

HOW TO CALCULATE YOUR PROTEIN NEEDS



Protein is essential for achieving body composition goals (meaning, losing fat while maintaining muscle). **It's also required for feeling satiated and satisfied after meals.** Unfortunately, the vast majority of women (and even men!) are not getting enough protein to meet their body's needs. On this page, you'll be calculating how much protein you should be aiming for. We'll be using a factor of between 1.2-1.6 grams of protein per kilogram of bodyweight. **Use the steps below to help determine where you fall in that range.**

Step 1: Select your activity + hunger range

Use the categories below to best determine where you fall in the 1.2-1.6 range.

1.2

- You exercise (run, swim, bike, strength) 2 days or less per week
- You're not a big snacker
- You don't have a big sweet tooth

1.4

- You exercise (run, swim, bike, strength) 3-4 times per week
- You eat snacks occasionally
- You have a moderate sweet tooth

1.6

- You exercise (run, swim, bike, strength) 5 days or more per week
- You rely on snacks between meals
- You have a big sweet tooth

Step 2: Calculate your current weight in kilograms*

If you already know your weight in kilograms, you can skip this step.

*If your BMI is greater than 30, you will want to use your goal body weight for this calculation instead.

_____ (weight in pounds) / 2.2 = _____ (weight in kilograms)

Step 3: Put it all together!

_____ (number from step 1) x _____ (weight in kilograms)
 = _____ grams of protein needed per day