

Your Protein Target

A worksheet for setting your daily protein goal from lean body mass

Protein is the single most important nutritional lever for keeping muscle while you lose fat. But the advice most people have heard, about a gram per pound of body weight, was built for weight-stable adults, not for someone in a sustained deficit on a GLP-1. This worksheet sets your target the right way, against your lean body mass, in four steps.

The anchor is lean body mass, not total weight. Fat tissue does not require dietary protein to maintain it. Calculating from total body weight inflates the number for anyone carrying extra fat and hides the real target, which is preserving the lean tissue you already have. Anchor to lean mass, and the number finally means something.

Step 1: Find your lean body mass

Lean body mass is your total weight minus your fat. The formula is your weight multiplied by one minus your body fat written as a decimal.

Total body weight in kilograms (pounds divided by 2.2): _____

Body fat percentage: _____

Body fat as a decimal (the percentage divided by 100): _____

Lean body mass, which is weight times (1 minus the decimal), in kilograms: _____

Example: a 200 pound person, which is 91 kilograms, at 30 percent body fat has 91 times 0.70, or 63.7 kilograms of lean mass.

The most accurate lean mass comes from a DEXA scan or a validated body composition device. An estimate is acceptable. Anchoring to lean mass at all is what matters.

Step 2: Choose your multiplier

Pick the grams of protein per kilogram of lean mass that fits you. The number rises with age, training, and muscle-breakdown risk.

- ☐ 1.2 grams per kilogram: sedentary, fewer than two training sessions a week. The minimum to preserve muscle.
- ☐ 1.6 grams per kilogram: active and focused on keeping muscle. A solid general target.
- ☐ Up to 2.2 grams per kilogram: over fifty, postmenopausal, training with resistance, or showing elevated muscle-breakdown markers.

Your multiplier: _____

Step 3: Calculate your daily target

Lean body mass in kilograms: _____

Times your multiplier: _____

Equals your daily protein target, in grams: _____

Example: 63.7 kilograms times 1.6 equals about 102 grams of protein per day.

Step 4: Spread it across the day

Divide your daily target across three or four meals, and make each main meal count. Aim for 25 to 30 grams of high-quality protein per meal, which crosses the leucine threshold, roughly 2.5 to 3 grams of leucine, that switches muscle repair on. Front-load toward breakfast and lunch, because GLP-1 appetite suppression deepens as the day goes on. You cannot make up at dinner what you skipped at breakfast.

Your per-meal target in grams: _____

Number of meals you will spread it across: _____

This worksheet gives you a target. Knowing your true lean mass, and watching whether you hold it as the weight comes off, is the part a scale cannot do. That is what a body composition baseline and structured measurement are for.

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See how structured measurement works at balanceprotocolgps.com.

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This worksheet is educational and supports, not replaces, the care you receive from your prescriber.