

PROTEIN GOAL CHEAT SHEET

CALCULATE, TRACK & HIT YOUR
PROTEIN TARGET EVERY DAY



HIT YOUR GOALS

The right amount of protein
fuels your progress.



BUILD & RECOVER

Protein is essential for muscle
repair and growth.



STAY CONSISTENT

Know your target. Track it.
Transform your results.



PROTEIN
IS THE BUILDING
BLOCK OF YOUR
BEST BODY.

01

CALCULATE YOUR PROTEIN NEEDS

Use your body weight to find your daily protein target.

GOAL	PROTEIN PER KG BODY WEIGHT	EXAMPLE (80 KG)
MUSCLE GAIN	1.6 – 2.2 g	128 – 176 g
FAT LOSS	1.8 – 2.4 g	144 – 192 g
MAINTENANCE	1.2 – 1.6 g	96 – 128 g



TIP:

Weigh yourself in kg and multiply it by the
recommended range to find your target.

02

PROTEIN PER MEAL

Distribute your protein evenly for the best results.



3 MEALS

25–40 g
protein
per meal



4 MEALS

20–30 g
protein
per meal



5–6 MEALS

15–25 g
protein
per meal



TIP:

Aim for 3–5 meals per day with high-quality protein.

03

THE BEST PROTEIN SOURCES

Choose a variety of high-quality protein foods.

ANIMAL SOURCES



- Chicken Breast
- Turkey
- Lean Beef
- Salmon
- Eggs
- Greek Yogurt
- Cottage Cheese

PLANT SOURCES



- Tofu
- Tempeh
- Lentils
- Chickpeas
- Black Beans
- Quinoa
- Edamame

PROTEIN POWDERS



- Whey Protein
- Casein Protein
- Plant Protein
- Egg White Protein
- Beef Protein

DAIRY SOURCES



- Greek Yogurt
- Skyr
- Cottage Cheese
- Milk
- Cheese (low fat)



PRO TIP

Combine different
protein sources
throughout the day
to get a complete
amino acid profile.

04

EASY PROTEIN SWAPS

Small swaps. Big impact.

REGULAR YOGURT (10 g protein)



GREEK YOGURT (18 g protein)

WHITE BREAD (4 g protein)



PROTEIN BREAD (10 g protein)

RICE (4 g protein / cup)



QUINOA (8 g protein / cup)

SNACKING CHIPS (2 g protein)



ROASTED CHICKPEAS (12 g protein)

SUGARY SNACK (1–2 g protein)



PROTEIN BAR (15–20 g protein)

05

EXAMPLE HIGH-PROTEIN DAY

TARGET: 160 g



BREAKFAST

Greek yogurt, berries,
protein granola

30 g



LUNCH

Chicken breast, quinoa,
veggies, olive oil

40 g



SNACK

Whey protein shake,
banana

25 g



DINNER

Salmon, sweet potato,
green beans

40 g



EVENING SNACK

Cottage cheese,
almonds

25 g

DAILY PROTEIN TRACKER

Track your progress every day.

MON		g
TUE		g
WED		g
THU		g
FRI		g
SAT		g
SUN		g

WEEKLY AVERAGE g



DON'T FORGET HYDRATION!

Drink plenty of water. It supports digestion, recovery
and overall performance.



CONSISTENCY IS KEY.

Know your target. Hit it every day.
The results will follow.



PROGRESS, NOT PERFECTION.

Some days are better than others.
Stay consistent over time.