

BULKING PROTEIN TARGETS

Calculation Base: 1.0g - 1.2g per lb of bodyweight

Phase: Hypertrophy / Cycle 01

BODY WEIGHT (LBS)	MODERATE BULK (1.0G/LB)	AGGRESSIVE BULK (1.2G/LB)	DAILY MEAL GOAL (4 MEALS)
150	150g	180g	37g - 45g
160	160g	192g	40g - 48g
170	170g	204g	42g - 51g
180	180g	216g	45g - 54g
190	190g	228g	47g - 57g
200	200g	240g	50g - 60g
210	210g	252g	52g - 63g
220	220g	264g	55g - 66g

CURRENT WEIGHT

 lbs
TARGET DAILY INTAKE

 g
PROTEIN/MEAL TARGET

g
Prioritize leucine-rich sources: Chicken, Beef, Whey, Eggs, and Soy.