

Body Weight	# of Servings for 1 gram/lb	# of Servings for 1.25 grams/lb	# of Servings for 1.5 grams/lb
100	5	6	8
110	6	7	8
120	6	8	9
130	7	8	10
140	7	9	11
150	8	9	11
160	8	10	12
170	9	11	13
180	9	11	14
190	10	12	14
200	10	13	15
210	11	13	16
220	11	14	17
230	12	14	17
240	12	15	18
250	13	16	19
260	13	16	20
270	14	17	20
280	14	18	21
290	15	18	22
300	15	19	23
310	16	19	23
320	16	20	24
330	17	21	25
340	17	21	26
350	18	22	26