

Protein Intake Chart

Printable protein targets by body weight for fat loss, maintenance and muscle gain planning.

Body weight	Light target	Higher target
50 kg	80 g/day	110 g/day
60 kg	96 g/day	132 g/day
70 kg	112 g/day	154 g/day
80 kg	128 g/day	176 g/day
90 kg	144 g/day	198 g/day
100 kg	160 g/day	220 g/day

How to use this printable

Use this as a practical reference, then use the calculator for a personalised estimate based on body weight and goal.

For a personalised estimate, use the linked calculator and compare the result with your real-world trend over time.

Related tools

Protein Calculator: <https://tools.layna.com.au/nutrition/protein-calculator/>

Protein Intake Guide: <https://tools.layna.com.au/blog/protein-intake-guide/>

How Much Protein Do You Need: <https://tools.layna.com.au/blog/how-much-protein-do-you-need/>

Important: This resource is general information only. It is not medical, nutrition, financial, tax, accounting or legal advice.