

PROTEIN MADE SIMPLE

How much you need, how to spread it across the day, and what it looks like on a plate.

AT A GLANCE

- If you train regularly, 1.4 to 2.0 g of protein per kg of body weight per day is enough for most people (ISSN).
- Aim for roughly 20 to 40 g in each meal, spread across 3 to 4 meals.
- Total daily protein matters most. Do not stress over timing.

HOW MUCH DO YOU NEED?

The UK reference intake for the general population is 0.75 g per kg per day. People who train regularly need more. The International Society of Sports Nutrition (ISSN) says 1.4 to 2.0 g per kg per day is sufficient for most exercising people. A large review of 49 trials found that extra protein stopped adding lean mass once total intake passed about 1.6 g per kg. In trained people eating fewer calories to lose fat, the ISSN notes higher intakes can help keep muscle.

Body weight	Daily target (1.6 to 2.0 g/kg)	Per meal if you eat 4 times
60 kg	96 to 120 g	24 to 30 g
75 kg	120 to 150 g	30 to 38 g
90 kg	144 to 180 g	36 to 45 g

WHAT 25 TO 40 G LOOKS LIKE

Food	Typical portion	Protein (approx.)
Chicken breast, cooked	120 g	35 g
Salmon fillet, cooked	120 g	26 g
Tuna, tinned and drained	100 g	25 g
Eggs	3 large	18 g
Greek yoghurt, plain	200 g	18 to 20 g
Cottage cheese	200 g	22 g
Whey protein powder	1 scoop	20 to 25 g
Tofu, firm	150 g	15 to 20 g
Lentils, cooked	200 g	16 to 18 g

Values are approximate and vary by brand and cooking. Check labels.

ONE EXAMPLE DAY FOR A 75 KG PERSON (ABOUT 135 G)

- **Breakfast:** 3-egg omelette, wholegrain toast, fruit (about 22 g).
- **Lunch:** chicken, rice and vegetables (about 40 g).
- **Snack:** Greek yoghurt or a protein shake (about 22 g).
- **Dinner:** salmon, potatoes, greens (about 30 g), plus a small pre-bed snack such as cottage cheese (about 20 g).

Myth: you can only use 30 g of protein per meal. **Reality:** the research on a per-meal limit is mixed. The ISSN suggests about 20 to 40 g per serving as a practical guide. Your daily total matters most.

Myth: powder is essential. **Reality:** food can do the job. Powder is simply a convenient way to reach your target.

Plant-based? Soy, lentils, beans, tofu and tempeh all contribute. Mix sources through the day and consider aiming for the upper end of the range. If you have kidney disease, follow your clinician's advice on protein.

WORK OUT YOUR OWN NUMBERS

Use the free macro calculator for your calories, protein, carbs and fat.

ml77performance.co.uk/macros

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Not medical advice. This guide is general information for healthy adults. Speak to a doctor or registered healthcare professional before changing your exercise or diet, especially if you have a medical condition, an injury, are pregnant or breastfeeding. **Sources:** International Society of Sports Nutrition position stand: protein and exercise (Jager et al., 2017). Morton et al., British Journal of Sports Medicine, 2018 (meta-analysis of protein supplementation and resistance training, 49 studies). NHS: protein in the diet (0.75 g/kg reference intake). © ML Performance Coaching.