

# POST-WORKOUT PROTEIN REQUIREMENTS

Target: 0.25g - 0.4g protein per kg of body weight

BODY WEIGHT (LBS)	BODY WEIGHT (KG)	PROTEIN GOAL (LOW IMPACT)	PROTEIN GOAL (HIGH INTENSITY)
120 lbs	54 kg	14g	22g
140 lbs	63 kg	16g	25g
160 lbs	72 kg	18g	29g
180 lbs	81 kg	20g	32g
200 lbs	90 kg	23g	36g
220 lbs	100 kg	25g	40g
240 lbs	109 kg	27g	44g

**Optimal Timing:** Consume within 45-60 minutes post-exercise.

**Protein Sources:** Whey isolate, Greek yogurt, lean chicken, or soy protein.

Print Chart