How much protein should you eat if you're trying to lose weight at the same time you're trying to build muscle?

I recommend people eat the recommended daily allowance of 0.8 grams per kilogram per day. Most people are eating more than that. They're eating around 1.2 to 1.5 grams per kilogram per day, which is about 50 to 100% more than the recommended daily amount. If you're trying to lose weight, the high levels of protein are sort of, there's some good and some bad. So on the one hand, protein does tend to make you feel full when you eat it, but on the other hand, if you eat too much protein, your body can't store that protein, so it will actually turn it into glucose and fat, because your body really only stores food energy as glucose or fat. It can't store the protein. So if you eat a lot of protein, it can be detrimental to the weight loss.

In terms of building muscle, that's mostly not dependent on your diet, it's mostly on exercise. So if you don't exercise, you really won't build muscle, no matter what you eat. There's only one circumstance when you're exercising, that you have very, very low levels of protein, that you have inadequate protein to actually build the muscle, but that's a very rare circumstance. There are some people who are competitive weightlifters or bodybuilders who do require more proteins, and that's why they tend to have the supplements, like the whey protein, and the protein shakes, and so on. For most people, I prefer them to stick to natural, whole foods, rather than supplements, but if you do need to take extra protein, it's not that difficult to take some extra meat, or steaks, or fish, or if you're vegetarian, things like beans, and so on.