DAVID O'SHEA

STRENGTH & NUTRITION

PROTEIN GUIDE

BUILD. REPAIR. PERFORM.



Build lean muscle
Protein is the building block.

Support recovery
Repair your body after training.

Fuel performance
Stronger, fitter, better you.

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HOW MUCH PROTEIN DO YOU NEED?

More protein = more muscle support,
better recovery and improved body composition.

GOAL	PROTEIN INTAKE (grams per kg bodyweight)
Minimum Requirement General health & basic maintenance	0.8 – 1.0g
Active / Training Regular training 3–5x per week	1.2 – 1.6g
Muscle Gain Building lean mass & strength	1.6 – 2.2g
Fat Loss Preserve muscle while losing fat	1.8 – 2.4g
Athletic / Endurance High volume training & high performance	1.8 – 2.5g

TIP Aim for the higher end during fat loss or intense training phases.

EXAMPLE

If you weigh 80kg and want to build muscle:
80kg x 1.8g = 144g of protein per day.

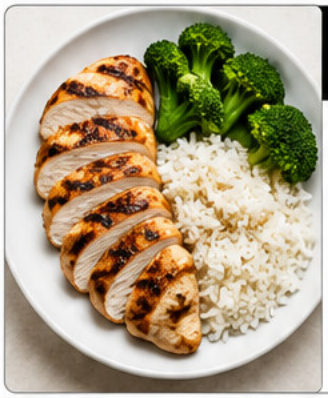
144g PROTEIN PER DAY

PROTEIN ISN'T JUST IMPORTANT.
IT'S ESSENTIAL.

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REAL LIFE EXAMPLES OF HIGH PROTEIN MEALS

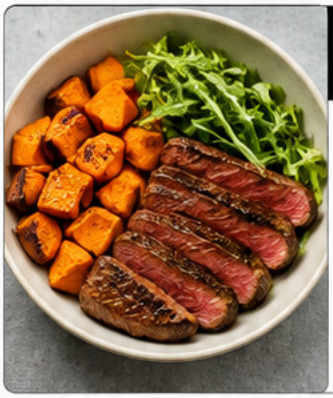
Simple meals. Real food. Big results.



1 CHICKEN, RICE & VEG

- 180g Chicken Breast
- 100g Cooked Rice
- 150g Broccoli
- 1 tsp Olive Oil

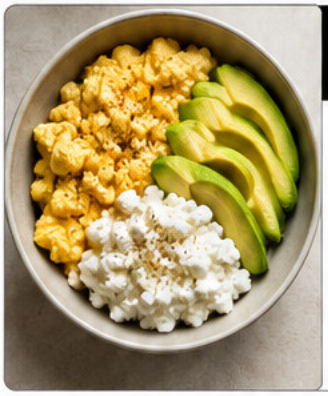
PROTEIN 45g



2 STEAK, SWEET POTATO & SALAD

- 180g Lean Steak
- 250g Sweet Potato
- Mixed Salad
- 1 tsp Olive Oil

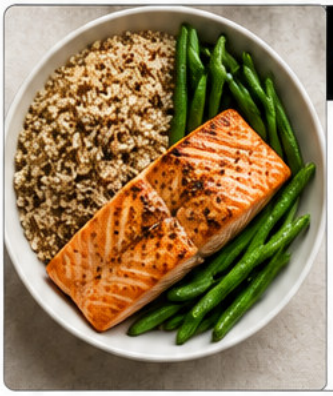
PROTEIN 48g



3 EGGS, COTTAGE CHEESE & AVOCADO

- 3 Whole Eggs
- 150g Cottage Cheese
- ½ Avocado
- Cherry Tomatoes

PROTEIN 42g



4 SALMON, QUINOA & GREEN BEANS

- 150g Salmon
- 100g Cooked Quinoa
- 150g Green Beans
- 1 tsp Olive Oil

PROTEIN 40g

HIGH PROTEIN FOODS



CHICKEN BREAST
31g
(per 100g)



LEAN BEEF
26g
(per 100g)



SALMON
22g
(per 100g)



EGGS
13g
(per 2 large)



GREEK YOGURT
10g
(per 100g)



COTTAGE CHEESE
11g
(per 100g)



WHEY PROTEIN
24–25g
(per scoop)

HIT YOUR PROTEIN EVERY DAY
Spread it across 3–5 meals.
Consistency is key.

AIM HIGH. BE CONSISTENT.
Protein supports muscle, recovery, hormones and overall health.

REAL FOOD. SIMPLE HABITS. STRONGER YOU.