

To use this chart:

1. Find your weight in pounds or kilograms below.
2. This row of numbers tells you how many grams of protein you need to consume spread out in a day for 3 different types of training sessions - power (A), power and endurance (B), or endurance (C).
3. Choose and consume the number in column A if it is or is similar to one of the following:
 - a. Lifting weights to increase muscle mass for a power sport
4. Choose and consume the number in column B if it is or is similar to one of the following:
 - a. Lifting lighter weights at higher reps with less rest (breathing heavily)
 - b. Doing drills for less than 60 minutes
5. Choose and consume the number in column C if it is or is similar to one of the following:
 - a. Running 8-12 miles
 - b. Working out for 90+ minutes for endurance sports

To translate this to food:

7 grams of protein looks like:

- Dairy - 1c (8oz) milk, 2/3c (6oz) yogurt, 1oz cheese
- Meat, poultry, and seafood - 1oz (a piece of chicken the size of your hand is about 6oz)
- Legumes - 1/3 to 1/2c (includes hummus)
- Nuts & seeds - 1 small handful, 1Tbsp nut butter
- Eggs - 1 whole

Your Weight Training Session Type

Pounds Kilograms

A B C

Numbers in Grams

100	45	82	73	64
105	48	86	76	67
110	50	90	80	70
115	52	94	84	73
120	55	98	87	76
125	57	102	91	80
130	59	106	95	83
135	61	110	98	86
140	64	115	102	89
145	66	119	105	92
150	68	123	109	95
155	70	127	113	99
160	73	131	116	102
165	75	135	120	105
170	77	139	124	108
175	80	143	127	111
180	82	147	131	115
185	84	151	135	118
190	86	155	138	121
195	89	160	142	124
200	91	164	145	127
205	93	168	149	130
210	95	172	153	134
215	98	176	156	137
220	100	180	160	140
225	102	184	164	143
230	105	188	167	146
235	107	192	171	150
240	109	196	175	153
245	111	200	178	156
250	114	205	182	159
255	116	209	185	162
260	118	213	189	165
265	120	217	193	169
270	123	221	196	172
275	125	225	200	175
280	127	229	204	178
285	130	233	207	181
290	132	237	211	185
295	134	241	215	188
300	136	245	218	191

