

# B<sup>3</sup> PROTEIN CHEAT SHEET

## Science-Based Guide to Daily Protein Intake

Protein is the most important macronutrient for preserving lean muscle, supporting recovery, and improving body composition during both fat loss and muscle gain phases.

### Recommended Daily Protein Intake

- Fat loss: 0.8–1.1 grams per pound of bodyweight (1.8–2.4 g/kg)
- Recomposition: 0.9–1.0 grams per pound (2.0–2.2 g/kg)
- Muscle gain: 0.7–0.9 grams per pound (1.6–2.0 g/kg)

### High-Protein Food Examples (Approximate per Serving)

- Chicken breast, 4 oz – ~35 g protein
- Lean ground beef, 4 oz – ~32 g
- Salmon, 4–5 oz – ~30 g
- Greek yogurt, 1 cup – 20–23 g
- Cottage cheese, 1 cup – 24–28 g
- Eggs, 3 large – 18–20 g
- Whey protein shake – 25–30 g
- Firm tofu, 4 oz – 18–20 g

### Practical Tips

- Include a solid protein source at every meal.
- Prep 2–3 protein options in bulk each week.
- Use 1–2 shakes per day to fill gaps if needed.
- When dieting, prioritize leaner protein sources to control calories.