

# CALCULATING PROTEIN

## HOW MUCH PROTEIN DO YOU REALLY NEED?

Along with eating the appropriate amount of calories for your goal, eating an adequate amount of protein is the key to increasing your muscle mass, lowering your body fat percentage, getting stronger, and recovering from your workouts.

If you are having trouble reaching your body composition goals, increasing your protein is usually my first recommendation.

Even if you are eating the appropriate amount of calories for your goal but your protein intake is too low, you are going to have a hard time reaching your goals.

The amount of protein you need will largely depend on your sex and your body fat percentage. In general, men will need more protein than women. Also, you will need more protein the leaner you are.

The following table outlines how much protein you need for your situation:

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## CALCULATING PROTEIN NEEDS FOR WOMEN

<b>BODY FAT %</b>	<b>PROTEIN MULTIPLIER</b>
32-38+%	1.2 g/lb of lean body mass
26-32%	1.3 g/lb of lean body mass
20-26%	1.4 g/lb of lean body mass
14-20%	1.5 g/lb of lean body mass
8-14%	1.6 g/lb of lean body mass

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## CALCULATING PROTEIN NEEDS FOR MEN

<b>BODY FAT %</b>	<b>PROTEIN NEEDS</b>
29-35+%	1.2 g/lb of lean body mass
23-29%	1.3 g/lb of lean body mass
17-23%	1.4 g/lb of lean body mass
11-17%	1.5 g/lb of lean body mass
5-11%	1.6 g/lb of lean body mass

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## INFO NEEDED FOR PROTEIN NEEDS

<b>INFO NEEDED FOR PROTEIN NEEDS</b>	
<b>BODY FAT PERCENTAGE</b>	
<b>LEAN BODY MASS (LBS)</b>	
<b>PROTEIN MULTIPLIER</b>	

## DETERMINING PROTEIN NEEDS

Enter the equation just like this into your phone/calculator with the parenthesis

**(LEAN BODY MASS × PROTEIN MULTIPLIER)**

**=**

**DAILY PROTEIN NEEDS**

## ALRIGHTY, YOU'VE GOT YOUR PROTEIN NEEDS!

Regardless of whether you want to gain muscle, lose fat, or maintain your current physique your protein needs will not change. If you need to alter your calories for your goals, you will manipulate your carbohydrates and fats to meet your needs.