

B³ 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.