

# Protein Requirements

To support health, body composition goals, build/maintain lean mass and support appetite for fat loss, a target range of 1.6 - 2g ( $\pm 0.2$ ) / kg of bodyweight of protein is recommended.

What is your daily protein requirements?

E.g.  $65\text{kg} \times 2 = 130\text{g Protein / day}$



\_\_\_\_\_ g/day

Write down some protein source/meal options you plan to eat for each meal to support this daily target. Work out what a serving of each source looks like so you will know if you've met your daily target.



## Breakfast

Source	Serving size	Protein (g)
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Lunch

Source	Serving size	Protein (g)
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Dinner

Source	Serving size	Protein (g)
_____	_____	_____
_____	_____	_____
_____	_____	_____

## Snacks

Source	Serving size	Protein (g)
_____	_____	_____
_____	_____	_____
_____	_____	_____