

# Week 4: Adjusting Your Protein Intake

## Day 1: Establish Your Baseline

- Track everything you eat and drink using a nutrition app or journal.
- Record your protein intake (grams per meal/snack).
- Note your weight (in kilograms or pounds).

## Day 2: Calculate Your Protein Needs

- Continue to track everything you eat and drink in groups of macros on your app.
- Calculate your desired protein range using this conversion:
  - **Weight in kg x 0.8 (lower end)**
  - **Weight in kg x 1.6 (upper end)**
- Set your personal target based on your goals. If your goals include weight loss, muscle building or just staying on track, it is recommended to shoot for 1.2-1.6 g/kg of body weight.

## Day 3: Plan Protein Sources

- Continue to track your macros in your app and see if you are finding a pattern or baseline of protein intake.
- List high-quality protein foods:
  - Lean meats, fish, eggs, dairy, legumes, tofu, nuts, seeds.
- Aim for **protein at every meal**. Find good sourced protein snacks to consume following a workout.
- Try to consume from as many categories as possible each day to increase your nutrient intake.

## Day 4: Increase Intake Gradually

- Add **10 grams** of protein to your daily total (e.g., extra egg, Greek yogurt, handful of nuts).
- Monitor how you feel (energy, fullness).

## Day 5: Balance and Variety

- Try a new protein source (e.g., lentils, cottage cheese, tempeh).
- Ensure each meal contains a protein portion.

### **Day 6: Review and Adjust**

- Check your progress:
  - Are you meeting your target?
  - Any digestive issues or changes in appetite?
- Adjust portion sizes or food choices as needed.

### **Day 7: Reflect and Set Next Steps**

- Review your week's intake and results.
- Decide if you want to further increase protein (add another 10 grams next week if needed).
- Continue tracking and adjusting for your goals.