

PROTEIN INTAKE GUIDE

HYPERTROPHY FOCUS: 1.6g - 2.2g per kg

Daily Requirement Table

BODY WEIGHT (KG)	BODY WEIGHT (LBS)	MODERATE (1.6G/KG)	OPTIMAL (2.0G/KG)	AGGRESSIVE (2.2G/KG)
60 kg	132 lbs	96g	120g	132g
70 kg	154 lbs	112g	140g	154g
80 kg	176 lbs	128g	160g	176g
90 kg	198 lbs	144g	180g	198g
100 kg	220 lbs	160g	200g	220g
110 kg	242 lbs	176g	220g	242g

Strategy: Distribute protein across 4-5 meals daily (20g-40g per serving). Prioritize leucine-rich sources (whey, beef, poultry, eggs) to maximize Muscle Protein Synthesis (MPS).