

70 kg person protein intake for muscle gain

Optimizing Your Nutrition: 70 kg Person Protein Intake for Muscle Gain

70 kg person protein intake for muscle gain is a critical factor for individuals looking to build lean muscle mass effectively. Achieving optimal results requires a nuanced understanding of macronutrient needs, particularly protein, and how it interacts with training and overall diet. This comprehensive guide delves into the science behind protein requirements for a 70 kg individual aiming for hypertrophy. We will explore the recommended daily intake, optimal timing for consumption, the best protein sources, and how to tailor your protein strategy to your specific goals. Furthermore, we will address common questions and misconceptions to empower you to make informed dietary decisions for muscle growth. Understanding these principles is key to maximizing your training efforts and seeing tangible improvements in your physique.

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Understanding Protein's Role in Muscle Gain

Protein is the fundamental building block of muscle tissue. When you engage in resistance training, you create microscopic tears in your muscle fibers. Protein provides the essential amino acids necessary to repair these tears and, more importantly, to synthesize new muscle protein, leading to muscle hypertrophy or growth. Without adequate protein, your body cannot efficiently rebuild and strengthen your muscles, hindering your progress towards your muscle gain objectives.

The process of muscle protein synthesis (MPS) is an ongoing cycle of muscle breakdown and repair. Resistance exercise stimulates MPS, but this stimulus is amplified and sustained by sufficient protein availability. The amino acids from digested protein act as the raw materials that the body uses to construct larger, stronger muscle fibers. Therefore, optimizing your protein intake is not merely about meeting a daily requirement; it's about providing your body with the continuous fuel needed to adapt and grow in response to your training stimuli.

Determining the Right Protein Intake for a 70 kg Individual

For a 70 kg individual focused on muscle gain, the recommended protein intake generally falls within

a specific range to support optimal muscle protein synthesis. While general guidelines suggest around 0.8 grams of protein per kilogram of body weight for sedentary individuals, this is insufficient for muscle building. For hypertrophy, a higher intake is crucial.

The most commonly cited and effective range for muscle gain is between 1.6 to 2.2 grams of protein per kilogram of body weight. For a 70 kg person, this translates to a daily protein intake of approximately 112 grams to 154 grams. This range provides a substantial amount of amino acids to fuel muscle repair and growth throughout the day, especially when combined with a consistent resistance training program.

Calculating Your Specific Protein Needs

To calculate your personal protein target within this range, consider your training intensity and frequency. If you are a beginner or training moderately, the lower end of the spectrum (around 1.6 g/kg) might suffice. However, if you are engaging in intense, frequent workouts and are in an aggressive muscle-building phase, aiming for the higher end (closer to 2.2 g/kg) can be beneficial.

Let's do a quick calculation for clarity. For a 70 kg individual:

- At 1.6 g/kg: $70 \text{ kg} \times 1.6 \text{ g/kg} = 112$ grams of protein per day.
- At 2.0 g/kg: $70 \text{ kg} \times 2.0 \text{ g/kg} = 140$ grams of protein per day.
- At 2.2 g/kg: $70 \text{ kg} \times 2.2 \text{ g/kg} = 154$ grams of protein per day.

This provides a clear target range to aim for daily. It's important to consistently hit this target for sustained muscle growth.

When to Consume Protein for Maximum Muscle Protein Synthesis

The timing of protein intake can play a role in optimizing muscle protein synthesis, particularly around your workouts. While total daily protein intake is the most significant factor, strategic consumption can enhance recovery and muscle building.

The Anabolic Window Myth vs. Reality

Historically, the concept of an "anabolic window" suggested a very short period after exercise (e.g., 30-60 minutes) where protein consumption was critically important for muscle growth. While consuming protein post-workout is beneficial, current research indicates that this window is much

broader than previously thought, extending several hours. The key is ensuring adequate protein is available to your muscles throughout the recovery period.

Distributing Protein Intake Throughout the Day

A more effective strategy is to distribute your total daily protein intake evenly across 3-5 meals and snacks throughout the day. This approach ensures a consistent supply of amino acids to your muscles, supporting ongoing muscle protein synthesis. Aiming for approximately 20-40 grams of protein per meal or snack is generally recommended to maximally stimulate MPS in a single sitting.

Prioritizing protein intake before and after your training sessions can be particularly advantageous. Consuming protein a few hours before your workout ensures amino acids are readily available during exercise, and post-workout protein aids in the immediate recovery and repair process. However, don't stress if you miss the immediate post-workout window; your overall daily intake and distribution are paramount.

Top Protein Sources for Muscle Growth

Choosing high-quality protein sources that are rich in essential amino acids is crucial for maximizing muscle protein synthesis. These sources provide the complete profile of amino acids needed by the body to effectively build muscle tissue.

Animal-Based Protein Sources

Animal products are typically considered complete proteins, meaning they contain all nine essential amino acids. These are often the most efficient for muscle building:

- **Chicken Breast:** Lean, high in protein, and versatile.
- **Lean Beef:** Excellent source of protein, iron, and creatine.
- **Fish (Salmon, Tuna, Cod):** Rich in protein and often provide omega-3 fatty acids, which have anti-inflammatory benefits.
- **Eggs:** A highly bioavailable protein source, containing all essential amino acids.
- **Dairy Products (Greek Yogurt, Cottage Cheese, Milk):** Provide both whey and casein proteins, which are digested at different rates, offering sustained amino acid release.

Plant-Based Protein Sources

For individuals following a vegetarian or vegan diet, combining various plant-based proteins can ensure a complete amino acid profile. While some plant sources are complete on their own, variety is key:

- **Legumes (Lentils, Beans, Chickpeas):** Good sources of protein and fiber.
- **Tofu and Tempeh:** Soy-based products that are complete proteins and versatile in cooking.
- **Quinoa:** A complete protein grain.
- **Nuts and Seeds:** Offer protein, healthy fats, and micronutrients, but are often lower in protein density.
- **Seitan:** Made from wheat gluten, it's a high-protein option but lacks lysine.

Supplementing with protein powders, such as whey, casein, or plant-based options (pea, rice, soy), can be a convenient way to increase your protein intake, especially around workouts or when whole food sources are not readily available.

Factors Influencing Protein Needs Beyond Body Weight

While body weight is the primary determinant for calculating protein intake, several other factors can influence your individual requirements for muscle gain. Understanding these nuances can help you fine-tune your nutritional strategy.

Training Intensity and Volume

Individuals engaging in more intense and higher-volume resistance training will experience greater muscle breakdown and thus require more protein for repair and growth. If your training program is very demanding, you might benefit from leaning towards the higher end of the recommended protein intake range.

Caloric Intake and Goals

If you are in a caloric deficit to lose fat, preserving muscle mass becomes paramount. In this scenario, a slightly higher protein intake might be beneficial to prevent muscle catabolism. Conversely, if you are in a caloric surplus for aggressive bulking, your protein needs remain high for muscle synthesis, but the overall caloric intake will be driven by your surplus goal.

Age and Training Experience

As individuals age, muscle protein synthesis can become less efficient. Older adults may benefit from slightly higher protein intake to maintain muscle mass. Similarly, highly trained individuals may have different protein utilization patterns compared to beginners.

Individual Metabolism and Absorption

While less directly measurable without specific testing, individual metabolic rates and digestive efficiency can influence how well your body utilizes protein. Paying attention to how your body feels and responds to different protein intakes is also important.

Strategies for Achieving Your Protein Goals

Meeting your daily protein target for muscle gain requires a strategic approach to meal planning and food selection. It's not just about eating protein; it's about consistently incorporating protein-rich foods throughout your day.

Meal Prepping and Planning

Dedicate time each week to plan your meals and snacks. Prepare protein-rich components in advance, such as cooked chicken breasts, hard-boiled eggs, or portions of legumes. This makes it easier to assemble balanced meals quickly and ensures you always have a protein source available.

Incorporating Protein into Every Meal

Make a conscious effort to include a protein source in every meal and snack. For example, add eggs to your breakfast, Greek yogurt to your mid-morning snack, chicken or fish to your lunch, and lean beef or tofu to your dinner. This consistent intake helps maintain elevated amino acid levels in your blood.

Utilizing Protein Supplements Wisely

Protein powders are valuable tools but should complement, not replace, whole food sources. They are particularly useful for convenience, post-workout recovery, or when you struggle to meet your protein targets through diet alone. Choose a high-quality supplement that aligns with your dietary preferences.

Remember to also consider your carbohydrate and fat intake, as these macronutrients are essential for energy and hormone production, which indirectly support muscle growth.

Common Pitfalls to Avoid in Protein Intake

While focusing on protein is important, there are common mistakes that can hinder your progress. Being aware of these pitfalls can help you optimize your muscle gain journey.

Underestimating Total Daily Intake

The most significant error is not consuming enough protein overall. Relying on general dietary recommendations for sedentary individuals will not be sufficient for active muscle building. Consistent tracking, at least initially, can help you gauge your intake accurately.

Over-reliance on Supplements

While convenient, protein supplements should not be the sole source of your protein. Whole foods provide a wider array of micronutrients, fiber, and other beneficial compounds that contribute to overall health and muscle function.

Ignoring Protein Distribution

While total daily intake is key, neglecting to spread protein intake throughout the day can lead to suboptimal muscle protein synthesis. Consuming all your protein in one or two large meals might not be as effective as smaller, more frequent protein servings.

Another mistake is neglecting other essential nutrients. While protein is vital, carbohydrates are needed for energy to fuel workouts, and healthy fats are important for hormone production and overall health. A balanced approach is always best.

Frequently Asked Questions on 70 kg Person Protein Intake for Muscle Gain

Q: Is 150 grams of protein enough for a 70 kg person trying to gain muscle?

A: Yes, 150 grams of protein falls within the optimal range (112-154 grams) for a 70 kg person aiming for muscle gain, especially if they are training intensely.

Q: Can I get all my protein from plant-based sources?

A: Yes, you can achieve sufficient protein intake from plant-based sources, but it requires careful planning to combine different sources to ensure a complete amino acid profile.

Q: Should I focus on whey protein or casein protein for muscle gain?

A: Both whey and casein are excellent protein sources. Whey is rapidly absorbed and ideal post-workout, while casein is slowly digested and beneficial before bed or between meals for sustained amino acid release.

Q: What happens if I consume too much protein?

A: For healthy individuals, consuming slightly above the recommended protein range is generally safe. However, excessive intake can be hard on the kidneys for individuals with pre-existing kidney conditions and may lead to calorie surplus if not accounted for.

Q: How important is protein timing for a 70 kg person gaining muscle?

A: While total daily protein intake is the most critical factor, distributing protein intake throughout the day and consuming some around your workouts can optimize muscle protein synthesis and recovery.

Q: Should I increase my protein intake if I am in a calorie deficit for fat loss?

A: Yes, it is often recommended to maintain or even slightly increase protein intake during a calorie deficit to help preserve muscle mass while losing fat.

Q: How many grams of protein per meal should a 70 kg person aim for?

A: Aiming for 20-40 grams of protein per meal and snack can effectively stimulate muscle protein synthesis throughout the day.

Q: Is it beneficial to cycle protein intake, consuming more on training days and less on rest days?

A: While total daily intake is paramount, some individuals find it beneficial to slightly increase protein on training days to support recovery, but significant fluctuations are generally not necessary for most.

Q: How can I track my protein intake effectively?

A: Use a food tracking app or a journal to log your meals and snacks. Many apps have databases that provide detailed macronutrient information for various foods.

Q: Does the type of training affect my protein needs?

A: Yes, higher intensity and volume resistance training will lead to greater muscle breakdown and thus a potentially higher need for protein to support repair and growth compared to lighter or less frequent training.

70 Kg Person Protein Intake For Muscle Gain

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70 kg person protein intake for muscle gain: The Complete Guide to Sports Nutrition

Anita Bean, 2017-09-07 The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. This fully updated and revised edition incorporates the latest cutting-edge research. Written by one of the country's most respected sports nutritionists, it provides the latest research and information to help you succeed. This eighth edition includes accessible guidance on the following topics: maximising endurance, strength and performance how to calculate your optimal calorie, carbohydrate and protein requirements advice on improving body composition specific advice for women, children and vegetarians eating plans to cut body fat, gain muscle and prepare for competition sport-specific nutritional advice.

70 kg person protein intake for muscle gain: The Complete Guide to Sports Nutrition (9th Edition) Anita Bean, 2022-03-03 The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. What you eat and drink are important considerations when it comes to maximising your sports performance. Whether you are a professional or amateur athlete, or just enjoy regular workouts, well-chosen nutrition strategies can enhance your performance and recovery after exercise. This ninth edition includes accessible guidance on the following topics: - Maximising endurance, strength, performance and recovery - How to calculate your optimal energy, carbohydrate and protein requirements - Advice on improving body composition - The most popular sports supplements - Relative energy deficiency in sport (RED-S) and eating disorders - Hydration strategies to prevent hypohydration and overhydration - Specific advice for masters athletes, young athletes and plant-based athletes - Nutrition strategies to prepare for competition This fully updated and revised edition incorporates the latest cutting-edge research and provides all the tools to help you reach your performance goals.

70 kg person protein intake for muscle gain: Nutrition and Metabolism in Sports, Exercise and Health Jie Kang, 2018-02-15 The second edition of Nutrition and Metabolism in Sports, Exercise and Health offers a clear and comprehensive introduction to sport and exercise nutrition, integrating key nutritional facts, concepts and dietary guidelines with a thorough discussion of the fundamental biological science underpinning physiological and metabolic processes. Informed by the latest research in this fast-moving discipline, the book includes brand-new sections on, amongst others: •

Cellular structure for metabolism • Alcohol and metabolism • Uncoupling protein and thermogenesis • Dietary guidelines from around the world • Nutrient timing • Protein synthesis and muscle hypertrophy • Protein supplementation • Ergogenic effects of selected stimulants • Nutritional considerations for special populations • Dehydration and exercise performance Each chapter includes updated pedagogical features, including definitions of key terms, chapter summaries, case studies, review questions and suggested readings. A revised and expanded companion website offers additional teaching and learning features, such as PowerPoint slides, multiple-choice question banks and web links. No book goes further in explaining how nutrients function within our biological system, helping students to develop a better understanding of the underlying mechanisms and offering the best grounding in applying knowledge to practice in both improving athletic performance and preventing disease. As such, *Nutrition and Metabolism in Sports, Exercise and Health* is essential reading for all students of sport and exercise science, kinesiology, physical therapy, strength and conditioning, nutrition or health sciences.

70 kg person protein intake for muscle gain: Twenties Build Muscle Sophie Carter, AI, 2025-02-27 *Twenties Build Muscle* offers a science-backed guide to maximizing muscle growth during a crucial developmental stage. It emphasizes the importance of combining resistance training with a diet rich in complete proteins, particularly highlighting the often-underestimated power of eggs. The book reveals how adequate protein intake fuels muscle protein synthesis, critical for recovery and growth, and underscores that eggs contain all nine essential amino acids, making them an efficient protein source. The book progresses systematically, beginning with the fundamentals of muscle protein synthesis before diving into the nutritional composition of eggs. It presents various resistance training methodologies, including periodization and progressive overload, followed by practical applications with meal plans and workout routines. This approach bridges biology and health, empowering readers to make informed decisions by understanding the underlying mechanisms of muscle growth and its long-term benefits. This comprehensive guide stands out by demystifying complex concepts and providing actionable advice for optimal muscle development. The book's approach emphasizes evidence-based strategies, steering clear of unsubstantiated claims and fad diets, making it a valuable resource for those serious about fitness and overall health.

70 kg person protein intake for muscle gain: Sports Supplements Anita Bean, 2015-02-26 *Sports Supplements* is packed with clear, reliable and unbiased advice that will help you maximise your athletic potential. More and more of us are looking to sports supplements to gain a competitive advantage and to aid recovery – but do they really work? Media reports and manufacturer claims can be confusing – and often downright wrong. What should you take? What shouldn't you take? What will actually benefit you? Renowned sports nutritionist Anita Bean takes you through each supplement and explains what they are, how to use them and if they really work – as well as suggesting other alternatives. Covering the most popular supplements on the market – from beetroot juice to creatine, caffeine to whey protein, this is the essential guide for anyone considering taking supplements.

70 kg person protein intake for muscle gain: Nutrition Paul M. Insel, Don Ross, Kimberley McMahon, Melissa Bernstein, 2016-08-05 Written for majors and advanced non-majors, the Sixth Edition of *Nutrition* provides a modern, comprehensive introduction to nutrition concepts, guidelines, and functions. Its student-focused approach provides readers with the knowledge they need to make informed decisions about their overall nutrition.

70 kg person protein intake for muscle gain: Amino Acids and Proteins for the Athlete: The Anabolic Edge Mauro G. Di Pasquale, 2007-11-30 Extensively updated with all chapters rewritten and double the information and references, *Amino Acids and Proteins for the Athlete: The Anabolic Edge*, Second Edition reflects the nearly exponential increase in data and knowledge in the past few years regarding the use of amino acids and proteins to enhance athletic performance. This groundbreaking

70 kg person protein intake for muscle gain: Food, Nutrition and Sports Performance III Ronald J. Maughan, Susan M. Shirreffs, 2013-08-21 As sport has become more professionalised

over the last thirty years, so the role of nutrition in promoting health and performance has become ever more important to athletes who search for the extra edge to succeed in their respective sports. With the expansion in the provision of medical and scientific support services in elite sport, those who advise athletes have had to become adept at identifying those dietary strategies that will help them to outperform their competitors. This book is structured in two parts. The first analyses the science that underpins the nutritional goals of athletes, with a focus on the implications for athletes during training, competition and recovery. The second looks more closely at the practical implications for different sport categories, i.e. those that focus on strength, power or endurance, and on weight category sports, team sports and winter sports. This volume will be of value to sports dietitians and nutritionists and others involved in the care and support of athletes, as well as to those who take an interest in the subject of sport nutrition and competitive performance. Coaches and athletes will also find much of interest here. This book is based on the proceedings of the third in a series of Consensus Conferences in Sports Nutrition organised under the auspices of the International Olympic Committee. It was published as a special issue of the Journal of Sports Sciences.

70 kg person protein intake for muscle gain: *Jacaranda Outcomes 1 Health and Movement Sciences Preliminary Course, 6e learnON & Print* Ron Ruskin, Kim Harper, Jade Hunt, Erinn McMahon, Wade Richardson, Clare Warren, 2024-08-26 Jacaranda Outcomes NSW's favourite, Jacaranda Outcomes, has the new Health & Movement Science Stage 6 Syllabus covered – with new content and tools to support your transition, an enhanced exam focus and rich multimedia to support deeper learning. Exam preparation in print and online Students can practise in class and at home, with past HSC exam questions in print, a printable exam question booklet, annotated exam questions and sample responses plus 100s of additional exam questions online. Videos by experienced teachers Students can hear another voice and perspective, with new videos featuring expert teachers explaining how to answer exam questions including Band 6 responses. Support for teachers Tools to save teachers time and support the transition to the new Syllabus, including a full topic on the new depth studies and collaborative investigations plus instant reports into student progress. For teachers, learnON includes additional teacher resources such as quarantined questions and answers, curriculum grids and work programs.

70 kg person protein intake for muscle gain: *The Complete Guide to Strength Training 5th edition* Anita Bean, 2015-09-24 *The Complete Guide to Strength Training* is the ultimate resource for anyone wanting to increase strength and re-sculpt their body. This updated 5th edition includes: - New exercises and workouts - Brand new photos, and detailed descriptions of more than 100 exercises - Programmes for increasing strength, muscle and explosive power - Fat loss workouts - Bodyweight-based workouts - Plyometric training - Up to date cutting edge nutrition and supplementation advice for gaining muscle and reducing fat Featuring proven training programmes and evidence-based nutritional guidance it delivers comprehensive workouts for beginners, intermediates and elite athletes.

70 kg person protein intake for muscle gain: *Nutrition for the Primary Care Provider* D. M. Bier, J. Mann, D. H. Alpers, E. H. E. Vorster, M. J. Gibney, 2014-11-18 Nutrition is an integral part of the prevention and management of the most prevalent conditions faced by today's primary care providers. This book is aimed at physicians around the world who treat patients from all walks of life. The first section is devoted to the basic principles of nutrition, covering the fundamentals of body composition, energy balance, and appetite, as well as the importance of the different macro- and micronutrients. The following section builds on the principles of the first by focusing on the special needs for specific circumstances, including pregnancy, exercise, food allergies and religion. The third part provides an overview of our latest understanding of various disease states and how they are influenced by nutrition. The final part on Food Policy takes a bird's eye view, offering perspectives on global sustainability, the rapidly changing face of malnutrition and the role played by the food industry in consumer health. This book is a practical reference source that will guide physicians on how to use nutrition as a tool to prevent and cure disease.

70 kg person protein intake for muscle gain: Essentials of Exercise Physiology William D. McArdle, Frank I. Katch, Victor L. Katch, 2006 Fully revised and updated, this Third Edition provides excellent coverage of the fundamentals of exercise physiology, integrating scientific and clinical information on nutrition, energy transfer, and exercise training. The book is lavishly illustrated with full-color graphics and photos and includes real-life cases, laboratory-type activities, and practical problem-solving questions. This edition has an Integrated Workbook in the margins that reinforces concepts, presents activities to test knowledge, and aids students in taking notes. An accompanying CD-ROM contains multiple-choice and true/false questions to help students prepare for exams. LiveAdvise online faculty support and student tutoring services are available free with the text.

70 kg person protein intake for muscle gain: Young Forever Dr. Mark Hyman, 2023-02-21 Bestselling author Dr. Mark Hyman presents the definitive guide for reversing disease, easing pain, and living younger longer. Aging has long been considered a normal process. We think disease, frailty, and gradual decline are inevitable parts of life. But they're not. Science today sees aging as a treatable disease. By addressing its root causes we can not only increase our health span and live longer but prevent and reverse the diseases of aging—including heart disease, cancer, diabetes, and dementia. In Young Forever, Dr. Mark Hyman challenges us to reimagine our biology, health, and the process of aging. To uncover the secrets to longevity, he explores the biological hallmarks of aging, their causes, and their consequences—then shows us how to overcome them with simple dietary, lifestyle, and emerging longevity strategies. You'll learn how to optimize your body's key longevity switches; reduce inflammation and support the health of your immune system; exercise, sleep, and de-stress for healthy aging; and eat your way to a long life, featuring Dr. Hyman's Pegan Diet. You'll also get exclusive insight from Dr. Mark Hyman on which supplements are right for you, where the research on aging is headed, and so much more. With dozens of science-based strategies and tips, Young Forever is a revolutionary, practical guide to creating and sustaining health—for life.

70 kg person protein intake for muscle gain: Nutrition and Enhanced Sports Performance Debasis Bagchi, Sreejayan Nair, Chandan K. Sen, 2018-10-05 Nutrition and Enhanced Sports Performance: Muscle Building, Endurance and Strength, Second Edition, includes comprehensive sections on the role of nutrition in human health, various types of physical exercises, including cardiovascular training, resistance training, aerobic and anaerobic exercises, bioenergetics and energy balance, and the nutritional requirements associated with each. Other sections cover sports and nutritional requirements, the molecular mechanisms involved in muscle building, an exhaustive review of various foods, minerals, supplements, phytochemicals, amino acids, transition metals, competition training, healthy cooking, physical training, and lifestyle and dietary recommendations for sports performance. This updated edition includes new chapters on mood, alertness, calmness and psychomotor performance in sports, extreme sports, natural myostatin inhibitor and lean body mass, the benefits of caffeine in sport nutrition formulations, the role of vitamin D in athletic performance, probiotics and muscle mass. - Provides a comprehensive appraisal of the nutritional benefits of exercise in human health - Compiles chapters reviewing the nutritional prophylaxis in human health - Addresses performance enhancement drugs and sports supplements - Presents various types of physical exercises and addresses exercise and nutritional requirements in special populations - Discusses sports nutrition and the molecular mechanisms involved in muscle building - Contains an exhaustive review of various food, minerals, supplements, phytochemicals, amino acids, transition metals, small molecules and other ergogenic agents - Highlights the aspects of healthy cooking, physical training, lifestyle and dietary recommendations for sports performance

70 kg person protein intake for muscle gain: Food for Fitness Anita Bean, 2014-06-05 A sports nutrition guide and recipe book rolled into one, Food for Fitness dispels popular myths and gives you the tools you need to reach your maximum performance. Food for Fitness is the ultimate resource for anyone who is serious about sport or fitness. Now in its fourth edition, this bestselling book has been updated to include the very latest nutrition research for exercise and performance, and is packed with easy, delicious and nutritious recipes and snacks and helpful new menu plans. -

Find out what to eat and drink to stay fuelled and hydrated. - Debunk the myths and evaluate the usefulness of sports supplements. - Learn the best times to eat to prepare for exercise, and what to eat to maximise recovery after exercising. - Discover specific strategies to aid fat loss and prioritise muscle gain - Includes tailored menu plans adapted to each sport - whether it be running, swimming, cycling, triathlon, team or racquet sport - Get the performance edge and learn how to eat to win during competitions. Along with trustworthy advice and up to the minute research, clearly explained and tailored to your needs, Food for Fitness contains an essential recipe section filled with sixty five easy to follow meal ideas to help you put the advice into practice.

70 kg person protein intake for muscle gain: Overweight and Weight Management

Sharron Dalton, 1997 Health Professions

70 kg person protein intake for muscle gain: Handbook of Nutrition and Food Carolyn D. Berdanier, Johanna T. Dwyer, David Heber, 2016-04-19 The new edition of the Handbook of Nutrition and Food follows the format of the bestselling earlier editions, providing a reference guide for many of the issues on health and well being that are affected by nutrition. Completely revised, the third edition contains 20 new chapters, 50 percent new figures. A comprehensive resource, this book is a reference guide for many of the issues on health and well being that are affected by nutrition. Divided into five parts, the sections cover food, including its composition, constituents, labeling, and analysis; nutrition as a science, covering basic terminology, nutritional biochemistry, nutrition and genetics, food intake regulation, and micronutrients; nutrient needs throughout the human life cycle; assessment of nutrient intake adequacy; and clinical nutrition, from assessments to a wide variety of disease and health topics.

70 kg person protein intake for muscle gain: Modern Nutrition in Health and Disease A. Catharine Ross, Benjamin Caballero, Robert J. Cousins, Katherine L. Tucker, 2020-07-10 .

70 kg person protein intake for muscle gain: Guide to Bodyweight Strength Training
2.0 - SUPPORTER VERSION Steve Antell, Guide to Bodyweight Strength Training 2.0 - 1 rep max based bodyweight strength training is your guide to building strength and muscle with bodyweight training only. Don't have time to go to the gym? Great! You can get the same results by working with your bodyweight. Don't get me wrong. Working out is great but it should not consume your life. It should enhance it in every aspect: give you more energy and keep you healthy in the long run. Save the time you spend going to the gym and use that extra time to do other meaningful things. With this book I want to give you my best advice on how to get fit at home with minimal equipment and use of time. Instead of just giving you training advice only, I will equip you with: • Training tool which you can use to plan and log your workouts and track your progress. All the programs presented in this book are pre-made to the tool so all you have to do is follow along and log your training sessions. • Rep calculator to estimate your progress and how many reps you could possibly do for the harder bodyweight exercises. • Calorie and macro calculator to estimate proper calories and macronutrients depending on your goal. • Meal planning tool and example meal plans that helps you to plan ahead some basic meals. • And also a weight tracking tool to track your bodyweight. • Cheat sheet including all the exercises and progressions with youtube links. The training programs and bodyweight training progressions will work for beginners and intermediates and get you far. I will present bodyweight strength training programs based on well known workout splits that have stood the test of time and guides to all exercise progressions. I will give you a tool that includes these programs, allows you to track and plan your workouts for future success. The tool will also include youtube video examples on each exercise. In order to cover all 100+ exercises I will not present any of the exercises in this book in picture format. With video examples you will have a better chance of getting the exercise form correct right away. You will also get the exercise cheat sheet which has all the exercises listed with video links. There is a section at the end of this book on how to use the tracking tool. You will need some basic equipment such as a pullup bar, suspension trainers or gymnastics rings. But I will also present alternatives if you don't have some of the equipment available and also give you instructions on what household items you can use for exercise. Such as the kitchen counter, sturdy chairs and a dining table will get you going. And if you wish you can do

weighted bodyweight exercises by simply using a weighted backpack. What's new compared to the first edition: • Updated training tool with some visual upgrades • New alternative exercises you can use for progression and some exercises were removed • Three approaches to get your first pullup • Ring training is included in the training tool for dips and push-ups for those who like to train with rings. Also progression to full ring dip with rings only if you don't have parallel bars available. • Improved exercise and video library • More content. More detailed chapter on dieting for fat loss, muscle gain and maintaining. • About 50% more content compared to the previous version. • Updated units to support both lbs/kg and cm/inch units in the book. So you don't have to convert numbers on your own based on your preferred unit of measurement.

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Steve Antell, Guide to Bodyweight Strength Training 2.0 - 1 rep max based bodyweight strength training is your guide to building strength and muscle with bodyweight training only. Don't have time to go to the gym? Great! You can get the same results by working with your bodyweight. Don't get me wrong. Working out is great but it should not consume your life. It should enhance it in every aspect: give you more energy and keep you healthy in the long run. Save the time you spend going to the gym and use that extra time to do other meaningful things. With this book I want to give you my best advice on how to get fit at home with minimal equipment and use of time. Instead of just giving you training advice only, I will equip you with: • Training tool which you can use to plan and log your workouts and track your progress. All the programs presented in this book are pre-made to the tool so all you have to do is follow along and log your training sessions. • Rep calculator to estimate your progress and how many reps you could possibly do for the harder bodyweight exercises. • Calorie and macro calculator to estimate proper calories and macronutrients depending on your goal. • Meal planning tool and example meal plans that helps you to plan ahead some basic meals. • And also a weight tracking tool to track your bodyweight. • Cheat sheet including all the exercises and progressions with youtube links. The training programs and bodyweight training progressions will work for beginners and intermediates and get you far. I will present bodyweight strength training programs based on well known workout splits that have stood the test of time and guides to all exercise progressions. I will give you a tool that includes these programs, allows you to track and plan your workouts for future success. The tool will also include youtube video examples on each exercise. In order to cover all 100+ exercises I will not present any of the exercises in this book in picture format. With video examples you will have a better chance of getting the exercise form correct right away. You will also get the exercise cheat sheet which has all the exercises listed with video links. There is a section at the end of this book on how to use the tracking tool. You will need some basic equipment such as a pullup bar, suspension trainers or gymnastics rings. But I will also present alternatives if you don't have some of the equipment available and also give you instructions on what household items you can use for exercise. Such as the kitchen counter, sturdy chairs and a dining table will get you going. And if you wish you can do weighted bodyweight exercises by simply using a weighted backpack. What's new compared to the first edition: • Updated training tool with some visual upgrades • New alternative exercises you can use for progression and some exercises were removed • Three approaches to get your first pullup • Ring training is included in the training tool for dips and push-ups for those who like to train with rings. Also progression to full ring dip with rings only if you don't have parallel bars available. • Improved exercise and video library • More content. More detailed chapter on dieting for fat loss, muscle gain and maintaining. • About 50% more content compared to the previous version. • Updated units to support both lbs/kg and cm/inch units in the book. So you don't have to convert numbers on your own based on your preferred unit of measurement. There is a paid supporter version of this book. The content is the same as on this free version. You can find the supporter version here: Google Play
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