

LEAN MUSCLE PROTEIN GUIDE

Daily Nutritional Reference Chart

TARGET INTAKE **1.6g - 2.2g / kg**
TIMING WINDOW **Every 3-4 Hours**
DAILY GOAL _____ **Grams**

PROTEIN SOURCE	SERVING SIZE	PROTEIN (G)	TYPE
Chicken Breast (Cooked)	100g / 3.5oz	31g	Animal
Greek Yogurt (0% Fat)	170g / 6oz	17g	Dairy
Egg Whites	1/2 Cup	13g	Animal
Whey Isolate	1 Scoop	25g	Supplement
Lean Ground Beef (95/5)	100g / 3.5oz	26g	Animal
Lentils (Cooked)	1 Cup	18g	Plant
Cottage Cheese (Low Fat)	1/2 Cup	14g	Dairy
White Fish (Cod/Tilapia)	100g / 3.5oz	20g	Animal

Values are approximate. Focus on high bioavailability and leucine content for muscle synthesis.