



NUTRITION LOGS

2800 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



2800 STARTING CALORIES PLAN

WEEK 1

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	6	6	13
2	Yes	6	6	13
3	No	7	8	11
4	Yes	6	6	13
5	Yes	6	6	13
6	No	7	8	11
7	No	7	8	11
Total Calories Per Day: 2800				

WEEK 2

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	6	6	13
2	Yes	6	6	13
3	No	7	8	11
4	Yes	6	6	13
5	Yes	6	6	13
6	No	7	8	11
7	No	7	8	11
Total Calories Per Day: 2800				

WEEK 3

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	6.5	6.5	14
2	Yes	6.5	6.5	14
3	No	7.5	9	11.5
4	Yes	6.5	6.5	14
5	Yes	6.5	6.5	14
6	No	7.5	9	11.5
7	No	7.5	9	11.5
Total Calories Per Day: 3000				



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WEEK 4

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	6.5	6.5	14
2	Yes	6.5	6.5	14
3	No	7.5	9	11.5
4	Yes	6.5	6.5	14
5	Yes	6.5	6.5	14
6	No	7.5	9	11.5
7	No	7.5	9	11.5
Total Calories Per Day: 3000				

WEEK 5

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	6.5	6.5	14
2	Yes	6.5	6.5	14
3	No	7.5	9	11.5
4	Yes	6.5	6.5	14
5	Yes	6.5	6.5	14
6	No	7.5	9	11.5
7	No	7.5	9	11.5
Total Calories Per Day: 3000				

WEEK 6

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	6.5	7	14.5
2	Yes	6.5	7	14.5
3	No	7.5	9.5	11.5
4	Yes	6.5	7	14.5
5	Yes	6.5	7	14.5
6	No	7.5	9.5	11.5
7	No	7.5	9.5	11.5
Total Calories Per Day: 3100				



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WEEK 7

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	6.5	7	14.5
2	Yes	6.5	7	14.5
3	No	7.5	9.5	11.5
4	Yes	6.5	7	14.5
5	Yes	6.5	7	14.5
6	No	7.5	9.5	11.5
7	No	7.5	9.5	11.5
Total Calories Per Day: 3100				

WEEK 8

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	7	7	15
2	Yes	7	7	15
3	No	8	10	12
4	Yes	7	7	15
5	Yes	7	7	15
6	No	8	10	12
7	No	8	10	12
Total Calories Per Day: 3200				

WEEK 9

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	7	7	15
2	Yes	7	7	15
3	No	8	10	12
4	Yes	7	7	15
5	Yes	7	7	15
6	No	8	10	12
7	No	8	10	12
Total Calories Per Day: 3200				



NUTRITION LOGS



WEEK 10

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	7	7.5	15.5
2	Yes	7	7.5	15.5
3	No	8	10	12.5
4	Yes	7	7.5	15.5
5	Yes	7	7.5	15.5
6	No	8	10	12.5
7	No	8	10	12.5
Total Calories Per Day: 3300				

WEEK 11

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	7	7.5	15.5
2	Yes	7	7.5	15.5
3	No	8	10	12.5
4	Yes	7	7.5	15.5
5	Yes	7	7.5	15.5
6	No	8	10	12.5
7	No	8	10	12.5
Total Calories Per Day: 3300				

WEEK 12 – LAST WEEK!!

Number of Servings Per Day				
Day #	Workout Day	Fat	Protein	Carbohydrates
1	Yes	7.5	7.5	15.5
2	Yes	7.5	7.5	15.5
3	No	8.5	10.5	12.5
4	Yes	7.5	7.5	15.5
5	Yes	7.5	7.5	15.5
6	No	8.5	10.5	12.5
7	No	8.5	10.5	12.5
Total Calories Per Day: 3400				