

Calculating Protein Requirements (different methods)

Recommendation Range:

Ideal body weight	gr protein per day		
lbs	low*	to	high**
95	34	to	95
100	36	to	100
105	38	to	105
110	40	to	110
115	42	to	115
120	44	to	120
125	45	to	125
130	47	to	130
135	49	to	135
140	51	to	140
145	53	to	145
150	54	to	150
155	56	to	155
160	58	to	160
165	60	to	165
170	62	to	170
175	64	to	175
180	65	to	180
185	67	to	185
190	69	to	190
195	71	to	195
200	73	to	200
205	74	to	205
210	76	to	210
215	78	to	215
220	80	to	220

Everyone has a different opinion about to calculate protein requirements.
Below are several different recommendations:

Joseph Mercola: <1 gr protein per kg lean body mass

* Primal Fat Burner: Adults: 0.8 gr protein per kg ideal body weight

Franziska Spritzler: 1 to 1.8 gr protein per kg ideal body weight

2KetoDudes: 1 to 1.5 gr protein per kg lean body mass (3.3 is the max)

Primal Fat Burner (Children, pregnant women and women trying to get pregnant):
1.5 gr protein per kg ideal body weight

Dr Adam Nally:

For women: 45 gr protein for the first 5', plus 2.3 gr per each additional inch.

For men: 50 gr for the first 5', plus 1.2 for each additional inch, multiply by 1.2.

Ben Bikman: 1.6 gr protein per kg current body weight

** Dr Ted Naiman: 1 gr protein per lb of desired body weight

Chris Masterjohn: 1.2 gr protein per kg body weight

or .5 gr protein per lb body weight

double if trying to lose weight or gain muscle

Volek and Phinney: .6 to 1 gr per lb (1.3 to 2.2 gr per kg) lean body mass