

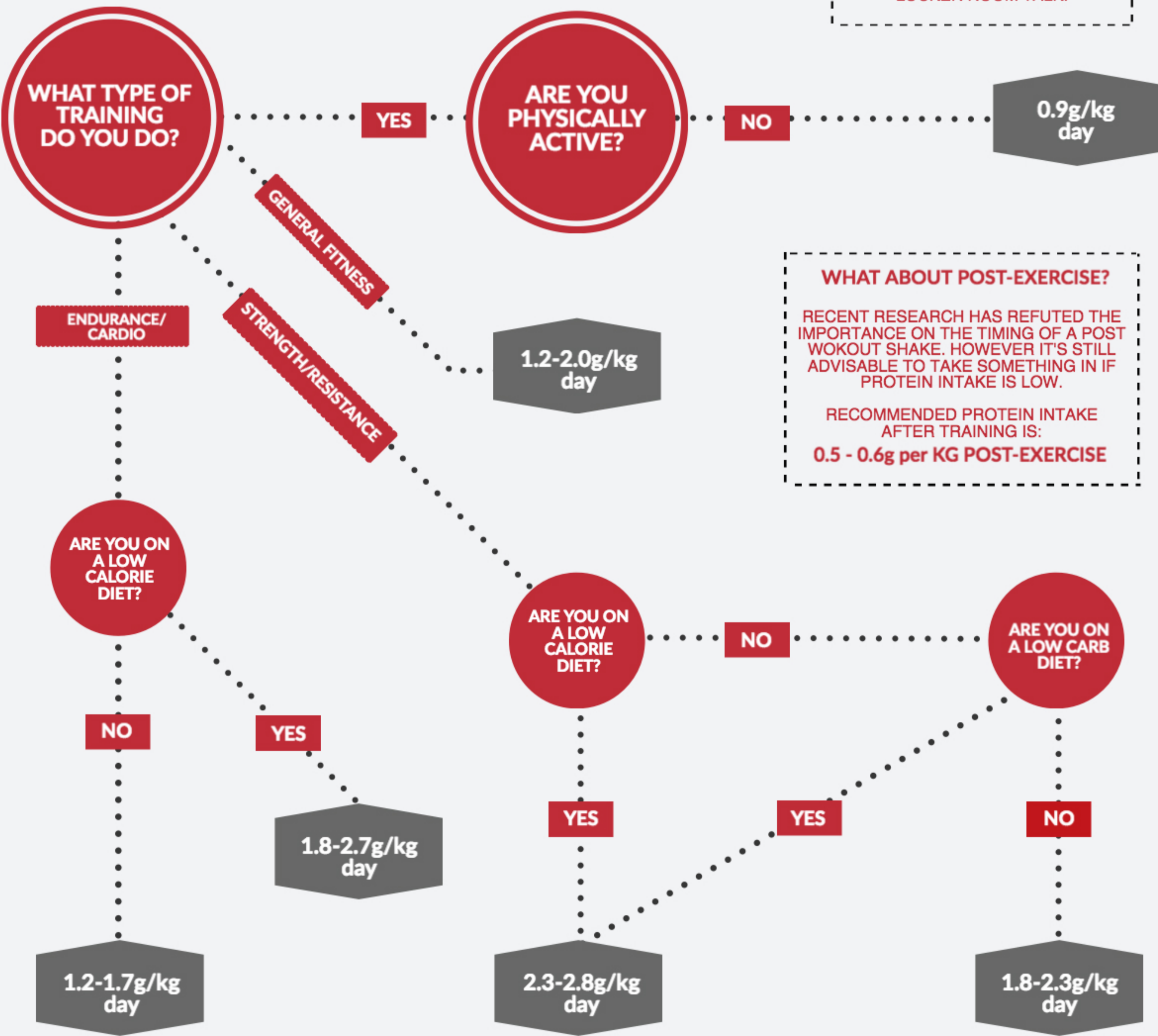
# HOW MUCH PROTEIN DO I NEED?



Use this flow diagram to assess how much protein you should be consuming on a daily basis.

**START**

**NOTE!**  
THE FIGURES LISTED HERE ARE BASED ON SCIENTIFIC LITERATURE AND NOT ON LOCKER ROOM TALK!



### WHAT ABOUT POST-EXERCISE?

RECENT RESEARCH HAS REFUTED THE IMPORTANCE ON THE TIMING OF A POST WOKOUT SHAKE. HOWEVER IT'S STILL ADVISABLE TO TAKE SOMETHING IN IF PROTEIN INTAKE IS LOW.

RECOMMENDED PROTEIN INTAKE AFTER TRAINING IS:  
**0.5 - 0.6g per KG POST-EXERCISE**

### REFERENCES

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