

# Protein Intake Worksheet



**Protein Calculations:** *Do NOT feed fat cells!* Calculate protein intake based off actual LBM pounds—this will give you enough to support existing lean mass, optimize exercise recovery, and with sufficient protein intake, also promote lean mass increases. Note *excess protein will be stored as fat*—and insufficient protein will not enable lean mass maintenance or lean mass gains. If your protein intake is currently low, **start conservatively** with protein increases. You can always increase protein later after your body has adapted or if more protein is warranted. Be sure to drink plenty of water as you increase protein intake. *\*(Do NOT use highest ranges for diabetic or kidney conditions unless advised by your doctor.)*

**Example: LBM = 136 pounds |  $136 \times 1.0 = 136$  grams of protein per day**

- .8= \_\_\_\_\_ grams (gms÷7) \_\_\_\_\_ Oz./Day
- 1.0= \_\_\_\_\_ grams (gms÷7) \_\_\_\_\_ Oz./Day
- 1.2= \_\_\_\_\_ grams (gms÷7) \_\_\_\_\_ Oz./Day

<i><b>RMR</b></i>	<i><b>Weight</b></i>	<i><b>LBM</b></i>	<i><b>BF %</b></i>

**Simplify!** If you don't want to track calories, percentages, and grams, just do your best to eat complex carbohydrates, lean proteins, and healthy fats at each meal. This would be a simple start to more balanced eating if you have been missing or neglecting one of these three macronutrient areas.

**Range Values:** .8 (sedentary); 1.0 (active); 1.2 (vigorous/high-intensity training) grams of protein X LBM

**Intake Conversion:** *Grams Protein ÷ 7=Ounces of Protein* (1 gram protein=1 ounce)

**Other Conversions:** 1 Weight Watchers point≈45 calories; 3 ounces meat≈23-27 grams protein