

**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.

<b>Bodyweight In pounds</b>	125	150	175	200	225	250	275	300
<b>Protein g's per day</b>	180	225	260	300	340	375	410	450
<b>Carbohydrates g's per day</b>	250 375	300 450	350 525	400 600	450 675	500 750	550 825	600 900
<b>Fats g's per day</b>	60	70	85	100	110	125	135	150
<b>Calories</b>	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.