

Calculating Protein Requirements

From: *The Keto Cure* by Dr. Adam Nally

Women

Height		Protein per day
feet	inches	gr protein
5	0	45
5	1	47
5	2	50
5	3	52
5	4	54
5	5	57
5	6	59
5	7	61
5	8	63
5	9	66
5	10	68
5	11	70
6	0	73
6	1	75
6	2	77
6	3	80
6	4	82

Men

Height		Protein per day
feet	inches	gr protein
5	0	60
5	1	61
5	2	63
5	3	64
5	4	66
5	5	67
5	6	69
5	7	70
5	8	72
5	9	73
5	10	74
5	11	76
6	0	77
6	1	79
6	2	80
6	3	82
6	4	83
6	5	84
6	6	86

(45gr protein for the first 5', plus 2.3 gr per each additional inch)

(50 gr for the first 5', plus 1.2 for each additional inch, then multiply by 1.2)