

# MUSCLE RECOVERY PROTEIN REQUIREMENTS

Daily targets based on activity level and body weight

<b>ACTIVITY LEVEL</b>	<b>GRAM PER KG/BW</b>	<b>GRAM PER LB/BW</b>
<b>Sedentary</b>	0.8g - 1.0g	0.36g - 0.45g
<b>Light Exercise</b>	1.2g - 1.4g	0.55g - 0.65g
<b>Moderate (Strength/Cardio)</b>	1.5g - 1.7g	0.68g - 0.77g
<b>High Intensity/Athlete</b>	1.8g - 2.2g	0.82g - 1.0g
<b>Caloric Deficit (Retention)</b>	2.2g - 2.4g	1.0g - 1.1g

*\*Calculation: Body Weight  $\tilde{A}$ — Requirement = Total Daily Protein Intake. Distribution of 20-40g per meal is recommended for optimal muscle protein synthesis.*