

A Word on Protein

It is the Recommended Dietary Allowance (RDA) that we receive 10-35% of our protein from daily calories. So how much do you need? Here's the calculation:

Your Body Weight (divided by) 2.2 = kg

Take this kg number (multiply by) 0.8 = RDA for your weight in grams

How much is a gram?

About 4 grams equal 1 teaspoon

From the kitchen of Phebe Phillips, 2014

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