

Daily nutritional requirements for gaining muscle mass

Protein based on 1 ½ g per pound of bodyweight, carbohydrates between 2 - 3g per pound of bodyweight and fats 20% of total daily calorie intake. All are approximate figures and have been rounded off to the nearest figure.

Bodyweight In pounds	125	150	175	200	225	250	275	300
Protein g's per day	180	225	260	300	340	375	410	450
Carbohydrates g's per day	250 375	300 450	350 525	400 600	450 675	500 750	550 825	600 900
Fats g's per day	60	70	85	100	110	125	135	150
Calories	2500	3000	3500	4000	4500	5000	5500	6000

Space daily total evenly over 6-8 Meals.

Figures for carbohydrates on the top row are based on 2g per pound of bodyweight and bottom row are based on 3g per pound of bodyweight.