



# NUTRITION MANUAL

• THOMAS CALKINS •

# Epic Warrior Muscle Nutrition Manual

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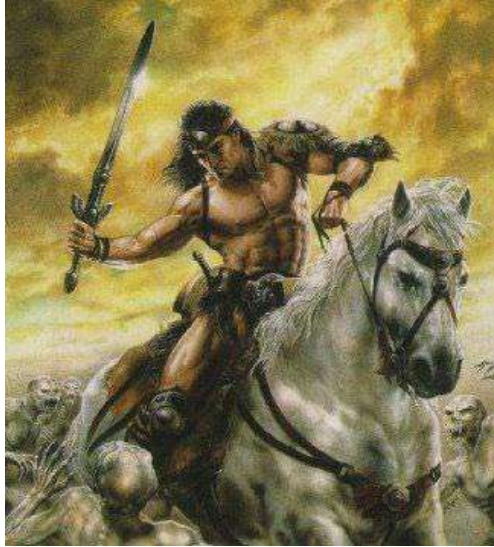
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# Introduction

## Finding the Warrior Within



Inside every person, there are two people who may be fed or starved at their master's whim. There is the inner wimp, and the inner warrior. You seek to build your strength, and tone your muscles, or you would not be reading this. Perhaps you even seek to have muscles so bold and glorious that grown men tremble when you flex (or even when you don't). If that is your goal, this book will help you. But keep in mind that as you walk the warrior's path, you may find yourself treading it alone.

Many people in our world fear the unknown and the unfamiliar. They nourish their inner wimp, who whispers words of fear in their ears at all times. This

fear may cause people to think of you as somehow arrogant or shallow, as if looks were all that mattered to you. But we know the truth. If you were only interested in what the world may see, you would not be reading this.

In this book, you shall find out how to make your muscles mighty. We shall discuss precisely what you must eat, in order to grow powerful and large. Your muscles must be nourished properly, if they are to grow to be epic and legendary. The warriors of myth and legend ate from nature, and eat heartily – and they grew large and powerful for it.

With the mindset of the warrior inside you, any goal may be accomplished. And nothing but death itself will thwart the call to arms. It matters none if you are a man or a woman, for either sex may be strong. And it does not matter in the least if you have discovered these writings as a youth barely out of your mother's keep, or as one whose skin has wrin-kled with the wisdom of battles long past.

Keep in mind that no matter how vigorously you exercise, your muscles will only grow so large on poor quality food, or high quality food eaten in the wrong combinations. Obviously, a diet of nothing but lard would produce a host of problems. And the same is true for a diet of nothing but meat, or nothing but grains. To nourish your muscles properly, you must eat a proper balance of many foods. And I will show you that balance in great detail.

It is true that we each face the inner battle of our individual strengths and weaknesses, which age can make worse. But we may all work to improve our lives, and experience great gains from our efforts. The warrior spirit knows no discrimination, and sees us all as equals.

Keep in mind that mere eating will not make you mighty. To grow larger and stronger, you must also train your body. Physical training alone also will not grant its maximum benefits. Only when these two practices are practiced in concert, will they lead to the greatest results. Too many people whose warrior spirit is strong and whose training regimen is intense and focused still fall short of their goals, and wonder why. Keep in mind that those who say 'you are what you eat' are speaking the truth.

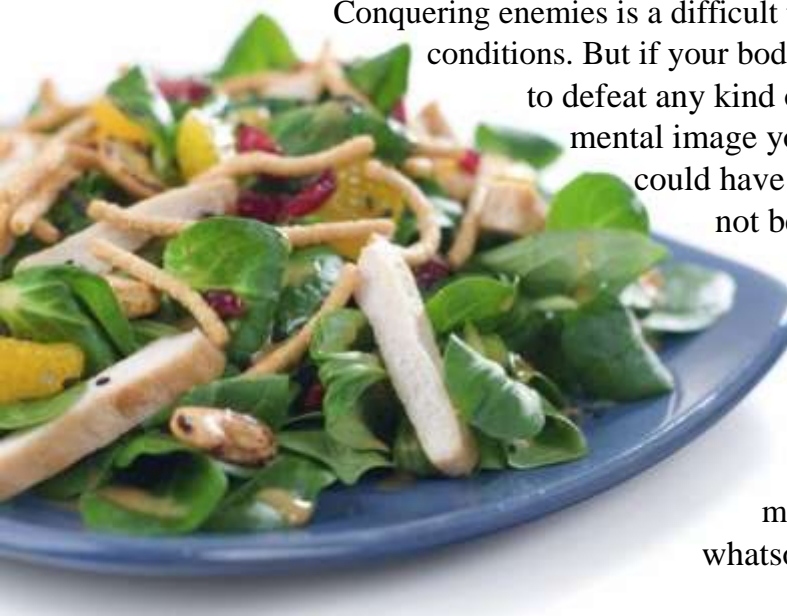
In the passages herein, we shall unlock the full potential of your personal vigor by explaining what you must eat, and precisely why this is so. While it is said that neither man nor woman may ever reach perfection... you can surely give it your best effort.

And with the knowledge contained herein, the efforts you make in training will be magnified ten fold. Your well nourished body will be able to do as it was made to do – to fight when the need arises, to love when love may be had, and to sow the seeds and reap the harvest of a better world.

From deep within you, the warrior emerges in body and soul. In your efforts to grow larger, stronger and healthier, you give your inner warrior life. Through great nutrition, we shall ease its birth, and help the fledgling gain strength. Let us begin the Epic Warrior Muscle Nutrition Manual.

# Chapter 1

## The Overview of a Conqueror's Meal



Conquering enemies is a difficult task, even under the best of all possible conditions. But if your body is fighting itself, you can not possibly hope to defeat any kind of opponent. And even if your opponent is a mental image you carry of a pudgy or scrawny youth which could have been spent more wisely, you will obviously not be well served by starving yourself.

And unfortunately, many of the processed foods of our modern world have literally been designed to keep us eating and eating ad nauseum. If selling more food means conditioning a society of fat weaklings, the manufacturers would appear to have no qualms whatsoever against doing exactly that.

In some cases, the addition of additional ingredients to many foods is a boon to your health. For instance, foods such as pastas which are fortified with iron and additional fiber are excellent for growing your muscles. Unfortunately, many times all you get in these “man made meals” is a bunch of junk that will leave you fat, bloated and too lethargic to fight off a fly. But hope is not lost!

There is an abundance of great food out there. And the following is a brief list of what to look for in foods which will help you to grow a physique fit for all the battles of life. The more of these a food item contains, the better it is for your overall efforts. And keep in mind that we are only just touching on these topics at this moment. In later chapters, we will expand on what these components are, and why they are so good for you.

To grow your muscles, you will need to eat:

### **Carbohydrates**

At least 50% of the calories you eat should be carbohydrates. Carbohydrates (or carbs, for short) are absolutely critical, just for staying alive. And in addition to that, you need carbs to sustain your efforts during the hard workouts you put in.

But beyond that, carbs are absolutely necessary to keep your metabolism going throughout the day, so that your muscles are not broken down by your body going into starvation mode.

### **Protein**

Roughly 30% of your diet should be protein. If you are working your muscles, you are breaking them down to some extent with every workout you perform. And in order for

your muscles to be repaired properly, you must supply them with adequate amounts of protein.

It has been said that the purpose of every cell in a living being is to synthesize proteins. It could be said that proteins are the basis of all life, as we know it.

## **Fats**

Approximately 20-25% of the calories you eat should come directly from certain kinds of fats. While this is a complicated topic in and of itself, keep in mind that every muscle in your body needs fats to work properly. And those muscles include the ones which make up your heart.

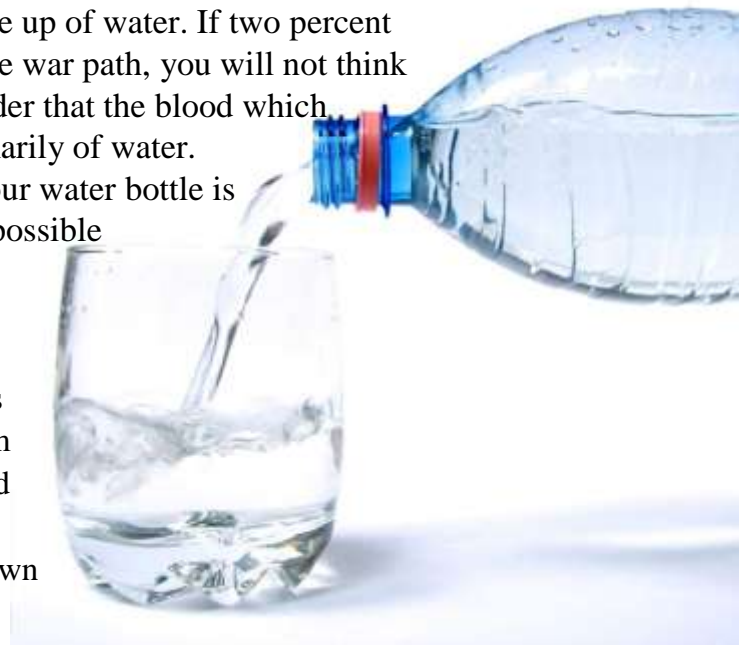
While some fats are bad, other fats are great. We will discuss this in more detail later on.

## **Water**

While it is true that you technically do not eat water (except in rare cases, such as through popsicles), drinking water is of extreme importance. And not only does your health hinge upon getting sufficient amounts of water. If you want to grow powerful muscles, ample amounts of water are not optional.

More than seventy percent of your body is made up of water. If two percent of that is lost to the blood, sweat and tears of the war path, you will not think as clearly or function as well physically. Consider that the blood which carries every nutrient you eat is composed primarily of water. That being the case, it only makes sense that your water bottle is your best friend in the weight room – with the possible exception of your spotter.

And one lesser considered part of your meal plan should be the fact that to make great muscle mass gains, you need to eat breakfast. Your metabolism must be kept going if you want to grow larger and stronger. What that means is that your body must consume the food you eat, instead of breaking down the muscles you have worked so hard to gain.



And if you take nothing further from this basic overview of how you need to eat in order to grow your muscles properly, remember one thing. In a research study performed in Estonia, the catabolism of body builders was tested against their levels of blood sugar and total calories.

During the eleven week study, there was a significant decrease of calories as these men sought to reduce their fat, and show off their muscles more effectively in competition. There was also a directly proportionate degree of catabolism, caused by this reduction in total calorie consumption. Keep in mind that catabolism is lost muscle. So if you want to gain muscle, you must eat plenty of calories. We will discuss this in greater detail in a later chapter.



## Chapter 2

# Eat Like a Scrapper, Not a Pig

There is a very good reason why the Spartan warriors of old were given a bit too little to eat during their formative training years. Keeping them “a little hungry” was essential to keeping them sharp and ambitious. And of course, from a purely physical perspective, eating a reasonably low amount of calories has a number of positive effects on your health.

A study done in 2009 highlighted that DNA itself is kept more stable by a variety of different stressors. While the stressors mentioned include a wide variety of chemical processes which are not pertinent to the discussion of muscular gains, one of the foremost stressors identified was caloric restriction. Simply put, when your calories are reduced, your health grows more robust from the inside out.

But of course, no extreme is healthy. Obviously, if you find that you are feeling weak or “under the weather,” your caloric intake might be a bit lower than it needs to be. Unfortunately, there are no hard and fast rules as to the number of calories a person should consume each day, as there are simply too many variables to consider when making such a statement.

According to the World Health Organization, total caloric intake has to be balanced against a proper combination of the various macronutrients (such as carbs, fats and protein) and micronutrients (such as potassium or zinc). Surprisingly enough, there is a de-emphasis on “how many calories you should eat,” and an increasing world wide emphasis on “how many nutrients you should eat.”

Often, the potential perils which exist in changing up your amount of calories are most evident in developing countries, such as those in Latin America. Dr. Benjamin Caballero has observed (both from his process of formal studies and anecdotally) that there are two different types of food items.

There are high energy foods, in which the amount of raw calories (and sometimes macronutrients) is high. And there are also high nutrient foods, which supply the micronutrients we all need, but which are most necessary for the proper growth and development of children. Often enough, in families where the children are



undernourished due to cheap diets rich in carbohydrates and little else, the mothers are over weight because of the very same diet.

And I include these facts only to highlight how important it is to follow the classical Greek motto of “moderation in all things.” While you do not want to gorge yourself simply because “you can burn it off,” you also do not want to act like a body builder who has already built massive muscles, and end up stunting your progress.

In order to grow your muscles to a point beyond where they are now, you need to remember a few key ingredients which will never change, no matter what heights you may reach in your muscle building endeavors.

## **1. You must eat regularly.**

A long time ago, the warriors of the world had to hunt for and gather the food they lived on. Since any nut or berry they picked could be dangerous, and the meat they consumed ran away (and sometimes fought back), and sometimes a meal was hard to come by. So naturally, life was a great deal more difficult back then than it is now.



The common rule of thumb regarding how long you can go without eating anything is roughly three weeks. While you would not suddenly drop dead at the stroke of the 21st day, by that point you would certainly be ravenous. And not long after that, dysentery would begin to hollow you out like a Halloween pumpkin. Before modern treatments came along, that was a death sentence without possibility of reprieve.

Because of those harsh realities, the human metabolism adapted to periods of famine. Despite all of our modern conveniences, our bodies have changed very little over the past

hundred millennia. To the modern body, just as to the ancient one, the last meal you ate might be the only one you get for a while. And that is why, after only three hours without eating, your body goes into what is commonly called calorie preservation mode, or starvation mode.

When your body shifts into calorie preservation mode, digestion and bowel evacuation slow down somewhat. And more importantly, your metabolism slows down considerably, as your body works to keep the calories it has, in preparation for a famine that may last weeks. And other than your brain and other internal organs, your fat reserves are the last thing your body will turn to for calories.

If you honestly think that muscles would not be the first thing to be sacrificed, you really do not understand how muscles work. Consider the fact that muscles actually require calories (among other nutrients) just to function. Every pound of muscle uses approximately 50 extra calories per day, just under normal metabolic conditions.

So, if your body breaks down a few pounds of muscle, not only will it get back the calories which were being “stored” in that muscle tissue. It will also conserve the calories which that muscle would have “wasted” if it had been retained, which will allow you to survive better. At least, if you were chasing down wildebeests on the African savannah.

As a modern warrior, you are more likely chasing down a bus on the way to a big meeting. But if you are serious about keeping (and gaining!) muscle mass, eat roughly every three hours.

## **2. Drink plenty of water.**

As I mentioned earlier, your blood is primarily composed of water. The common rule of thumb as it regards water consumption is one US gallon per day. And this amount may seem a bit daunting, if you are not used to drinking much water. There are a few different ways to accomplish the one gallon a day requirement.

For one thing, you can obviously just carry around a gallon of water with you, and swig it every so often. But that is a little haphazard. You can also try the simple rule of 1-2-3.

You start off by drinking a big glass of water right after you first get up. And after that, you drink two glasses every three hours. Assuming you stay up at least 12 hours a day, that should give you ample amounts of water, without making you have to go to the bathroom every ten minutes.



## **3. Eat foods which are as natural as possible.**

Not only did our ancestors build impressive physiques by eating foods which did not descend from a factory. They survived and reproduced! So obviously there is something to be said for foods which you can eat in a reasonably unprocessed form.



So if the food you eat did not either grow out of the ground (or on a rock, in the case of mushrooms), you might not want to eat it. And if the food you are about to put in your mouth

did not walk around before it was slaughtered, you really should consider not eating it, either.

The effects of various chemicals on your body as a functioning unit are well beyond the scope of this book. But keep in mind that if your body does not function well, you will not be able to grow your muscles to their maximum capabilities.

Keep in mind that there are plenty of foods which are not natural, but are still valuable parts of Epic Warrior Muscle. For instance, there is nothing intrinsically wrong with eating reasonable amounts of cheese. And in the same vein, pasta is also an excellent food item.



## Chapter 3

# Mud through Which the Warrior Must Trudge

As you journey along on the path toward building a body which is normally reserved for a Greek god (or goddess), you are likely to run across a great many different challenges. The path you travel is chock full of various obstacles. For instance, a couple of factors include how old you are and your gender. This chapter is about how such things over which you have no control whatsoever may influence your ability to build awesome muscles. And how you can potentially overcome them.

Of course, there is also the issue of whether or not you can lose fat while you gain muscle. In the case of many aspiring warriors, the drive to build muscle is at least partially rooted in wanting to “lose the love handles,” or just generally develop a leaner look.

According to a research study done in 2005 by the Emory University Graduate Division of Biological and Biomedical Sciences, the number of people who take action to decrease their weight is fairly high. In those whose BMI (Body Mass Index) is over 30 (which is classified as obese), nearly two out of three men and substantially larger number of women are likely to take significant actions to reduce their weight. This percentage expands even further when their doctors recommend doing so.

Obviously, if you are only a very young person, your body has had less time in which to “fill out” with the muscles you want. Do not fret if you are 13 years old, and your muscles are small and smooth in nature. If you have the desire to put in the effort, and a plan you can follow, you can build them to almost as large an extent as you can imagine.



And while it is well known that women are not traditionally as physically strong as men, this is no reason to give up hope that you can grow your muscles. There are women all over the world who perform incredible feats of physical power and stamina. And when one considers that there are female body builders who grow to sizes that were once only heard of from men, it is obvious that there is no such thing as “the weaker sex.”



The important key for women to remember is that eating is important to gaining muscle. The natural tendency men take, whether it regards fat loss or muscle gain, is to work out more and eat heartily. But by contrast, women have a general tendency to go the opposite way. A woman needs to remember that eating a goodly amount of calories is essential to building a more muscular physique.

For a woman, it is imperative that she consume a number of calories similar to those of a man who is trying to build muscle. This means that, through all of her weight training efforts, a woman warrior

must actually consume more calories than she may at first feel comfortable with.

All of the health and fitness information in the world would seem to say, “women need to eat less, so they can lose weight.” But this would be like saying that no one should ever spend anything, if they want to grow wealthy. Obviously, if no one ever spent anything, no businesses could function, and the entire world economy would crumble like a mansion made of cardboard boxes in a heavy rain.

You are just going to have to ignore a lot of that advice, if you are a woman who has been spending your whole life scrimping on calories. While no one is suggesting eating a huge steak with potatoes, a massive salad and a glass of milk every two hours... that would definitely bulk you up. But unless you had a work ethic commonly associated with a thoroughbred race horse, that “bulk” would consist primarily of flab.

And of course, no one is expecting you to clean out the local buffet. And indeed, most of that food is junk, anyway. Hollow calories and simple carbs will do nothing more than make you into a fat diabetic. And if you do successfully grow powerful muscles, they will lie beneath your subcutaneous layer of flab, looking for all the world like just more obesity. See the other chapters of this book for tips on how to make the best use of your calories.

When you eat a good, sturdy balance of protein, good fats and carbs, you build the muscles which form the support system for a strong metabolism. And this metabolism, in turn, allows you to eat plenty of calories to support continued growth. Like a successful business, as income rises, growth can happen, and a self sustaining pattern begins to emerge.

But of course, there is nothing special or magical about being a woman. At least, this is true when it comes to the natural decline of muscle size and strength as one's birthday cake begins to resemble a bon fire. According to a study done in 2008 by the Nutrition, Exercise Physiology and Sarcopenia Laboratory within the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, there is a slight natural tendency for muscles to decrease in size and strength with age, if all other factors remain equal.

But there are a few caveats to keep in mind, with that study. For one thing, the Tufts researchers only used 12 volunteers, which is hardly a defining number for our entire species. For another, while the tendency does exist for muscles to shrink and lose power with age, this change is slight, and is often brought about through general atrophy. In the immortal words of many personal trainers, "if you don't use it, you lose it."

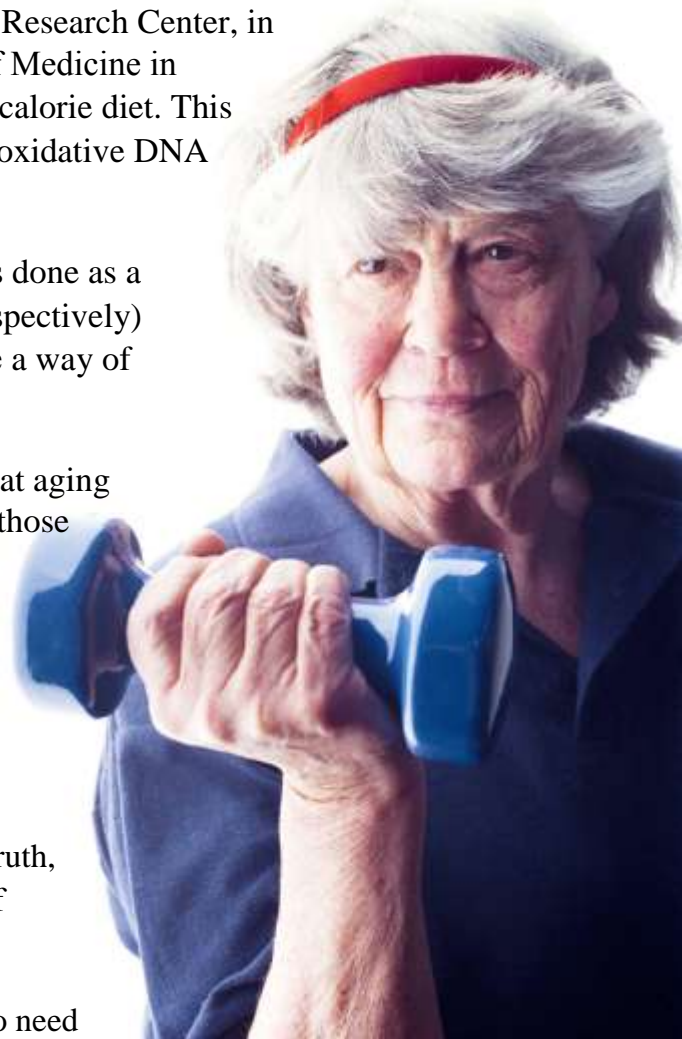
One additional part of the "age does not matter" argument is a little out there, but still bears consideration and further research. In a study conducted in 2005 by the Institute of General Pathology and Giovanni XXIII Research Center, in the Catholic University of Sacred Heart's School of Medicine in Rome, Italy, a group of rats were given a restricted calorie diet. This diet resulted in their cells not undergoing the usual oxidative DNA damage, which in turn slowed their aging process.

And the fact that at least in principle, this study was done as a follow up to two others (done in 1997 and 1994, respectively) shows that the effects of reducing one's calories are a way of reducing age related cell damage.

And of course, decreasing the amount of damage that aging does to your cells also increases your ability to use those cells for all they are worth. And so, if you are getting a little long in the tooth, reducing your calories by a couple of hundred per day may very well be just the thing to allow your muscles to grow like those of a 20 something.

The old saying that age is just a state of mind may be truer than any one ever took the time to consider. In truth, if that classical axiom were modified to be, "a state of both mind and diet," it would ring even truer still.

But there is still one more hurdle you are you going to need to get over, before you can reach your goals. Namely, you are going to need to have goals in the first place, so that you have something to strive for. All of the effort in the world will have you sprinting in circles, if you have no destination to race toward.



So before you venture any further in Epic Warrior Muscle, I want you to take out a pen and paper, and write down the answers to three questions:

1. Which muscles am I most interested in growing?
2. How large do I want to be?
3. When do I honestly think I will look at my reflection in the mirror, and see an epic warrior looking approvingly back at me?

This book is not about mind power, so the reasons for these questions are a topic for another day. Just write down your answers, with as vivid a level of detail as you can provide. And if the answer changes next Tuesday, change it.

It does not matter where you place these goals. On your refrigerator or cabinet might be appropriate. On the dash board of your car might also work. The detail of “where” matters far less than the underlying purpose for keeping these goals constantly in sight – goals you see every day are goals you reach that much more quickly.

Overcome the negative thoughts in your own mind, and your body will be able to do whatever you desire.

Another field of mud you are going to have to trudge through is deciding how many calories you need to eat each day, in order to keep your newly enlarged muscles functioning properly. There are two measures that modern science uses to evaluate exactly how many calories you need, just to function. One is the Basal Metabolic Rate (or BMR), and the other is the Resting Metabolic Rate (or RMR).



In order to figure out your BMR, which represents how many calories you need without any activity, use this Harris-Benedict equation:

- For men:  $(13.75 \times w) + (5 \times h) - (6.76 \times a) + 66$
- For women:  $(9.56 \times w) + (1.85 \times h) - (4.68 \times a) + 655$

And if you want to know how many calories you need while at rest (RMR), use the Mifflin equation:

- For men:  $(10 \times w) + (6.25 \times h) - (5 \times a) + 5$
- For women:  $(10 \times w) + (6.25 \times h) - (5 \times a) - 161$
- 

w = weight in  
kg h = height in  
cm a = age



But of course, especially when it comes to RMR, you need to also factor in how active you are. You can modify your basic number by multiplying by these factors:

<b>Factor</b>	<b>Category</b>	<b>Definition</b>
1.2	Sedentary	Little or no exercise and a desk job
1.375	Lightly active	Light exercise or sports 1-3 days a week
1.55	Moderately active	Moderate exercise or sports 3-5 days a week
1.725	Very active	Hard exercise/sports 6-7 days a week
1.9	Extremely active	Hard daily exercise/sports and a physical job

And also keep in mind that the muscles you grow will burn calories faster, which will make you eat more calories. And further, your age and height (which affect how quickly you burn calories) are not accounted for in these calculations. Keep in mind that while these are great estimates, the ultimate judge of how many calories you need is going to be you.

A good starting point in finding out exactly how many calories you need is to go through the calculations, and then add 300 more calories. If this results in successfully putting on muscle mass without adding fat, feel free to bump it up another 100 calories. And if you are still doing very well in packing on lean mass, try still another 100 calories. However, I would not recommend you go more than 500 calories above the calculations – it is possible to have too much of a good thing.

## Chapter 4

# Carbohydrates, to Fuel the Charge to Glory

Some people may be tempted to skip over this section entirely. The general thesis of their argument would likely go something like, “Carbs? I don’t want carbs anywhere near my diet, or I’ll just turn into a big, fat lump. I want muscles, not rolls!” But there is evidence to support the fact that eating carbohydrates (or carbs, as they are affectionately known) are actually useful for trimming down, instead of just fattening up.

In a study done in 2007 by the Department of Human Nutrition, Foods and Exercise at the Virginia Polytechnic Institute and State University, a number of students had their BMI scores recorded, and reported on their intake of various types of carbs. The study found that while the average student did not get enough whole grains, they were more likely to be consumed by those who possessed a lower BMI number.



Nutrition Facts / Vale	
Per 1/2 package (85 g) / pour 1/2 e	
1/2 package prepared / 1/2 emballa	
Amount	
Teneur	
Calories / Calories	
	% Daily Value
Fat / Lipides 4.5 g*	
Saturates / saturés 2.5 g	
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 870 mg	
Carbohydrate / Glucides 55 g	
Fibre / Fibres 3 g	
Sugars / S	

So as the above cited study comments, thinner students were more likely to eat higher quality carbs. We will get to how not all carbs are created equal in a moment. Let it be known, however, that when it comes to digestible carbs, they all contain 4 calories per gram.

It is no secret that carbohydrates are the fuel which drives you onward. It matters not whether your charge to glory involves racing up a hill with pike held high and a war cry and drool shooting from between your upturned lips, or if it just means pressing the weight you lift through the “pain threshold” Arnold Schwarzenegger spoke of as being the difference between being average and being a champion. At any rate, carbs are your friend.

And carbs are a very important part of Epic Warrior Muscle Nutrition. Without carbs, your efforts at building muscle are going to be feeble at best. As I mentioned in a previous chapter,

you need carbs to keep your body's systems going. A diet without any carbohydrates would be somewhere between "the impossible dream" and some kind of prisoner of war camp torture technique. If your diet was lacking in carbs, you would undoubtedly find the first half an hour of your workouts to be all but unbearable, as your body tried to burn off what was not there in the first place.

And getting back to the notion of your body consuming its own muscle mass, carbs are pivotal to avoiding such a useless, counter productive practice. By keeping your body burning the carbs you eat, you keep your body in the know that every thing is all right. And that keeps your muscle building campaign marching steadily along, with neither hindrance nor obstacle.

### **But what is a carb, exactly?**

We could go with a strict definition, such as "... an organic compound which consists of carbon, hydrogen and oxygen, with the last two of which forming a 2:1 atom ratio. A carbohydrate is a hydrate of carbon. A carbohydrate is also called a saccharide."

But since that will not help you in the slightest, an easier definition is appropriate. A carb is a form of carbon which has two parts carbon at the molecular level, and is burned as the basic form of energy in our bodies. Every time you eat any kind of food, your body's natural process of digestion either expels it (if it can not be digested, such as dietary fiber or dirt) or breaks it down into the most basic kind of carb, glucose.



For the purposes of this book (and not getting bogged down in tiny technical details), the terms "glucose" and "blood sugar" will be used interchangeably. In our discussion, not only of carbs, but of the Epic Warrior Muscle component parts in general, this will make things run much more smoothly.

A popular way to figure up how many of a particular macronutrient you should eat during an ordinary day is to

give it a percentile value of your total energy (as in, calories) consumed. According to the World Health Organization's booklet, your carbohydrates should be between 55 and 75 percent of your daily calories.

Some other sources claim that your carb intake can be as low as 50 percent of your total calories, as is the generally considered case for effective muscle building. The standards

and best practices for those who simply want to live healthfully are a bit different from those of people who are out to make a significant physical change to their bodies.

Something else that bears mentioning is that, while the practices of body builders and other people who want to grow their muscle mass will often differ from “regular” people, there is one part of the equation which fits completely from any angle. The World Health Organization states that “free sugars” should occupy a position of no greater than ten percent of your calories. Free sugars are any sugars added to foods, above that naturally found in fruit or other sweet foods which need no augmentation. You do not need an over abundance of sugar, in order to build muscle mass.

Another, possibly simpler way in which to figure out how many carbohydrates you need is to break up your daily meals and snacks into a “bundle” of 100, and play off of a few rules of thumb. For instance, since carbs are supposed to be 50 percent of your diet and proteins are supposed to be 30.

A good rule of thumb when it comes to protein is to eat one gram per day for every US pound of your body weight. Keep in mind that this is to keep the muscle you have – in order to grow more muscle mass, eat 1.5-2 grams of protein per pound. So with that being the case, it makes sense that for every ten US pounds of weight on your body, you should eat fifteen to twenty grams of carbs. This way, you will have solid energy, and should have no issues with adding fat to your body composition.

There are three kinds of carbs you are going to want to watch out for in your diet:

## Sugars

If you have ever taken a chemistry class, you have most likely reviewed sugars, whether you realized you were doing so or not. Basically, any substance which ends with “-ose” is a type of sugar. A few sugars you are going to want to look out for (and keep to a reasonably low level) are:

- Fructose
- Sucrose
- Dextrose



These sugars can be found in a wide variety of places. One thing you need to remember is that sugars are not always a bad thing, and are a component of some great food items. For one thing, sugars are a prime component of fruit, which also contains other vitamins and minerals your body needs to make your muscles big and powerful.



But of course, there are also a great many sugary foods you would do best to avoid. For one thing, sugary cereals should make a gracious exit from your life. You are not a kid any more, and the prize inside the box should no longer be a major motivating force. Also, even if a high sugar cereal is fortified with vitamins and minerals aplenty, the sugar content (and relative lack of protein and fats) is just not worth your time.

Another sugary food you are going to want to seriously limit your intake of is candy. While it should go with out saying that eating candy will not help you at all on your path to looking like Ares or Artemis. Just for the one person who did not know this, candy is almost always little more than a highly refined batch of sugars, artificial colors and artificial flavors. Save your money and buy something that is equally tasty, and much better for you.

If you have a sweet tooth which simply will not be denied, there is a very simple option you may have never even considered before. That option is nothing more than ordinary fruit juice. While fruit juice can cause your insulin levels to spike, it is an excellent way to get that rush of sugary wonder, while also putting valuable nutrients into your body.

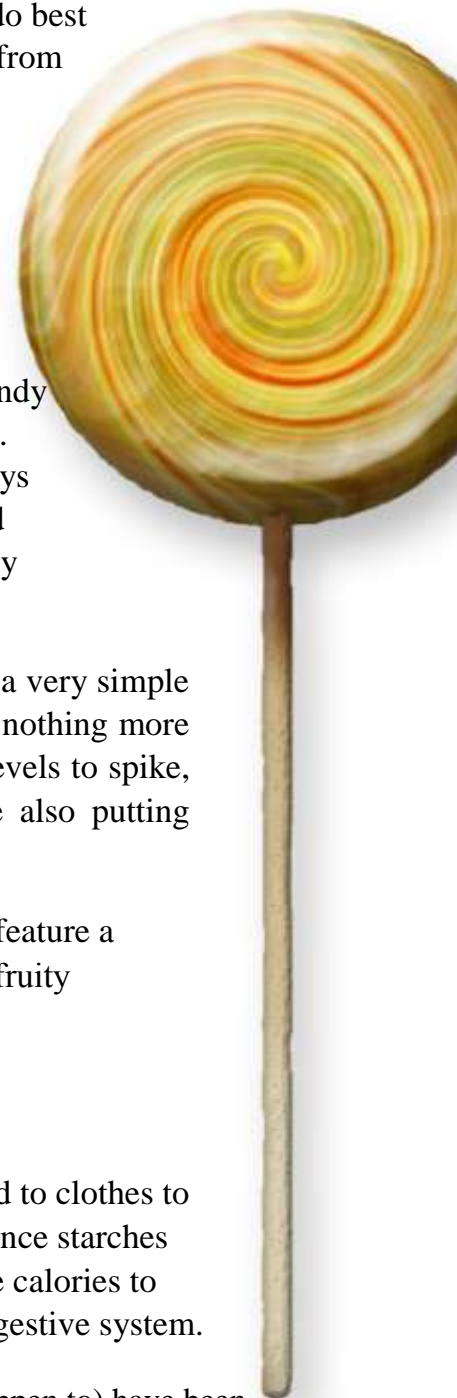
Nearly every kind of fruit juice is rich in vitamin C, and many also feature a whole host of vitamins. If you have never tried some of V8's more fruity offerings, you owe it to your taste buds to do so at least once.

## Starch

Starches are not just chemical additives that dry cleaners used to add to clothes to make them rigid. Starches are more complex forms of sugar. And since starches have a more complex chemical make up about them, they take more calories to burn. And in addition to that, they also burn more slowly in your digestive system.

Foods which contain bioactive components (as many starchy foods happen to) have been studied extensively. In one study performed by the Department of Human Nutrition at the Centre for Advanced Food Studies in the University of Copenhagen Denmark, scientists a fascinating trait native to bioactive foods, including such staples as whole grains, chili and even mustard. These humble food items have been shown to increase energy expenditure, and leave you feeling less hungry for longer after eating them. And with increased energy, you can take your muscle building activities to the next level.

Starchy foods are great because they give you the carbs you need to power through your workouts, and also leave you feeling reasonably full. There is a pretty wide variety of starchy foods you can choose from, including:



## Bread

When you pick a type of bread, remember that the more texture a bread has, the more slowly it will digest in your system. White bread burns the most quickly, and as such will leave you hungry the soonest.

## Cereal

I was not intending to disrespect all cereals a while back. Only the sugary ones should be limited or

avoided. Cereal is a fine choice for nearly any meal. You simply have to select a variety which is not sweet, and has a dense texture to it. Stay away from “puffy” cereals, as they dissolve almost immediately.

If you feel like pretending you are a Consumer Reports scientist, you can always buy small boxes of a variety of cereals, and set up “test bowls.” The faster they break down in milk, the more quickly they will break down in your body. And while this connection has never undergone a thorough peer review, it has substantial anecdotal support.



## Milk

Believe it or not, milk actually contains a reasonable amount of complex carbohydrates. As they are slow to digest, these carbs will leave you feeling satisfied for a decent while. And that says nothing of milk’s other health benefits, such as its richness in vitamins and minerals, and its protein content.

## Yogurt

If yogurt contained nothing but vitamins and minerals similar to milk, along with slow digesting carbs, it would still be an excellent choice of food to keep your energy up through any kind of activity that your work out regimen could require of you. But yogurt goes above and beyond that. Since yogurt contains active cultures (a life form that you eat), it actually helps your intestines to more effectively absorb the nutrients you are already eating. If foods wore capes, yogurt would, because it is a super food.



## Potatoes

Potatoes are the starchiest of the vegetables, and have the highest Glycemic index of that food group. But with the nutrient rich skin on board, potatoes deserve at least an occasional place on your plate.

**Dietary fiber**

Dietary fiber is a special sort of carb. Since your body does not break down fiber, it simply passes through your system. And since this happens, dietary fiber has the special physical property of causing foods which contain it to have two interesting distinctions from those without it.

For one thing, if there is a significant amount of dietary fiber in a food item, it tends to be healthier. Foods such as pasta and wheat bread are much better for your body (and your body building efforts) because they take your body more time and more energy to “split up.” The parts your body can use are absorbed into your system, while the parts it can not are simply expelled through the natural process.

Another great trait that high fiber foods all contain is that they leave you feeling full for a longer time. Foods that have a high Glycemic index burn up quickly, leaving you feeling hungry. While high GI foods can leave you distracted and feeling starved during your workouts (and prone to unnecessary snacking), high fiber foods will cut off your urge to gorge at the quick.

So, to quickly recap, carbohydrates are not all the evil fat causers that the media would have us believe that they are. In fact, not only do we need them to stay healthy, they are also the lynch pins of a successful work out regimen.

## Chapter 5

# What Would a Warrior Be Without Protein?



Long ago, there was a time when eating meat required putting forth a little bit more effort than just going to the fridge, removing some plastic and tossing some steaks on the grill. In a time when you had to actually chase down and kill your next meal, every body could tell who the epic warriors among their group were. They were lean and mean, because they really had no other choice in the matter.

But in this day and age, you can be as carnivorous as you like, even if you are a completely peaceful warrior. And in fact, you can grow your muscles until you look like a huge, hulking beast, even if you would never intentionally

hurt a fly. And while a substantial part of “hulking out” obviously involves lifting weights, there is another, equally large component of your muscle building success. And that component is the amount of protein that you eat.

### But what is a protein?

A protein is really nothing more than a group of amino acids, linked together like a long train by bonds of chemicals known as peptides. While the technical definition obviously goes much deeper than that, for dietary purposes we really do not need to go further than that.

Proteins are pretty much the entire ingredient in the protoplasm of every cell there is. And while protoplasm is a rather old fashioned term for a cell, it allows for the fact that there are chemicals present in cells which are actually not proteins. But proteins are by far the most important facet of any type of life form. In fact, your body actually contains over 50,000 different types of proteins.

The protein which you consume in your diet contains 4 calories per gram. This can be important for when you figure up your daily calorie allotment. However, if you are eating enough protein to gain weight besides muscle mass (while intensely lifting weights on a regular basis), you are a truly exceptional individual. This rarely happens to people who lift with the intention of actually building their muscle mass. The very nature of protein



causes it to provide those who eat it with a full feeling. You would need to all but “stuff it down” for such an occurrence to transpire.

And when you lift weights (or indeed, if you perform any sort of strenuous activity), you produce microscopic tears (known appropriately enough as micro tears) in your muscles. When you eat protein, the proteins themselves bind to the damaged muscle fibers, causing them to become larger and stronger. This process is known as hypertrophy.

To answer the question that forms this chapter’s title, a warrior would be almost nothing without his or her protein. Without protein, warrior and wimp alike would all merge on the ground as nothing but a big, useless puddle of lifeless chemicals. So do be certain to get the proper amount of protein, so you do not suffer from such a horrifying fate.

The good news about protein is that, almost with out exception, the foods which you eat contain a fair amount of protein. Even individuals who have chosen to live the vegan life style can easily get enough protein. And not just for their continued survival, but for the building of massive, powerful muscles.

After all, your muscles are just tight bundles of proteins. They have to come from some where. The following is a short list of a few places where the proteins that your muscles need can be found, and deliciously consumed.

## Meat

This manual would not be a book suitable for any man to read if it did not mention the fact that yes, meat contains proteins. It is true that many people choose not to eat meat, either because of the deplorable conditions under which many animals are kept, or because they simply can not stand the notion of eating a creature which had to die simply for their meal. And there is absolutely nothing wrong with being a vegetarian, or being a vegan. But that being what it is, animals have protein aplenty in their muscle fibers.



Some great animals to consider eating for your protein are turkeys, cows (beef), pigs (pork), chickens, squab (pigeons), deer (venison), fish, lamb, ostrich, squid, buffalo, crustaceans (such as lobster and crab), and farm raised insects. Believe it or not, insects actually contain protein as 80 percent of their body, whereas most of the previously mentioned creatures contain only 50 to 60 percent. Just make sure that the insects and

worms you eat are farm raised, because of the risk of diseases which are often carried by “wild” insects.

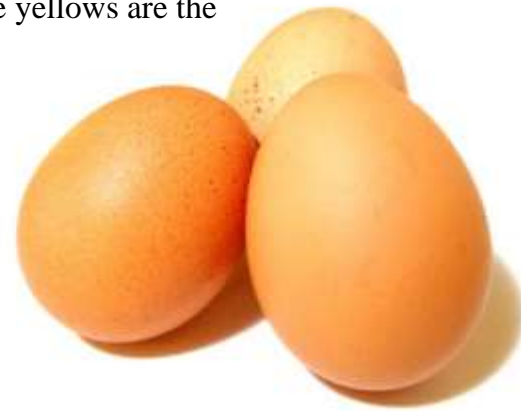
## Eggs

It could go without saying that the eggs of any animal are extremely healthy. The whites of the egg contain every amino acid there is. And keep in mind that proteins are composed primarily of amino acids. The whites of the egg coupled with the yellows are the very synthesis of life it self.

The fact that eggs also contain a multitude of vitamins and minerals also ensure that they will always have a secure place on the ova eating warrior’s menu.

And aside from that, eggs have a variety of different ways in which they can be prepared. For instance, you can scramble eggs, fry them, or even hard boil them for extremely convenient eating by hand.

Eggs are one of the two sources of protein which can be prepared in such a way that they can encase other food items. The other is tofu.



## Tofu



A food item which is also known as soy bean curd, tofu is a soft, white food made by curdling fresh, hot soy milk with some type of chemical coagulant (generally salt or an acid). Often, tofu is compared to cheese, as they have similar properties. As tofu is produced by human intention, it has the capacity (like scrambled eggs) to be made into a wide variety of shapes.

One of tofu’s most appealing characteristics is that it has very little smell or taste of its own. As such, it can be seasoned in a very wide variety of ways, so as to fit in with just about any conceivable dish. The other extremely appealing characteristic of tofu is that it is high enough in protein to be a lynch pin of the diet of East Asian Buddhists.

Since Buddhist monks are world renowned for their rigidly disciplined training regimens, tofu might have been part of the diet of epic warriors since its inception during the Han dynasty in China.

## Nuts

Much like eggs are for the various types of animal life forms, nuts are for all different varieties of plants. Believe it or not, nuts are actually considered to be a form of fruit.

While botanists argue over the minutiae or what causes a fruit to be a “true nut,” for our purposes any of the hard shell covered, oily seeds will do nicely.



While many people are allergic to nuts (as they are the most common of all food allergens), those who are not get to enjoy a rather large variety, either roasted, used in cooking, pressed for oil

or eaten raw. Some nuts which humans (and other animals) eat for their protein include:

- Almonds
- Pecans
- Walnuts
- Brazil nuts
- Candlenuts
- Cashew nuts
- Gevuinanuts
- Macadamia nuts
- Malabar chestnuts
- Mongongos
- Peanuts
- Pine nuts
- Pistachio nuts

## Milk



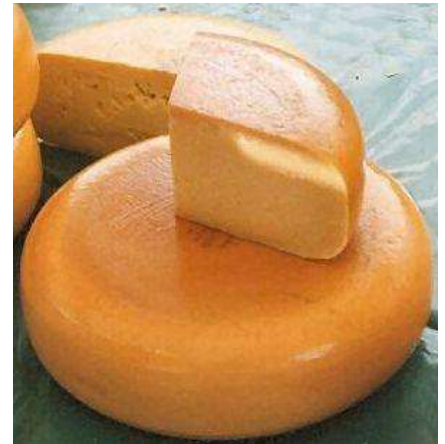
While many people associate all milk with having come out of a cow, this is not the case in the slightest. Milk comes out of every type of mammal, from Aardvarks to Zebras. Even humans produce milk, which is obviously very much in tune with the nutrient requirements of our bodies.

But vegans are not condemned to living a no milk type of life style. Indeed, milk can be made out of a variety of different kinds of plant. Some plants which are used to produce forms of milk include soy beans, rice, and coconuts.

Milk also happens to be used in the creation of cheese.

## Cheese

Fermented from milk, cheese has all of the same chemical qualities. In addition to that, cheese often contains extra seasonings, which make it very tasty. However, it is not quite as great as another fermented food known as tempeh.



## Tempeh

Tempeh is a fermented soy product in which the beans are infused into a cake form. Chewy in consistency, tempeh is a high quality vegan option because it is both great tasting and not as processed as many sorts of “mock meat.”

Unfortunately, we live in a world in which foods which should be completely wholesome are often bastardized, for the sake of a manufacturer’s bottom line and for the palates of people who recognize only “sugary, salty, fatty” tastes in their food items.

## Quinoa



This is the only “complete protein” grain. If you are an epic warrior who just happens to have a garden (and there is nothing wrong with that in the least, because strong people work the land), try growing quinoa. Pronounced “keen-wah,” this grain is the best source of protein that does not require cracking open any shells or chasing down and terminating any critters.

If you mix in even half of the above mentioned sources of protein into your diet, your protein levels are going to be “taken care of.” You will feel full after a protein rich meal, and your muscular recovery after a work out will be boosted considerably.



## Chapter 6

# Fats Can Be a Powerful Ally, Or an Insidious Foe



There was a dark and horrible time in the history of man kind, before we had the knowledge of something which would become both a great aid in our quest to become more powerful, and a potential bane to our efforts at rising above the ranks of “just one more animal.” While this

could easily describe early humanity, and its lack of practical knowledge regarding the control of fire, it could also easily describe human kind’s relationship with fat.

Fat has been demonized by the popular media. To hear many people talk about it, one could easily be swayed into thinking that all fat is evil and terrible, and causes nothing but morbid obesity, clogged arteries and premature death. But as with many other things in this world, these over simplifications and out right lies just are not the case at all. Some people who are reading this tome may not even know what a fat is, in the first place.

A fat can be defined using some very complicated language. But simply put, fat is a combination of an acid and an alcohol. In the case of the dietary fat we will be discussing in this book (which is also technically known as a “fatty acid”), the alcohol in question is called glycerol. While none of this is especially important for your muscle building activities, it is important that we understand that fat is more than just the stuff that causes people’s pants to grow tighter.

We also need to dispel one very common myth regarding fat. Fat, in and of itself, does not and never has been any special contributor to “being fat.” People who are overly fat have simply consumed an over abundance of calories, which has caused their bodies to store up excess energy in the form of fat. They could have eaten excess fats, excess proteins and or excess carbs, and the net effect would have been completely the same.

Now that that clarification is done with, let us proceed in to making you into the buff warrior you have dreamed of being. Keep in mind that every gram of fat which you

consume contains 9 calories. The main reason why you should eat fats as no more than 30 percent of your diet (under most circumstances) is that a few calories worth of fat can still accomplish a great deal.

First, we need to separate the “good” fats from the “bad” fats, which can also interchangeably be referred to as fatty acids. Now granted, almost every fat serves a purpose. These purposes will soon be laid out for you. The types of fats you have the option to consume are:

## Saturated fats

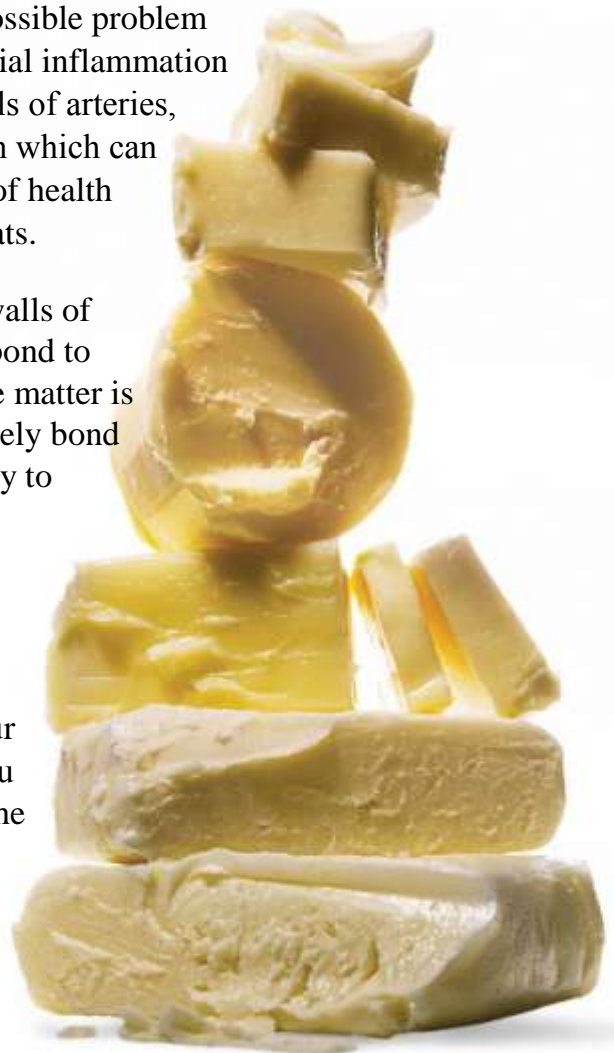
You can always tell a saturated fat, because it is solid at normal room temperatures. Some have also speculated that it also tends to harden inside your arteries.

Saturated fats have been accused of every possible problem in the life of a modern human. Because arterial inflammation tends to “catch” saturated fats inside the walls of arteries, where platelets then build “dams” of calcium which can prevent blood from flowing through, a host of health problems have been attributed to saturated fats.

The reason why saturated fats catch on the walls of your arteries is because they have only one bond to them. While getting into the chemistry of the matter is not important, remember that this single, lonely bond makes the saturated fat molecules more likely to clog up your arteries, according to most publicly cited studies.

Needless to say, if your blood does not flow properly through your circulatory system, having weak muscles will be the least of your problems... for the few seconds in which you are still alive. The most insidious enemy is the one who has breached your walls, and murders you while you sleep.

And consider that in some cases, the loss of blood flow does not kill you. In the case of some diabetics, blood clots have been associated with having to have a limb amputated. Some older men who experience unfortunately positioned blood clots find that they are impotent. And a blood clot which causes a stroke can rapidly damage the brain, so that while life continues, motor skills may be permanently and significantly reduced.



However, saturated fat is not the devil which it has been out to be. In a study completed in 1997, a group of scientists found that increased amounts of saturated fat intake had no marked effects on the likelihood of having a stroke.

As of this time, the risk of heart disease has not been proven conclusively to have any relationship whatsoever to the amount of saturated fat that you eat. So while health statistics and atherosclerosis are not the purview of this book, keep in mind that when you mention adding whole milk and red meat to your diet, many people are going to gasp.

And consider also that saturated fat performs a vital function for your body. It allows your bones to properly absorb the calcium you eat (or drink, as would likely be the case of milk). If your bones are not strong, your muscles will not be well supported when you go to lift the heavy weights which are required for large skeletal muscle growth.

Some foods which are rich in saturated fats include:

- Red meat
- Lard
- Whole and 2 percent milk
- Butter
- Margarine
- Cocoa butter
- Oils such as coconut oil, palm oil and palm kernel oil

## Omega-3 fatty acids

These fats are unsaturated, which means that their melting point is fairly low. At regular room temperatures, they are liquid.

One interesting benefit which can be extracted from omega 3s is that they increase the amount of unsaturated fats in your system, while simultaneously decreasing the amount of saturated fats.

These fats are quite special, as they facilitate the “clearing out” of the various blockages which can occur in your blood stream. It also has anti cancer properties. But as neither of these benefits are pertinent to the addition of muscle mass, just remember that omega 3s are essential to overall good health. Just do not consume massive amounts, as they can cause hemorrhagic stroke in extremely high doses.



Foods which are rich in omega 3s include:

- Fish (especially salmon and cod)
- Flax seeds
- Nuts (especially almonds and walnuts)

## Monounsaturated fats

The easy way to tell any kind of unsaturated fat is that it is liquid at room temperature. It will not harden inside your arteries, which will allow you a long life with which to enjoy the mighty, muscular body you are working so hard to craft.

Monounsaturated fats have double bonds, which cause them not to clog up arteries. In addition to that, they also contribute to increased muscle functioning. If you consume large amounts of monounsaturated fats, your heart and other muscles will be able to perform better.

Another up side to monounsaturated fats is that they burn more slowly than carbs. If you consume meals rich in monounsaturated fats, you will have energy for a longer duration than if you ate only carbs.

Another interesting benefit which can be garnered from eating foods rich in monounsaturated fats is that these fats provide immune system benefits. While this is of only marginal use to those who wish to grow super humanly large muscles, it is hard to be a proper gym rat if you are frequently down with illness.



And perhaps the best benefit of all to Epic Warrior Muscle endorsement of monounsaturated fats comes in the form of good joint health. Monounsaturated fats have been found to ease the joint pains associated with rheumatoid arthritis. And if it works for arthritis sufferers, the joint aiding benefits of monounsaturated fats should do wonders for hard core weight lifters like you.

Foods which are rich in monounsaturated fats include:

- Oils- ie, sunflower oil, hazel nut oil, safflower oil, soy bean oil and olive oil
- Nuts (such as macadamia nuts or almonds)
- Avacadoes



## Polyunsaturated fats

Like monounsaturated fats, polyunsaturated fats are liquid at room temperature. This means that they will not harden in your arteries.

However, polyunsaturated fats sit perilously on the border line between monounsaturated fats and trans fats, because of the way their chemical bonds are structured. They also provide no special muscle building benefits.

A pretty wide variety of foods contain polyunsaturated fats, including:

- Nuts
- Oils such as safflower oil
- Fish and other sea creatures



## Trans fats

Trans fats are as special as omega 3s, only in the exact opposite way. Trans fats reduce the amount of unsaturated fats in your system, while they increase the amount of saturated fats inside you. They are used to take normally unsaturated oils (such as corn or palm oil), and add some hydrogen to their molecules. This basically turns them into saturated oils, and causes them to be solid at room temperature.

Trans fat occur in miniscule amounts in meat (typically less than 2 percent of the total fat content). However, since they have been separated out of their natural state and added to foods, they have become something of a hallmark of the modern Western diet.

If you read most of the medical literature and take its word, you would be well advised to cut out any food item which lists trans fat in its nutrition label. However, since saturated fat has not been proven to be harmful, and is actually beneficial to muscle growth, Epic Warrior Muscle is forced to take a stance of neutrality on whether trans fat should be a component of the foods that you eat.



If you would like to avoid all trans fat, there are two terms that you need to look for in the ingredients list of all the food you eat:

- Partially hydrogenated oil
- Any kind of shortening

You can find trans fats in a wide variety of different food items, including:

- Cookies
- Crackers
- Doughnuts
- Margarine
- Butter
- Cakes
- Fried foods (such as chicken)

Recommendations may vary about precisely how much fat you should get in your diet. But make no mistake, with the exception of trans fat, every kind is useful not only in staying alive and healthy, but also in building your body into the muscled up temple you want it to be.

## Chapter 7

# Water is The Element of Might



While water is not a food, it is technically a macronutrient. And not only is water officially counted in the same company as carbs, protein and fats are. It is the macronutrient which trumps all of the others, every single time.

While the common rule of thumb for food is that you can go roughly three weeks without it, it is simply not possible to go that long without drinking water. No matter who you are or how tough you might be, if you consume no water, you will be dead in four days or less. And if you try to drink salt water, you will likely die within a few hours.

In a time so ancient that even the fossil record barely acknowledges its existence, all of the Earth was covered in water. Before the first war-forging sea creatures decided to try out the act of walking, water was a highly significant facet of life.

According to Richard Dawkins, the first life forms which were able to reproduce themselves were nothing more than free floating protein synthesis machines. And to this day, the blood which flows through our veins and arteries contains a mixture of salt to water identical to that of ocean in which our ancient progenitors floated. So of course, it makes perfect sense that our bodies are composed of roughly 70 percent water.

With a mixture of this nature inside of our bodies, obviously drinking water is absolutely critical to the preservation of your life functions. Despite this natural need, for a few years back in the 1950s, the Army even attempted to condition soldiers to drinking reduced amounts of water, so as to conserve its battle field resources. The fact that those efforts succeeded only in producing “heat casualties” in the field convinced even the most hard core skeptics that water is a non negotiable for the human condition.

And one more part of the reason why drinking water is so critical to maintaining your health is because it is lost to you so quickly and easily. If all else fails, your feet are likely to sweat out one cup of water per day, even if the weather is not especially warm. And even on a cold day in which you sweat to the absolute minimum extent possible, your breathing

still expels an amount which ranges from two to four cups of water over a single day's time.

And while every body knows that every trip to the bathroom expels roughly a cup of water, many people do not realize that on moderately warm days, you sweat out about two additional cups of water. That amount occurs just by sitting in a meeting in a non air conditioned room, and taking a leisurely walk in the Sun. And keep in mind that those two cups of water you lose through general perspiration do not even count the amount of sweating you do when you work out.

The fact that you are working to grow your muscles means that you need even more water than that which would be required "just to survive." This additional water requirement is just for the simple fact that muscle holds more water than other body tissues do.

While you would technically need to lose about 10 percent of your body's weight in fluids to be considered "dehydrated," that amount can actually threaten your life. It is never advisable to "challenge" the amount of water which you can lose before you get to be in some way ill or enfeebled by it.

For instance, did you know that as little as a two percent drop in the amount of water in your body can affect your athletic performance, or your ability to think critically? And did you know that drinking ample amounts of water can help to keep you from being constipated (which will make your stomach flatter, as stools will flow more smoothly)?

Two of the most important ways in which water benefits the aspiring epic warrior directly involve your joints and muscles. For starters, the primary ingredient in the natural lubricant which keeps your joints operating efficiently is nothing more than the water you drink.

How could you possibly lift weights if your joints function poorly? It is one thing to "push through the pain" when your muscles are begging for a level of mercy you will not show them. But it is quite another kind of situation when your joints turn into Teamsters and decide to go on strike. No matter how mighty your muscles may become, an inability to move well will render them impotent and useless. And no self respecting warrior will allow any part of his or her body to needlessly turn into a liability.

There is another major reason why your muscle size absolutely depends on your water intake. This part has two facets to it. For one, since your muscles contain a great deal of water, having an abundant supply of the stuff in your system will give you the "muscles popping out" effect you are most likely interested in attaining.

And further more, the simple fact is that every nutrient your muscles need is carried by your blood. And since your blood is composed primarily of water, the water that you take in is kind of a big deal.





So now we have absolutely hammered into the ground the fact that you need water more than any other nutrient you take in. Let us take a moment to examine a few ways in which your body will tell you, in no uncertain terms, that you are dehydrated. If you happen to experience any of these symptoms, drink water!

### **1. Excessive thirst**

There may very well be one fool who reads this entire book, and simply never considers the fact that being thirsty might mean you need to drink water. The easy symptoms of thirst are:

- A dry mouth
- A sore throat
- A tongue which sticks to the inside of your mouth
- A bitter taste in your mouth

### **2. A sudden lack of energy**

If you suddenly feel tired, even though you slept well last night and the day is still fairly young, there is a very good chance you are dehydrated. Most instances of day time fatigue are because of being as little as 1 to 2 percent dehydrated. And as a very wise person once said, “A tired warrior is soon a dead one.”

### **3. Little to no urination**

When you are within a situation in which your hydration is optimal, you should be urinating approximately every half hour to one hour. Many distance runners develop creative rest room techniques (such as using bushes) when they ramp up their level of hydration in training for a race.

As most gyms have a toilet on site, you should have no issue with having to go more often. One sad fact is that most people in our modern society only go every few hours, because dehydration is considered to be a normal part of their lives. If you go less often than once every hour, you are most definitely at least a little dehydrated.

Fortunately, there is an easy way to check your level of hydration.

### **4. Your urine is not clear.**

Your urine is composed of precisely two components (unless you have some kind of illness which adds more ingredients). These components are urea (also known as ureic acid) and water. When the balance is in favor of water (as it is when you are well hydrated), your urine will be as clear as gin.



If your urine is yellow, you are slightly dehydrated. If your urine is a deep, “spicy mustard” shade of yellow, you are severely dehydrated. When you see some yellowness, drink a glass or two of water. If you see what looks to be a watered down form of spicy mustard coming out of your body, you most likely need three or four glasses of water, right now!

### **5. You get dizzy or light headed.**

If you do not have enough water in your system, not enough nutrients will reach your brain. This will cause you to lose some degree of your normal functionality. And additionally, such a condition may actually leave you unable to so much as stand, let alone work out properly. Being dizzy and light headed are a pair of tell tale signs that you do not have enough water flowing through



your system. And while you may experience temporary relief after a moment of rest, the problem will only get worse unless you get water.

You might be wondering how much water you need to drink, in order to stay well hydrated. The common rule of thumb involves drinking roughly 8 glasses each day. For the purposes of this discussion, a “glass” is 8 US ounces. But of course, that 8 glasses rule is an amount of water that is necessary for a sedentary, 150 pound man who lives in a temperate climate.

If you are a woman, there are a variety of factors which could influence the amount of water you lose. And this water usage obviously impacts how much water you need to take in, in order to make up for it. For instance, if you are breast feeding, you need to take in at least as much water as you are giving to your baby – which might possibly be two to three extra cups per day. And even being on your period may mean that you need to take in an extra glass or two, depending on how your body responds.

If you live in a hot climate, you will also want to tack on two to three extra glasses of water. With all of that sweating, it could be supremely problematic.

And considering the fact that you are reading this book because you want to build large, powerful muscles, you are going to want to add on at least 2 or 3 more cups of water to your daily intake. This is just to make sure you replace all of the sweat that inevitably

pours off of you during your work outs. So far, that is a lot of water.

Let us break this down into a simple math problem. You are going to have to tab this up for your self.

You are a regular person	8
If you are a woman losing water	2
If you live in a hot place	2
Because you work out	3
For every additional 30 pounds you have	1
If you are sick	2

Only you know your total. And if that makes you go to the bathroom an excessive amount of the time, keep in mind that it is intentionally conservative. Under general circumstances, it is better to have too much water than to not have enough of it.

The one exception to the above stated rule is if you develop hyponatremia. While this illness is beyond the scope of this book to truly discuss, hyponatremia is when your salt to water ratio becomes unbalanced. If you are healthy, this should not be a problem. And if you truly feel that the amount of water you are taking in is over doing it, cut back a little bit.

Remember that you will spend your entire life time writing the owner's manual for your own body.

Did you know that you can get hydrated in ways besides drinking water?

There are a few different sources of hydration which you can use if water is scarce (or if you just get tired of chugging glass after glass of it). For instance, several varieties of fresh fruit have a fairly high water content. Consider that oranges are roughly 87 percent water. Apples, pears, kiwi fruits and lemons also share such high water characteristics, as well.

And in addition to fruit, fruit juice is also a rich source of water – to say nothing of the fact that fruits and their juices will provide you with a significant portion of micronutrients. This is especially true since your body needs those nutrients to keep all the epic muscles you build in tip top shape.



And as you search for sources of water beyond the obvious one, keep in mind that some vegetables are chock full of water. For instance, lettuce has a reasonably high level of water content about it. And cucumbers are excellent for getting the water you need, as they are composed of 90 percent water.

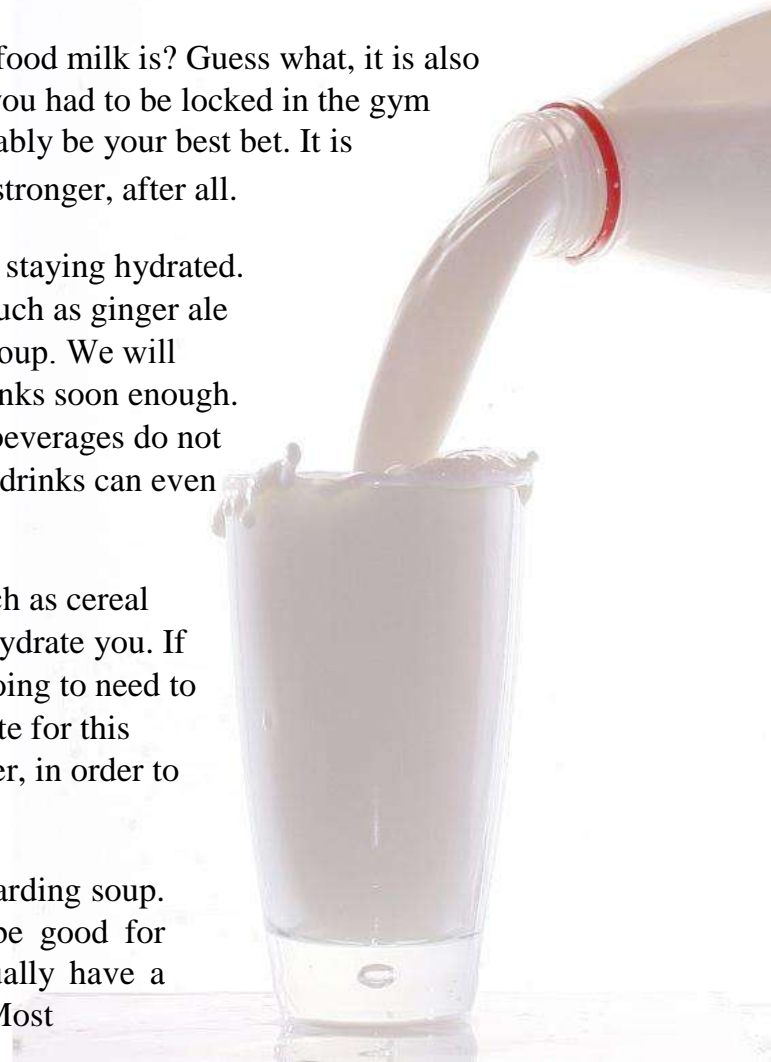
And do you remember how much of a super food milk is? Guess what, it is also a grand source of water. Truth be known, if you had to be locked in the gym with exactly one food item, milk would probably be your best bet. It is good enough to help babies grow larger and stronger, after all.

Just remember that not all foods are good for staying hydrated. Alcoholic beverages and carbonated drinks such as ginger ale and soda rank among this “bad hydration” group. We will discuss the down sides of certain kinds of drinks soon enough. But for now, understand that many kinds of beverages do not provide very good hydration. These kinds of drinks can even actively dehydrate you.

As well, obviously, any kind of dry food (such as cereal right out of the box, or bread) is going to dehydrate you. If you eat large amounts of dry food, you are going to need to take in larger amounts of water, to compensate for this practice. Remember that your body uses water, in order to process any kind of food that you take in.

At this point, a special notice is required regarding soup. While various types of soup may indeed be good for your muscle building efforts, they can actually have a negative impact on your level of hydration. Most kinds of soups have a very high sodium content, and sodium is basically just salt.

Often enough, a can of soup contains more than enough salt to counter balance all of the water inside.





## Chapter 8

# Eat Judiciously, And Grow Stronger

It should come as no surprise to any one who reads this, that it is not wise to eat your entire day's meal all at once. To do such a thing would cause you to spend a couple of hours laying around in great discomfort. And within a few hours, you would be starving again.



The fat would begin to pack onto your frame, as your body adapted to the “one meal per day” strategy you were employing. And as time went on, despite your best efforts, your muscles would fall. Your body would end up consuming them, in its short term desire to live through the “famine” you had willingly imposed upon your self.

As we discussed in a previous chapter, your metabolism slows down when you gorge

on mountainous meals, because it generally leads to a condition where you are not eating for hours and hours there after. When this happens, as your body knows nothing of how the modern world works, it stores your fats and eats your muscles.

But one part of the Epic Warrior Muscle Nutrition Manual we have not covered up to this point is its provision for starting your metabolism on the right foot. There is a slippery slope, when it comes to eating around the time you work out.

In the ancient past, when warriors such as your self would have to chase down the meals you partook in, great exertion would occur, followed by gorging and rest. This process allowed our ancestors to sock away the precious fat reserves they had no way of knowing if they were going to need in their near futures. But you do not want to build up a “survival reserve” – you want to build muscle!

**So, how do you keep such a lumpy fate from happening to you?**

Of course, you eat every few hours, and you do not eat for one and a half hours around the time when you do your work outs. Also, you do not want to eat for at least 4 hours before you go to bed. Here is the basic plan on how to eat, so that your metabolic rate will stay

high all day long. I have written this in a few different ways, to compensate for the various different work out times you might possibly use.

6 am – wake up

6:30 am – Breakfast - Meal

1 9 am – Meal 2

11 am – Lunch - Meal 3

3 pm - Meal 4

5 pm – Preworkout - Meal 5

6 pm – Postworkout - Meal 6

8 pm – Meal 7



What if your workout in the morning? Here is a great plan for you to follow.

6 am – wake up

6:30 am – Meal 1 - Breakfast

7:30 am – Meal 2 - Post

Workout 10:00 am – Meal 3

12:30 pm – Meal 4

4 pm – Meal 5

8 pm - Meal 6

As you can see there are various ways to adjust your eating schedule.

It's important, even if you are at your job all day that you find time to eat other than lunch.

Keep in mind that the number of meals you eat in a day should be at least 5 to 6. Some people might even want to eat 7 or 8. Just keep them from becoming “stuff yourself meals,” and keep them to a similar, moderate size.

And it also does not matter to a huge extent if you work out later on in the day. If you want to eat right after you wake up, and then work out a couple of hours later, you can do very well by that plan. However, it will put your body into starve mode, so be wary if your work out tends to run long.

No matter how the variables end up adding up, the underlying idea does not change. You want to eat in such a way that your body knows that it is “all right” to burn calories at a high rate. Epic Warrior Muscle is about giving your body a feeling of caloric abundance, which is simply a matter of eating every few hours during your waking cycle.



Let's get an example going. Say you have determined that your ideal number of calories per day is 3000. Obviously, that is five 600 calorie meals throughout your day (and the math is pretty easy if you decide to eat six meals instead). But what about your macronutrients?

Give that the ideal ratio is 30% protein, 50% carbs and 20% fats, those 600 calories should be broken down in this way:

180 calories should come from protein. Since every gram of protein is 4 calories, that means 45 grams of protein.

300 calories should come from carbs. As every gram of carbs is 4 calories, this means 75 grams of carbs.

120 calories should come from fats. Since every gram of fats is 9 calories, that means roughly 13 grams of fats.

A full meal plan can be found in the nutrition logs.

## Chapter 9

# Food to Eat Before You Train

One area which stands as highly contested in the area of body building nutrition basically comes down to a simple question. That question is, “what should I eat before I train?” It seems as though every person who has a voice, also happens to have an opinion on this matter.

Some people are absolutely convinced that eating fats is the perfect way to go about your before work out meal. After all, fats are great foods for repairing the damage that will inevitably occur during your training sessions. And on top of that, fats are also more slow burning than carbs, so their calories will carry you through the extra long sets that will turn you from “good” into “god (or goddess) like.”

But of course, there are people who believe that carbs are the best bet all around. Since carbs are the first things your body tends to burn, it would only make sense that getting your work out started with plenty of “get up and go” would be perfect, right? And since complex carbs are the high performance fuel which powers you through your day, eating them early on in the day would seem to be the best start to things.

On the other hand, there are some people who just can not get enough of protein. A good protein meal, they argue, is just what the doctor ordered for a little pre emptive strike on muscle repair. And since proteins do not carry nearly as many calories as fats, there is less to burn off during your work out. And of course, this will allow you to chisel off the existing fat keeping you from looking like a very idealistic anatomy chart.

In this case, the bad news is that they are all right. The good news is, you can eat a meal which has all three of the macronutrients in it before you train. But when you select a mixture to eat as your primary meal before your work out, keep in mind that like the choice of what lifts you include in your routine and how much cardio you do, the choice of what goes into your mouth is your own. So you have an assignment here.

You have three foods to choose from. Each one will give you the nutrients you need to make your work out, work best for you and for your muscle building goals. And your choices are:





### a. Almonds

Almonds contain an incredible amount of monounsaturated fats and omega-3 fatty acids. These fats will not only do wonders for your cardiovascular health (and retard the development of many forms of cancer). They will also give you the long term energy that you need when your work out starts to become a form of self administered torture (that you know you love).

### b. Pasta

Carbs are your friend! This is especially so when they are the complex carbs found in a whole wheat variety of pasta. These carbs increase the stored glycogen (basically energy) in your muscles, which allow you to keep on moving. And since the Glycemic index of pasta is low, it will not give you a “sugar rush.” And it will also not spike your insulin levels, if you happen to be diabetic.



### c. Lentils

While lentils may not sound like the kind of food that Theseus or Hercules might have dined on, they are actually an incredible little grain. Not only are they a rich source of carbs, fiber, the B vitamin group, iron, magnesium, potassium, zinc, calcium and copper... as if you needed any more reason to love this little grain, they also contain a goodly portion of protein. And all of this comes in a fairly low calorie snack that is just as easy to eat as the above mentioned pasta.



Of course, there is a counter balance to the joy of lentils. If you are not used to them, they can make you supremely gassy. While you are not likely to get kicked out of the gym, and there has never been a recorded case of a spotter running off due to a sudden “pass of wind,” there could be accompanying stomach discomfort if your body simply does not like lentils.

If all else fails, and you simply do not feel like experimenting to figure out what works best for you, go with eating a handful or two of plain roasted almonds. They are convenient to carry and eat, can keep well for years, and have plenty of great reasons to enjoy their satisfying crunch without a trace of guilt.

## Chapter 10

# Mend Your Tired Body with Good Food



It is no secret that eating great meals after you work out is more than just a hedonistically enjoyable experience. After a hard work out, when your muscles still have that puffed up warmth (and occasionally feel as if they are glowing, if you have integrated isometrics into your regimen), there is nothing quite like a great meal.

There has been a great deal written on the subject of “what do I eat after I work out?” There would seem to be a notion that, after you have showered up and gotten dressed in your street clothes, you are supposed to either go home and prepare, or go to a restaurant and enjoy a fantastic meal which spontaneously tacks an extra inch onto the muscles you just worked.

If you were holding out hope that such an event is likely to occur, drop that hope. Muscle building does not work that way.

Before we delve too far into the romantic aspects of a delicious, muscle packing meal, we need to get keep our feet firmly planted on the ground, at least for a moment. Remember the fact that you lift weights and do your cardio on a regular basis. And remember also that you eat meals every single day. With both of those intersecting facts being the case, every meal that you eat is a recovery meal.

There really is no such thing as “the meal that rebuilds your muscles.” In many cases, the hypertrophy which you bring about through your lifting activities can take more than a week to complete itself. And by that time, you have most likely partaken in at least one more exercise session, and worked precisely the same muscle groups. Depending on the regimen you employ, you may even go through the same series of movements during that one week “recovery” period.

So, if every meal you eat serves the purpose of helping your muscles to recover, what meals should you be eating?

We have already discussed the important roles that carbs, fats and protein each play in the growth of your muscles. At this stage of the game, you simply need to stay the course, and eat meals which provide these macronutrients. Of course, you also need to take in plenty of water and the various micronutrients your body needs.

The basic rule to follow when you eat a “recovery meal” is that you need ample protein, a medium level of fat, and a fairly low level of carbs. The work out is over, so your need for fast energy is much lower than it was before hand. Proteins and fats are the macronutrients you need to eat, in order to ensure your recovery (especially the same day, a couple of hours after you work out).

Some sources say that you should give your body up to 2 hours after a workout. And in some cases, the sickness you feel after an intense weight training session may make such a wait time completely reasonable, As far as your recovery meal, you can eat as soon as 30 minutes after your workout, if waiting 2 hours would wreak havoc on your schedule and you feel physically alright with doing so.

And do make certain that you get ample protein with your recovery meal. You need at least 30 grams of protein, even if you get no carbs and no fats to speak of. And you may very well need 50 grams or more, to make sure your muscles have plenty of material with which to repair themselves.

Another thing which is very important to remember is what you should not consume.

## Chapter 11

# Avoid the Drink if You Wish to Grow Your Strongest

If you remember back to the chapter on drinking water, I mentioned that there are two different kinds of drinks which you can consume. On the one hand, there are drinks (such as water) which grant you the hydration that you need for good health and great muscle building. And



on the other hand, there are other kinds of beverages, which do little to nothing to help you in your quest to develop the kind of body about which legends are written.

And one thing is for certain. Legends and epic poems were never written solely about the exploits of weak, unfocused drunkards. If your idea of a good time is “getting smashed,” you will find that your muscle building efforts turn out a trifle less successfully than you might appreciate. But this is not just a tirade against alcoholism.

Indeed, every so often, a drink is a good thing. Science has demonstrated that there are numerous health benefits which may be garnered from occasionally imbibing a drink or two. Of course, no one has ever suggested that there is any long term gain to be had out of being falling down drunk. And the discussion of how alcohol may be beneficial to your muscle building goals is not even remotely germane to this book, so I digress.

And there are three major reasons why alcohol is just not compatible with building powerful, impressive muscles:

### **1. It messes with your perceptions**

People usually drink with the goal of “getting drunk.” While it is far from impossible to make beneficial gains in the weight room despite having the tendency to get drunk on a regular basis, one has to wonder why.



Why would you purposely set up obstacles to your own success? Why would you intentionally make your goals harder to attain than they already are? If you can answer questions like that, you are a wiser person than I.

Now granted, this does not mean that you need to adopt the 19th century ideal of a temperance person, and cut off all of your access to alcohol. But if your weekends are typically filled with blurry perceptions and you consider Sunday to be “sleep it off day,” your mind is not where it needs to be.

To accomplish any significant goal, you need to keep a laser like focus on it. While there is no harm in being out with friends having a good time (and enjoying the powerful, attractive body you work so hard to build), letting “a good time” get in the way of your goals on a regular basis is a sure way not to reach them.

## **2. Alcohol dehydrates you**

If you have ever studied chemistry, you know that the alcohols which are found in alcoholic beverages are actually poisonous. And in order to process and expel these poisons, your body needs to invest its precious water supply.

And for every cup of alcohol you drink, a cup of water can not circulate as effectively in the “traffic jam” you create in your blood stream. This, in turn, inhibits much needed nutrients from getting where they need to go. Which leads to the third problem.

## **3. Alcohol hurts your ability to recover**

While most young bodies can either shrug off or sleep off the effects of alcohol, those over 40 can most likely attest to the fact that alcohol’s effects tend to linger for a good while longer than the buzz you were after.

Consider that your white blood cells only have so much energy to put into keeping your body working well. Considering that they may be racing all over your body, working to repair the havoc wrought by the alcohol you consumed, do you think they will be able to devote their full power to the hypertrophic actions of building your muscle mass?



The answer is no. No, they will not. So as the old saying goes, “mind your pints and quarts.” A little every so often is perfectly fine, but keep in mind that you will be carrying every drop you drink for a good (or not so good) while. Burden yourself moderately, if you wish to go a long way.

## Chapter 12

# Find Food Inexpensively In the Modern Jungle, and Grow Stronger



There was a time long ago when your next meal might require some handy work with a spear or a club. Or at the very least, securing a proper meal might require nimble fingers and some dedication (after all, it takes a lot of berries to fill most people's bellies).

But in this day and age, a modern person of

reasonable means can simply go to a store and buy nearly any kind of food imaginable. But of course, there is a trick to successfully hunting in this modern jungle.

And this trick can be broken down into three simple (but not necessarily easy) parts:

### 1. Stay on the periphery of the store

The very intelligent people who design the layouts of these stores know how people shop. And the general trend is to weave through the various aisles, picking up whatever catches your eye as you go.

But keep in mind that many of the things which are packaged to “catch your eye” are not going to benefit your muscles. For the most part, these are sugary, overly salted foods loaded down with artificial chemicals and short on bona fide nutrients.

And the vast majority of the items which are on offer “on the periphery” are natural and wholesome. The meat counter, the dairy freezer and the fresh produce sections are most likely all located at the outer edges of the store. While it beyond the scope of this book to talk about why this might be, it is an almost universally observable trait of retail grocery stores.

## 2. Ignore portion sizes on the labels

In many cases, the manufacturers of packaged goods manipulate the “serving” sizes on the labels of their products, in order to make their offerings look more palatable to those who actually read the labels.

Often times, manufacturers will do things such as hiding trans fat. In the USA, a 2006 law required food manufacturers to indicate when trans fat is present in the foods they produce. However, there is a loop hole in that law. If there is less than half of a gram in a serving, it may be listed as “0” and advertised as “trans fat free.” As such, there are many cases in which a manufacturer will adjust the purported serving size until there is .49 gram of trans fat in it... which looks healthy, but is not.

As you develop skill at understanding how much of an item you actually eat, you will come to see portion sizes for what they really are – a marketing gimmick mandated by loosely enforced laws.

In the mean time, take the nutrition labels with a grain of salt. In many cases, the real story is told by the ingredients list.

## 3. Buy whole foods

There is nothing “new age” or “hippie” about whole foods. Simply put, a whole food is a food item which is at or near its natural state.

Consider corn, for example. A can of corn has, at the very least, been stripped from its cob. Beyond that, artificial preservatives and colors may have been added to it. At any rate, with each material change which is made to it, it becomes less whole.

A good example of buying whole foods would exist if you were presented with the opportunity to buy either a can of corn, or an ear of corn. Needless to say, the ear is substantially more “whole” than the can.

Do not sacrifice the health of your muscles for a little bit of convenience.





## Chapter 13

# Eat Hearty as Your Sinews Grow

This is going to come as a surprise to many people who read it, but I think you are ready for this now. You may actually not be eating enough, considering how much muscle you have put on.

Now, if you only started lifting weights a few weeks ago, I may be jumping the gun just a bit. But if you have packed a couple of inches onto your arms, legs and chest over the past year or two, you may be clinging to old and out dated ideas about how you should be eating.

Now keep in mind that it would not be a wise idea for you to raid the buffet, and justify it by saying the author of a book you read said that it was okay. You still need to exercise some measure of reason, not only in the nutritional quality of the foods you eat, but also in the quantities of those food items.

Keep in mind that you must always keep track of where you are, and plan for what you intend to do. Just as you keep a training plan for how many sets and reps of what exercises, you also need to plan your meals. Your periodic grocery visit is a prime time to think through what you want to eat for the next week, month or whatever. And this is not just a matter of “what tastes good” – as you plan your meals, you can actually save money while eating more effective meals.

And just as you most likely know how much you can bench press and squat, you also need to know how many calories you eat, not only per day but per meal. Think about it – if you do not know where you are, how will you know if any kind of changes you make are having the effects you want?

In order to track your progress, you need to know “where you came from.” So keep a food journal for a week, recording every item you eat and its quantity. Also make sure that you note the times you eat – as we mentioned, those can have a serious impact on your overall





results. Keep in mind that if you embellish or cheat in this, the only person it will affect is you.

Do you remember when I mentioned that every pound of muscle mass that you add contributes an extra 50 calories to your base metabolism? I was telling the truth, and the effect is cumulative. So no matter how many additional pounds of muscle mass you may add by your weight training efforts, you will still receive an extra 50 calories worth of “leeway” for each pound you pack on.

Let us consider a simple example. A young man starts out as a completely average, 150 pound guy whose base metabolic rate is burning 1,400 calories per day. One day, this young man determines that he wants to “beef up,” and proceeds to engage in strenuous physical exercise on an almost daily basis. This moves his metabolism into being able to easily burn 1,700 calories on an average day.

If every action in life simply maintained stasis, that young man’s metabolic rate would just keep on burning 1,700 calories per day. But there are two well known facts which prevent such a happening from being the case. For one thing, every action has an equal and opposite reaction – Sir Isaac Newton taught us that much.

And for another thing, determined people can do just about anything they set their minds to doing. So let us travel forward in time by one year. It is not an absurd goal to work at achieving one additional pound of muscle mass per week, as a neophyte weight lifter. So, over the ensuing 52 weeks of intense physical exercise, this young man packs on 50 pounds of muscle mass, to become a rather brawny 200 pounds of hulking power. Remember that each pound of muscle mass consumes 50 calories per day, just in the process of maintaining itself.

So with a bit of simple math, we can see that this young man’s additional 50 pounds of lean mass will all but force him to consume an additional 2,500 calories per day, for a grand total of 4,200 calories.

Could you imagine what would happen if he clung steadfastly to his “old” eating habits, perhaps out of a desire to avoid “getting fat?” He would either shed his hard earned muscle, in his body’s effort to maintain homeostasis, or he would starve himself into a state of terrible health.

So keep careful track, not only of the foods you eat, but of the gains you make. You do not want to find yourself unprepared for your own success.

## Chapter 14

# What Is Next?

Ok, so now that you have read the entire Nutrition Manual, it is time to start planning your daily meals. Refer to the Nutrition Logs to follow the schedule of meal planning for the entire 12 week Epic Warrior Muscle program.

Be sure to read the Nutrition Log labeled Read First. This will help you estimate your starting calories and follow the correct meal plan. You will learn how many grams of protein, fat, and carbs to eat each day depending on your height/weight and metabolism.

I look forward to hearing about your progress, questions, or any feedback on the program itself!

Happy Training,  
*Thomas Calkins*