb)
120 lbs	96g	120g	144g
140 lbs	112g	140g	168g
160 lbs	128g	160g	192g
180 lbs	144g	180g	216g
200 lbs	160g	200g	240g
220 lbs	176g	220g	264g
250 lbs+	200g	250g	300g

Note: Higher protein intake during a caloric deficit helps prevent muscle wastage and increases satiety. Consult with a nutritionist before beginning a high-protein diet if you have pre-existing kidney conditions.