

Protein Needs-Use the 0.8g/lb column for daily needs during this six weeks.

Protein	.6g/lb	0.8g/lb	
Bodyweight			
100	60	80	
105	63	84	
110	66	88	
115	69	92	
120	72	96	
125	75	100	
130	78	104	
135	81	108	
140	84	112	
145	87	116	
150	90	120	
155	93	124	
160	96	128	
165	99	132	
170	102	136	
175	105	140	
180	108	144	
185	111	148	
190	114	152	
195	117	156	
200	120	160	