

The Daily Protein Plan

For anyone who wants a straight answer on how much protein to eat each day, and how to actually hit it. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST HARVARD HEALTH PUBLISHING · CLEVELAND CLINIC

1

The baseline is a floor

The most common recommendation is 0.8 to 1 gram of protein per kilogram of body weight per day. (Cleveland Clinic)

2

Older adults need more

Research suggests healthy older adults need about 1.2 grams of protein per kilogram of body weight per day to counter lost muscle. (Harvard Health)

3

Most older adults miss it

In a study of nearly 12,000 adults aged 51 and older, about 46% did not meet daily protein recommendations. (Harvard Health)

1. Work out your real daily target

Start from the baseline, then adjust for age.

WHY THIS WORKS

Cleveland Clinic gives the common starting point of 0.8 to 1 gram of protein per kilogram of body weight per day. Harvard Health reports that to counter age-related muscle loss, healthy older adults need about 1.2 grams per kilogram daily, calculated by dividing weight in pounds by 2.2 and multiplying by 1.2.

SOURCE: HARVARD HEALTH PUBLISHING

DO THIS WEEK

- ☐ Convert your weight to kilograms: pounds divided by 2.2
- ☐ Multiply by 1.0 and by 1.2 to get your range
- ☐ Write the number where you plan meals

2. Spread it across the day, do not stack it at dinner

When you eat protein matters, not just how much.

WHY THIS WORKS

Harvard Health reports that experts recommend spreading protein consumption throughout the day, with a good protein source at each meal. Most people load the evening and leave breakfast and lunch short, which makes the daily total harder to reach.

SOURCE: HARVARD HEALTH PUBLISHING

DO THIS WEEK

- ☐ Put a real protein source in breakfast, not just dinner
- ☐ Aim for a source at every meal
- ☐ Add a protein-containing snack if a meal runs light

3. Lift twice a week, then judge the protein

Protein on its own is the weaker half.

WHY THIS WORKS

Harvard Health reports that protein combined with a regimen of heavy resistance exercise leads to the most improvement in muscle mass and strength in healthy older adults. The food and the training work together; neither does much alone.

SOURCE: HARVARD HEALTH PUBLISHING

DO THIS WEEK

- ☐ Book two resistance sessions into the week ahead
- ☐ Judge progress over 4 to 8 weeks on strength, not the scale
- ☐ Keep protein steady across the same period so you can read the result

4. Use food first, powder only to fill the gap

Whole foods first; a powder is a convenience.

WHY THIS WORKS

Harvard Health says the best source of protein is whole foods, and that some older adults who cannot get enough through food may benefit from a supplement. It notes protein powders are classified as dietary supplements and are not regulated as strictly as food or medicine, added sugar varies widely by brand, and whey appears particularly effective for building muscle in older adults.

SOURCE: HARVARD HEALTH PUBLISHING

DO THIS WEEK

- ☐ Reach your target with food before buying a powder
- ☐ If you use one, look for independent certification such as NSF Certified for Sport
- ☐ Read the sugar line on the panel before the claims on the front

5. Do not overshoot, especially with kidney concerns

There is a top end as well as a floor.

WHY THIS WORKS

Harvard Health notes that very high intakes, above about 0.907 grams per pound or roughly 150 grams a day for a 165-pound person, can cause dehydration or aggravate kidney problems in people with pre-existing kidney conditions. Cleveland Clinic advises that people with kidney disease may be asked to keep protein on the lower end.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Do not treat more as automatically better
- ☐ If you have kidney disease, set the target with your doctor
- ☐ Favor whole-food protein and stay hydrated

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Harvard Health Publishing, Muscle loss and protein needs in older adults · <https://www.health.harvard.edu/healthy-aging-and-longevity/muscle-loss-and-protein-needs-in-older-adults>

Harvard Health Publishing, The power of protein · <https://www.health.harvard.edu/healthy-aging-and-longevity/the-power-of-protein>

Cleveland Clinic, How Much Protein Do You Need? And How To Get It · <https://health.clevelandclinic.org/how-much-protein-you-need>

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