VITALS VAULT

FREE GUIDE

Your daily protein planner

The minimum set to prevent deficiency is 0.8 g per kg of body weight a day. Studies of active adults commonly use 1.2 to 2.2. Ask what fits you, especially with kidney disease.

MY NUMBERS

My weight in kg _____

Daily target agreed with my clinician (g) _____

MY DAY

Meal	What I'll eat	Protein (g)
Breakfast		
Lunch		
Dinner		
Snack		
Total		

WHAT COMMON FOODS GIVE

Food	Amount	Protein (g)
Eggs	3	18
Greek yogurt	5.3 oz	16
Salmon	6 oz	34
Chicken breast	1 cup	38
Cheddar	1 oz	6
Quinoa	1 cup, cooked	8

TWO TIPS

Spreading protein across three to five meals is easier than one large one. Plant proteins are often lower in one amino acid, so mix your sources.

Sources: Institute of Medicine 2005. Morton 2018, British Journal of Sports Medicine.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com