

Daily Protein intake matrix

1. Find your bodyweight in kilograms in the top row (e.g. 70kg)
2. Choose your level of protein intake in grams per kilogram of bodyweight in the left column (e.g. 1.8)
3. The intersection give the daily target for protein intake in grams (e.g. 126)
4. Complete calculation box

		Bodyweight in kilograms																				
		45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	
Protein g/kg of BW	Low protein	0.2	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
		0.4	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	50	52	54	56
		0.6	27	30	33	36	39	42	45	48	51	54	57	60	63	66	69	72	75	78	81	84
		0.8	36	40	44	48	52	56	60	64	68	72	76	80	84	88	92	96	100	104	108	112
	Moderate protein	1.0	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140
		1.2	54	60	66	72	78	84	90	96	102	108	114	120	126	132	138	144	150	156	162	168
		1.4	63	70	77	84	91	98	105	112	119	126	133	140	147	154	161	168	175	182	189	196
		1.6	72	80	88	96	104	112	120	128	136	144	152	160	168	176	184	192	200	208	216	224
	High Protein	1.8	81	90	99	108	117	126	135	144	153	162	171	180	189	198	207	216	225	234	243	252
		2.0	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280
		2.2	99	110	121	132	143	154	165	176	187	198	209	220	231	242	253	264	275	286	297	308
		2.4	108	120	132	144	156	168	180	192	204	216	228	240	252	264	276	288	300	312	324	336
	Very High Protein	2.6	117	130	143	156	169	182	195	208	221	234	247	260	273	286	299	312	325	338	351	364
		2.8	126	140	154	168	182	196	210	224	238	252	266	280	294	308	322	336	350	364	378	392
		3.0	135	150	165	180	195	210	225	240	255	270	285	300	315	330	345	360	375	390	405	420
		3.2	144	160	176	192	208	224	240	256	272	288	304	320	336	352	368	384	400	416	432	448
		3.4	153	170	187	204	221	238	255	272	289	306	323	340	357	374	391	408	425	442	459	476
		3.6	162	180	198	216	234	252	270	288	306	324	342	360	378	396	414	432	450	468	486	504
		3.8	171	190	209	228	247	266	285	304	323	342	361	380	399	418	437	456	475	494	513	532
		4.0	180	200	220	240	260	280	300	320	340	360	380	400	420	440	460	480	500	520	540	560

*Note: Use your ideal bodyweight if you have a significant amount of fat to loose

Dietary Protein calculation	Weight (kg)	Protein (g/kg)	Total daily protein (g)	Protein grams/ meal (total/3)	Calories from protein (total x4)
Example	70	1.8	126	42	504
Your results					