



NUTRITION LOGS

•THOMAS CALKINS•



NUTRITION LOGS



Legal Disclaimer

The information presented here is no way intended as medical advice. This information should be used in conjunction and guidance of your primary physician.

It is your responsibility to consult with your Doctor before starting any training or nutrition program. If you do not contain consent with your doctor, you agree to accept full responsibility of your actions.

Author/publisher will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information. There are risks of injury and sickness that can occur from using the information in this program and you assume all such risk and waive and responsibly to or claims to Author/publisher.

Results will vary from person to person and there is no guarantee for any specific results to be made.



Copyright

This program, ebooks, or any content contained within it is not to be resold or given away for free. Copyright and illegal distribution of this book will be prosecuted. This content is solely intended for Built Fit members who have purchased this book.



NUTRITION LOGS



Welcome to the Nutrition Logs. Before you move forward you need to determine your starting calories.

Step 1 - Determine your starting calories

You can either estimate your starting calories for the program or if you already know your daily maintenance needs then you can use that.

Your maintenance calories are the amount of calories you consume on a daily basis to remain at your constant weight. If you already know this number, then add 300 to 500 calories to this to get your starting calories.

If you do not know your maintenance calories, then you can estimate it using the BMR formula and Harris Benedict Equation below.

The formula is below:

English BMR Formula

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Metric BMR Formula

Women: $BMR = 655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$



NUTRITION LOGS



Once you calculate your BMR you will need to use the Harris Benedict Equation to calculate your maintenance calories based on your activity level.

1. If you are sedentary (little or no exercise) : Maintenance Calories = $BMR \times 1.2$
2. If you are lightly active (light exercise/sports 1-3 days/week) : Maintenance Calories = $BMR \times 1.375$
3. If you are moderately active (moderate exercise/sports 3-5 days/week) : Maintenance Calories = $BMR \times 1.55$
4. If you are very active (hard exercise/sports 6-7 days a week) : Maintenance Calories = $BMR \times 1.725$
5. If you are extra active (very hard exercise/sports & physical job or 2x training) : Maintenance Calories = $BMR \times 1.9$

This will give you your maintenance calories or you can just use the Builtfit.com calculator:

<http://www.builtfit.com/tools/daily-calorie-estimator>

Once you have that number add 300 to 500 to get your starting calories.

Step 2 – Estimate your 12 weeks of daily calories

So now you have your starting calories. Over the next 12 weeks you would gradually increase the amount of calories to add another 300 to 500 by the end of week 12. For example let's say your starting calories are 2500. You would gradually increase this over 12 weeks and by week 12 you might be eating close to 3000 calories.

Why the increase? As you gain more lean muscle you will burn more calories and need to gradually add more calories in order to keep putting on muscle.

Please note – as a general rule you should watch your weight gain from week to week and see how you are progressing to determine how to adjust your calories. If you are gaining over 2lbs per week, you might be eating too many calories, which might just be going to fat. At this point you might decrease your calories by 100 to 200 per day.

Conversely, if you are not gaining any weight from the previous week, then you should increase your calories.

For non workout days you should be eating 40% protein, 40% carbs, and 20% fat per day. On workout days, I suggest more calories, so this would go to 50% carbs, 40% protein, and 20% fat.



NUTRITION LOGS



Step 3 – Tracking Calories

Let's be honest – most of you do not want to count calories every day for every meal!

Instead of tracking every calorie and every meal you have, I have created some cheat sheets based on serving sizes of foods to determine how much to eat every day based on your starting calorie level.

Step 4 – Pick the Correct Nutrition Log

You will see nutrition logs range from 2400 to 4800. Pick the one closest to your estimated starting calories.

As you will see I have the amount of servings you need for the entire 12 weeks for protein, carbs, and fats. The food chart will show you what the serving size is based on the food you eat.

Notice how you will increase servings as you move along.

Be sure to divide these servings up between at least 5 meals.

For example one day you might be required to eat 6 servings of fat, 7 servings of protein, and 10 servings of carbs. So for 5 meals you would eat roughly a serving of fat, protein, and carbs each meal. One of two of the meals you would add more protein and more carbs.

Step 5 – Creating Meals

Creating meals is easy just by combining different fats, carbs, and protein. Just make sure the total servings for the day add up to what you have scheduled.

An example meal might be a 2 servings chicken, 1 serving rice, and 1 serving avocado. So your total for this meal would be protein=2, carbs=1, fat=1. The serving sizes are shown in the food chart in each of the nutrition logs.

The great thing about this method is you can be flexible with your meals and snacks. The food chart provides you with the best ideas for each of the food groups.



NUTRITION LOGS



Step 6 – Monitor Progress

Although the serving chart is a quick way to do meal planning it is not as exact as counting your calories daily.

Be sure to track you weight and any fat gain so you can adjust your calorie intake and you might need to adjust your total servings per day.