

PROTEIN INTAKE REFERENCE CHART

Optimized for Resistance Training & Muscle Protein Synthesis

NAME: _____

CURRENT WEIGHT: _____

TARGET GOAL: _____

ACTIVITY LEVEL / GOAL	PROTEIN PER LB (BODYWEIGHT)	PROTEIN PER KG (BODYWEIGHT)
Maintenance / Sedentary	0.36 - 0.5g	0.8 - 1.2g
Moderate Resistance Training	0.6 - 0.8g	1.3 - 1.7g
High Intensity / Hypertrophy	0.8 - 1.0g	1.8 - 2.2g
Fat Loss (Caloric Deficit)	1.0 - 1.2g	2.2 - 2.6g

DISTRIBUTION STRATEGY	TARGET AMOUNT
Per Meal (4-5 Meals)	0.4g / kg per meal
Pre/Post Workout Window	20g - 40g High Quality Protein
Before Sleep (Casein/Slow)	30g - 40g

Note: Calculate requirements based on Lean Body Mass if body fat percentage is significantly high. Hydration should increase proportionally with protein intake. Consult with a nutritionist before significant dietary shifts.