

PROTEIN DISTRIBUTION CHART

Target Daily Intake: g

Meal Timing	Protein Source	Portion Size	Protein (g)
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Breakfast

Post-Workout

Lunch

Afternoon Snack

Dinner

Total Calculated:

Daily Distribution Targets

MORNING

g

MID-DAY

g

EVENING

g

NIGHT

Notes: Aim for 0.4g/kg of body weight per meal for optimal muscle protein synthesis.