



# MY PROTEIN NEEDS & PLAN

Figure out how much you need, then decide where to get it.



## HOW MUCH PROTEIN DO YOU NEED?

Limited Activity: .8g/kg | Active: 1-1.5g/kg | Extremely Active: 1.5-2g/kg

My Weight in lbs \_\_\_\_\_ / 2.2 = \_\_\_\_\_ My Weight in kg

My weight in kg \_\_\_\_\_ x My Activity Factor Range \_\_\_\_\_ - \_\_\_\_\_ = \_\_\_\_\_ - \_\_\_\_\_ g/day

## FOOD FOR THOUGHT

- Do you think you are eating too much, too little or just the right amount per day?  
\_\_\_\_\_
- Where does the majority of protein in your diet come from today?  
\_\_\_\_\_

## PICKING THE BEST PROTEIN SOURCES

- Which of the plant based proteins look best or most interesting to me?  
\_\_\_\_\_
- Which ones can include in my daily and weekly meal plan?  
\_\_\_\_\_
- Of the traditional proteins listed, which ones will I enjoy in moderation?  
\_\_\_\_\_
- I generally eat a protein that is no on these lists, what can I try instead to see if I like it as much?  
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