

Protein Intake by Lean Body Mass | Ketogenic Diet

****Protein Intake****

- ****Light****: 0.6-0.8 g/lb LBM
- ****Moderate****: 0.8-1.0 g/lb LBM
- ****Active****: 1.0-1.2 g/lb LBM

****Light Activity (Sedentary)****

| Lean Body Mass (lbs) | Protein Range (g/day) |

| ----- ----- |
|---------------|
| 100 60-80 |
| 125 75-100 |
| 150 90-120 |
| 175 105-140 |
| 200 120-160 |
| 225 135-180 |
| 250 150-200 |

****Moderate Activity (Moderately Active)****

| Lean Body Mass (lbs) | Protein Range (g/day) |

| ----- ----- |
|---------------|
| 100 80-100 |
| 125 100-125 |
| 150 120-150 |
| 175 140-175 |
| 200 160-200 |
| 225 180-225 |
| 250 200-250 |

****Active (Athletes/Heavy Lifting)****

| Lean Body Mass (lbs) | Protein Range (g/day) |

| ----- ----- |
|---------------|
| 100 100-120 |
| 125 125-150 |
| 150 150-180 |
| 175 175-210 |
| 200 200-240 |
| 225 225-270 |
| 250 250-300 |

Revision #2

Created 13 June 2025 05:31:27 by Danicus

Updated 13 June 2025 05:33:34 by Danicus