

# PROTEIN INTAKE REFERENCE CHART

Daily Grams of Protein Based on Body Weight

120 lbs	96g	<b>120g</b>	144g
140 lbs	112g	<b>140g</b>	168g
160 lbs	128g	<b>160g</b>	192g
180 lbs	144g	<b>180g</b>	216g
200 lbs	160g	<b>200g</b>	240g
220 lbs	176g	<b>220g</b>	264g
240 lbs	192g	<b>240g</b>	288g
260 lbs	208g	<b>260g</b>	312g

*Calculation: Body Weight × Ratio = Total Daily Grams.*