

The SAF Protein & Muscle Sparing Worksheet

Core Goal: Defend Lean Mass and Resting Metabolic Rate via the 1.2 g/kg Floor & 2.5g-3.0g Leucine Anchor · By Cat Clark

1. Establishing Your SAF Daily Protein Floor (PMID: 23867520 | PMID: 28534027)

In unsupervised GLP-1 weight reduction, 25% to 39% of lost weight can come from lean mass (STEP 1 DEXA substudy, PMID: 33567185). Under the Shared Agency Framework, preserving skeletal muscle is your primary metabolic directive. A published target range is **1.2 g to 1.6 g of protein per kilogram of reference or goal/adjusted body weight** (typically 60g to 110g/day; confirm target with your clinician if you have chronic kidney disease or reduced eGFR).

Calculation Formula: (Reference/Goal Weight in lbs: _____ ÷ 2.2) = _____ kg × 1.2 g/kg = _____
Grams of Protein / Day

2. Daily Leucine Anchor & Protein-First Sequencing Log

To overcome anabolic resistance and activate the mTORC1 muscle-synthesis pathway, target **2.5g to 3.0g of leucine** (~25g to 35g intact animal/whey protein, or ~35g to 40g fortified plant protein) across 3 to 4 evenly spaced meals. Always eat **Protein First** before delayed gastric emptying triggers fullness.

Intake Window	Time	Primary Protein Source (Whey, Eggs, Poultry, Fish, Greek Yogurt, Plant Isolate)	Protein Grams (g)	Leucine Trigger Hit? (2.5g to 3.0g)	Hydration Separation (30m from solids)
Intake 01 (Morning)	_____	_____	_____ g	☐ Yes ☐ No	☐ 16 oz Clear Fluid
Intake 02 (Midday)	_____	_____	_____ g	☐ Yes ☐ No	☐ 16 oz Clear Fluid
Intake 03 (Evening)	_____	_____	_____ g	☐ Yes ☐ No	☐ 16 oz Clear Fluid
Intake 04 (Optional / Liquid Bridge)	_____	_____	_____ g	☐ Yes ☐ No	☐ 16 oz Clear Fluid

3. Weekly Mechanical Load Signal & Body Composition Tracker (PMID: 26817506)

Dietary protein supplies the building blocks; progressive resistance loading provides the biological signal to keep muscle tissue. Target a minimum effective dose of **2 resistance sessions per week** in the 8-to-12 repetition range near fatigue.

Weekly Training & Anthropometric Audit	Date / Day	Movement Pattern / Modality (Squat, Hinge, Push, Pull, Carry)	8 to 12 Rep Target Hit?	Waist Measurement (Navel) & Functional Notes
Resistance Session 01	_____	_____	☐ Yes ☐ No	Waist: _____ in · Energy: _____
Resistance Session 02	_____	_____	☐ Yes ☐ No	Grip / Strength Note: _____
Resistance Session 03 (Bonus)	_____	_____	☐ Yes ☐ No	Recovery / Hydration: _____

Clinical Citations: Bauer J et al., JAMDA 2013 (PMID: 23867520) · Phillips SM, Front Nutr 2017 (PMID: 28534027) · Wilding JPH et al., NEJM 2021 (PMID: 33567185).

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