



# NUTRITION LOGS

**4400 CALORIES PLAN**

• THOMAS CALKINS •



# NUTRITION LOGS



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## Nutrition Log Tips

- Be sure you read the Read First Nutrition Log before following the template below.
- Monitor weight, size and body fat weekly or bi-weekly and adjust number of servings from that.
- Include at least 4-5 servings of fruits and vegetables each day.
- Please note the amount the calories presented here based on the servings size are out best estimate. Your total calories might be higher than the estimated amount based on foods not included like fruits and vegetables. Counting the actual calories is a more complete approach, but this method helps save time and makes it easier.
- Read Epic Warrior Muscle – Recipe books for some ideas for tasty meals. They are broken down by breakfast, seafood, beef, snacks, and chicken and poultry recipes.



# NUTRITION LOGS



## Food Servings Chart

PROTEIN SOURCES	
Protein	Serving Size
Chicken Breast	4 oz
Cod	4 oz
Cottage Cheese	1 cup
Egg Whites	5 eggs
Flank Steak - Grass Fed	4 oz
Greek Yogurt	1 cup
Ground Buffalo	4 oz
Lean Beef (93%) - Grass Fed	4 oz
Lean Sirloin - Grass Fed	3 oz
Low Fat Milk	2 cups
Pork Tenderloin	4 oz
Tilapia	4 oz
Trout	4 oz
Tuan Steak	4 oz
Tuna in Water	1 can
Turkey Breast	4 oz
Whey Protein	1 scoop
Whole Eggs	4 eggs
Wild Salmon	4 oz

FAT SOURCES	
Fats	Serving Size
Almond Butter	1 tablespoon
Almonds	about 12 almonds
Avocado	2 tablespoons (1oz)
Cashews	1/2 oz
Extra Virgin Olive Oil	1 tsp
Fish Oil	1 tsp
Flax Seed Oil	1/2 tablespoon
Olives	15 olives
Other Fatty Fish	4 oz
Other Nuts	1/2 oz
Peanut Butter	1 tablespoon
Peanuts	1/2 oz
Tofu	1/4 cup
Trout	4 oz
Tuna	4 oz
Wild Atlantic Salmon	3 oz

CARBOHYDRATE SOURCES	
Carbs	Serving Size
Black Beans	1/2 cup
Brown Rice	1/2 cup
Cooked Quinoa	1/2 cup
Lentils	1/2 cup
Old Fashioned Oatmeal	1/2 cup
Pinto Beans	1/2 cup
Potato	small (170grams)
Sweet Potato / Yams	medium (151grams)
Whole Wheat Bread	2 slices
Whole Wheat Pasta	1 oz
Yam	1 cup

### BEST FRUIT AND VEGETABLE SOURCES GET AT LEAST 4-5 SERVINGS PER DAY

Best Vegetable Sources	Best Fruit Choices
Beets	Apples
Broccoli	Blackberries
Cabbage	Blueberries
Carrots	Cranberries
Cauliflower	Grapefruit
Eggplant	Kiwi
Green Beans	Oranges
Green Peas	Other Tropical Fruit
Other Greens	Pineapple
Peppers	Pomegranates
Pumpkin	Raspberries
Spinach	Strawberries
Squashes	
Zucchini	



# NUTRITION LOGS



## 4400 STARTING CALORIES PLAN

### WEEK 1

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	10	10	20
2	Yes	10	10	20
3	No	11	14	17
4	Yes	10	10	20
5	Yes	10	10	20
6	No	11	14	17
7	No	11	14	17
Total Calories Per Day: 4400				

### WEEK 2

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	10	10	20
2	Yes	10	10	20
3	No	11	14	17
4	Yes	10	10	20
5	Yes	10	10	20
6	No	11	14	17
7	No	11	14	17
Total Calories Per Day: 4400				

### WEEK 3

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	10.5	11	20.5
2	Yes	10.5	11	20.5
3	No	11.5	14.5	17.5
4	Yes	10.5	11	20.5
5	Yes	10.5	11	20.5
6	No	11.5	14.5	17.5
7	No	11.5	14.5	17.5
Total Calories Per Day: 4600				



# NUTRITION LOGS



## WEEK 4

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	10.5	11	20.5
2	Yes	10.5	11	20.5
3	No	11.5	14.5	17.5
4	Yes	10.5	11	20.5
5	Yes	10.5	11	20.5
6	No	11.5	14.5	17.5
7	No	11.5	14.5	17.5
Total Calories Per Day: 4600				

## WEEK 5

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	10.5	11	20.5
2	Yes	10.5	11	20.5
3	No	11.5	14.5	17.5
4	Yes	10.5	11	20.5
5	Yes	10.5	11	20.5
6	No	11.5	14.5	17.5
7	No	11.5	14.5	17.5
Total Calories Per Day: 4600				

## WEEK 6

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	11	11.5	20.5
2	Yes	11	11.5	20.5
3	No	11.5	15	17.5
4	Yes	11	11.5	20.5
5	Yes	11	11.5	20.5
6	No	11.5	15	17.5
7	No	11.5	15	17.5
Total Calories Per Day: 4700				



# NUTRITION LOGS



## WEEK 7

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	11	11.5	20.5
2	Yes	11	11.5	20.5
3	No	11.5	15	17.5
4	Yes	11	11.5	20.5
5	Yes	11	11.5	20.5
6	No	11.5	15	17.5
7	No	11.5	15	17.5
Total Calories Per Day: 4700				

## WEEK 8

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	12	12	21
2	Yes	12	12	21
3	No	12	15	18
4	Yes	12	12	21
5	Yes	12	12	21
6	No	12	15	18
7	No	12	15	18
Total Calories Per Day: 4800				

## WEEK 9

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	12	12	21
2	Yes	12	12	21
3	No	12	15	18
4	Yes	12	12	21
5	Yes	12	12	21
6	No	12	15	18
7	No	12	15	18
Total Calories Per Day: 4800				



# NUTRITION LOGS



## WEEK 10

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	12	12.5	21.5
2	Yes	12	12.5	21.5
3	No	12	15.5	18.5
4	Yes	12	12.5	21.5
5	Yes	12	12.5	21.5
6	No	12	15.5	18.5
7	No	12	15.5	18.5
Total Calories Per Day: 4900				

## WEEK 11

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	12	12.5	21.5
2	Yes	12	12.5	21.5
3	No	12	15.5	18.5
4	Yes	12	12.5	21.5
5	Yes	12	12.5	21.5
6	No	12	15.5	18.5
7	No	12	15.5	18.5
Total Calories Per Day: 4900				

## WEEK 12 – LAST WEEK!!

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	12.5	12.5	22
2	Yes	12.5	12.5	22
3	No	12.5	16	18.5
4	Yes	12.5	12.5	22
5	Yes	12.5	12.5	22
6	No	12.5	16	18.5
7	No	12.5	16	18.5
Total Calories Per Day: 5000				