

WITH HARSHIP COMES EASE

The Fasting Lifter's Protein Cheat Sheet

Fasting is easy to track. Hitting your protein inside the window is the part that actually builds the muscle, and it is the part most fasting apps ignore. Here is the whole thing on one page. No weight-loss talk, just the number that matters when you lift.

1 How much protein

Set your daily target from your bodyweight, then hit it most days. Total per day is the lever, not the timing.

Maintain

~0.7 g/lb

1.6 g per kg

Build muscle

~0.9 g/lb

2.0 g per kg

Hard training or in a calorie deficit? Sit at the top of the range, up to **1 g per lb**. More than that buys little extra.

2 Quick reference

BODYWEIGHT	MAINTAIN	BUILD
130 lb / 59 kg	90 g	115 g
150 lb / 68 kg	105 g	135 g
170 lb / 77 kg	120 g	155 g
190 lb / 86 kg	135 g	170 g
210 lb / 95 kg	145 g	190 g

Rounded to the nearest 5 g. Pick the column that matches your goal.

3 Training days vs rest days

- **Keep protein the same on rest days.** Muscle repair runs for 24 to 48 hours after a session, so a rest day is not a day off from protein.
- **Carbs can flex, protein should not.** If you cycle calories, move carbs around your training and leave the protein target fixed.
- **Hit it most days, not every day.** A weekly hit rate in the **80%+** range is what compounds.

4 Timing it right

- **Aim for 30 to 50 g per meal**, across 3 to 4 feedings. That is the dose that drives muscle protein synthesis each sitting.
- **Trained fasted?** Put protein in your **first meal** after the session. The "anabolic window" is hours wide, so do not panic, just refuel.
- **Spread it across the window**, do not back-load it all into one giant final meal.

5 Fitting it into a 16:8 or OMAD window

A short window is the real challenge: less time, same protein target. Lead every meal with the protein, then fill the rest. A sample 16:8 day at a ~150 g target:

1pm • break the fast

Greek yoghurt + whey + berries, or eggs and lean meat. **~50 g**

4pm • post-lift

Chicken or lean beef + rice and veg. The biggest protein hit of the day. **~55 g**

8pm • window close

Fish or a casein/whey shake + a side. **~45 g**

OMAD makes a full target hard in one sitting. A shake plus a high-protein meal gets most people there. High-protein staples: chicken, lean beef, eggs, Greek yoghurt, cottage cheese, fish, whey.

FastLift tracks this for you.

Set your protein target from your bodyweight, log a meal that hits it, and your day is marked automatically, right next to your fast.

fastlift.app