How to Use the Protein Needs Calculator

Tools & Calculators · https://coachluke.com/docs/how-to-use-the-protein-needs-calculator/

The Protein Needs Calculator gives you a personalized daily protein target based on sports nutrition research — not the outdated RDA minimum.

What it asks for

Three things: your body weight (pounds or kilograms), your age group (under 40, 40–54, or 55+), and your main goal — staying healthy with minimal training, staying active, building muscle, or losing fat while protecting muscle.

What you get back

A daily protein target **range**, not a single number, plus a breakdown of how to split it across three meals or four meals and snacks. The range shifts with your goal: staying healthy without much training sits around 1.0 to 1.4 grams per kilogram, while active lifestyles sit around 1.4 to 1.8.

Why does my target go up with age?

After 40, your body becomes less responsive to protein — researchers call it anabolic resistance — so the calculator raises your target to compensate. This is normal and built in on purpose.

Should I use my current weight or goal weight?

If you're carrying significant extra weight, entering your goal weight can give you a more realistic target. Either way, treat the number as a starting point and adjust based on how you feel and progress.

Is that much protein safe for my kidneys?

For people with healthy kidneys, intakes in these ranges have not been shown to cause kidney damage. If you have a kidney condition, talk with your doctor before raising your protein intake.

Do I need protein powder to hit my target?

No. The calculator assumes food first — meat, fish, eggs, dairy, legumes. Supplements are a convenience, not a requirement.