



DANNY LENNON: Daniel, thanks so much for joining me.

DANIEL DAVEY: Great to be here Danny.

DANNY LENNON: Yeah, it's my pleasure and this has been something I've been trying to organize for quite a while and I think it's an area with some insights that you can give that probably haven't already been touched on the podcast a lot much, particularly the practical application, a lot of these things when it comes to nutrition for teams, particularly in field sports that we will talk about in a bit more detail. But to start off, can you maybe talk us through your background, how you ended up getting into these fields and being involved in a [inaudible 00:06:13] as you kind of now are.

DANIEL DAVEY: Yeah, I suppose it's a journey that starts way back when I was a teenager, I played sport all through my life and I was always interested to know about the impact of food on health, food on body composition and as I progressed a little bit myself playing Gaelic football, I started to realize about the importance of nutrition and lifestyle on performance. So when I went to university, I actually was fortunate – I didn't know exactly what I wanted to do, but the course that I did in science and food science started to really ignite an interest in the area of nutrition, and I've an agricultural background as well, so there was a lot of different areas that fed into it.

So over time I guess, what I realized was that the type of people that work in elite sport have the attitude to implement a lot of the type of things that I am interested in nutrition, lifestyle, and I was very drawn to that. So then I realized that's exactly what I want to do, the area that I wanted to work in and I started to try to do things whether it'd be work experience and working with teams in order to work in elite sport.

So when I came out of university, one of my first jobs was actually in a sports nutrition company. And I hadn't planned in going down the supplement route or working in the supplement area at all, but it so happened that the couple of years that I did work as a nutritionist doing research and figuring out what works, what doesn't, was the thing that gave me a very unique insight to the supplement industry and that complemented a lot of my previous understanding and going forward I felt it gave me a bit of an edge in the space.

DANNY LENNON:

Brilliant. And before we talk about some of the work you are currently doing and some of the specifics, just for those listening you obviously work with Leinster Rugby, with Dublin Senior Footballers. I am just interested to hear about maybe your philosophy and how that kind of manifested in terms of when you went into these jobs initially – did you have a certain ethos or philosophy or some sort of a, almost mission statement that you wanted to instill within the group there and the players? Was there something that was I suppose a longer term view?

DANIEL DAVEY:

I think philosophy is something that evolves over time, between what your own experiences and from a nutrition point of view and what works well for you, available evidence and science and then I guess I was very fortunate that I had a good friend and colleague in Brendan Egan who I could bounce an awful lot of experience and different things that were coming out in the science field [inaudible 00:09:06]. So it was a unique type of relationship. I was in practice and Brendan was in science, so I learned a lot from him along with a lot of the reading that I did. I suppose in the simplest way that I can put my philosophy, it came from first of all focusing on food quality and education

through food. And that was slightly different to a lot of the practices that were being done five, six, seven, eight years ago, there was much more focus on specific numbers, where I came with an approach of – well, if somebody doesn't know how to meet their nutrient requirements through food, and what different types of food and the importance of food quality, then they are never really going to adopt any type of long term behavior changes that are going to make long term difference to their performance or to their health.

So things like sports nutrition would have started out very much focusing on supplementation on specific requirements of carbohydrates, protein, how much creatine, how often do you cycle. And I spent a lot less time focusing on those type of things and then rather focused on okay, where do you get your carbohydrates sources from and how do you meet these specific nutrient requirements through food. So it's my job to understand the numbers and the details; players just want to know what to eat or athletes just want to know what to eat. So that was very much a strong part of my philosophy.

DANNY LENNON:

Yeah. You mentioned the word education and that's certainly something that I've seen from work I've can you put out and attending your seminar, that seems to be a kind of key area of the importance of education for these athletes as opposed to just giving them – go eat this or here's a meal plan, educating them around that and I know for example you've talked about getting athletes to learn how to cook. Can you maybe talk about, number one, the importance of the education piece, but then some of the practical ways you try and implement that with the players?

DANIEL DAVEY:

It's evolved as well and it's interesting as my own cooking skills and understanding of food has evolved, it's become a lot easier. So the education piece or the education part of my philosophy, it comes about through realizing that handing over resources to athletes that I understand, that make perfect scientific sense, very often don't make sense to athletes. They ended up – the meals plans I was developing, the education resources that I was developing very, very quickly – they got lost. And I mean that they actually

did get lost. They were at the bottom football bags, they were put up on fridges, they fell off fridges, they ended up in bins. And nobody tends to like things that are very rigid, they like things to evolve, they like variety.

So it was about really helping all of these athletes to understand first of all the importance of nutrition, and how it can impact their health. Of course performance as well was a huge element of it, but I talked a lot about immune function and I talked a lot about hygiene, just making sure that your hands were clean so you weren't getting sick. And some of the references that I would have made, well, if you are sick one less time over the course of the winter, that means that you are likely to have trained an awful lot better for a week; or if you prevent a cold twice, then that's two weeks of significant training that you are not missing out on.

So there was a lot of different elements to understanding why nutrition was so important. And then I used a huge amount of imagery – photos were important, videos were important, and that engages and creates an engagement with the athletes that I was working with. So it's quite common practice now to see teams using WhatsApp and Facebook groups to share meals, but it actually wasn't – six years ago it was something that athletes weren't doing. So we had our groups and we used that as a way of sharing information, and it was as simple as looking at a meal like baked potatoes and chicken or a chicken curry and saying, this provides 30 gm of protein and 80 or 100 gm of carbohydrates, and this fits into your meal plan like this. So again, it's just translating food into really simple practice so that athletes understood what their actual targets were and how to achieve them.

I suppose another important aspect of it was developing very strong relationships with certain athletes and that was with both groups, and bringing their skill levels up by actually spending time in their home doing shopping trips, creating individual types of targets and goals for athletes. So actually getting them to recognize what their weaknesses were, writing down what their goals were and how they

were going to achieve them, and then watching and seeing how – and helping them but watching and seeing how that evolved. So a chicken dish that started out looking like – it was burnt, it was dry, and just beside was a bit of mashed potato, there's no color, there's no variety, evolving into something that was honey mustard chicken, lightly spiced or with some fresh herbs and spices, and actually doing that, you are talking about the nutrition value but you are actually creating a much more positive experience for the athletes. They are enjoying the experience of cooking as their skills are improving which feeds into better habits, better behaviors, and that began to spread throughout the group.

DANNY LENNON:

Right. Yeah, I am wondering about that kind of human element as a performance nutritionist because I was actually talking to Brendan earlier about one of your really big skills is being able to – the empathy you have with players and being able to talk to them in a way that they are going to buy into the whole process. And so obviously we can have a list of things we'd like implement with athletes, that's very different to what you might be able to initially at least start doing. So can you maybe talk about the kind of step wise process of how things have to be put in? And then how you actually as a practitioner went about that process of here's how I am going to get these guys onsite or here's how I actually deal with them as a human being?

DANIEL DAVEY:

Yeah. I actually think it's probably the most important element in everything that we do for generating [inaudible 00:16:11]. And it really comes back to honesty and trust and that's something that again evolves over time and it takes time to create, but it's about understanding where somebody is in the spectrum and where their skill levels are. And if an athlete comes in to me and they have very, very basic understanding of nutrition or very basic skill level, then you cannot give them unrealistic things to achieve or meals to cook. So it's about them telling you what is most difficult for them providing a solution and doing one thing or two things at a time. So, that's where the real individual or the individuality comes within a meal plan or a strategy.

So it's as simple as something like beans and a certain way of making eggs that might be different, like trying baked eggs instead of having your eggs scrambled all the time, and having a brown bread toast or making your own bread or something like that, as simple as putting those things together, rather than just having eggs and toast Friday, the same way an athlete always has. And getting an athlete to actually say to you, I am not going to do that, is really important. I am not judging them for whatever level that they are at, it's crucial. Because the next time they come in and they show you a picture of a meal that they've made or they show you something that they've done or they send you a photo and the shot and it might seem, so, so basic. They are asking, are these sugar free beans, okay. It's simple. And you give them a response that is informative and non-judgmental, it's all important.

It is – that's what builds up this trust and it continues to evolve and you change the task, you change what you require from them as it goes on. And within the space of a couple of months you see those beans and eggs look completely different, and it's that constant reaffirmation and that positivity and that feedback loop of you are doing something that is very significant for long term change and this is all feeding into creating as I said earlier, much, much better habits. But it's about understanding where an athlete is out on the spectrum of motivation, where they are in terms of skill level, setting tasks and challenges that are very relevant to where they are at, being very positive about any change that they do make and then changing the goals or changing what is expected of them as time evolves.

DANNY LENNON:

Yeah, it really just seems like that that troubleshooting process almost of picking apart what's the kind of lowest hanging fruit here and working with the – it's interesting you mentioned giving them even things they might not have thought about like just changing the way they cook a certain food. I mean, we see a lot with people and vegetables like don't eat any vegetables, but like if you boil up a load of broccoli, you are probably not going to like it, right.

DANIEL DAVEY:

Who does?

DANNY LENNON:

I am interested about some of the practicalities for practitioners who are maybe listening right now that are getting involved in performance nutrition. And obviously you might have a lot of scope but the guy used to work on an individual basis a bit more than in other areas for nutritionists who are working in a team environment and that maybe can't work individually every single person. How they kind of reconcile that with the individuality that each athlete is going to have? Is there any kind of practical tips they can think about or challenge that they can try and overcome?

DANIEL DAVEY:

An easy way of doing it is to actually group athletes into – and you can do this personally, you can make an assessment on a group where certain athletes are at, and you can do it with them as well. So when you are doing workshops and things like that, you can group them by ways, you can group them by experience, and that makes life an awful lot easier if you are developing material. So if you are developing recipes for young athletes, then they need to be a lot less challenging to make compared to an athlete who's got 10 years' experience within this type of environment.

And so making your information more specific to groups, that's one way of doing it. And then I've also – if you can get your older athletes a lot more engaged in the process of helping younger athletes, that makes life an awful lot easier as well. So it could be – and this isn't an unrealistic thing to expect but if you were to get older athletes who really do understand what works well for them, to communicate to younger athletes, these are the things that work well for me, these are the areas that you can improve, it's almost like a mentoring type of program that you are creating, but it's all a part of the culture.

The other thing that I find very effective is to create different types of templates, so you know again what – within any group you've got athletes that are certain ways and they are within 75 to 80 kilos, and there could be six athletes within that. So you are creating resources that are specific to them. And then you've got the athletes who are 80 to 85, 85 to 95, and you

are creating information pieces that are specific to weights and that will actually account for everybody in the squad eventually. So it's about splitting up your resources. You don't always have to have a very specific meal plans for individuals, but creating those type of templates is very, very useful.

So those are the type of things that I found very useful for dealing with groups and then group actual tasks, actually getting the athletes within groups to come up with areas that they feel that they can improve themselves. So each person identified three weaknesses that they know that they need to improve on and you collect all that information and then you feed us out those pieces of information helped to generate your resources. So again, you are hitting the entire group and that's creating a framework or strategy for you over a four or six-week period.

DANNY LENNON:

Excellent. That's pretty useful. Some of the stuff I wanted to talk about maybe is on the specific side is some of the practices we may see in the literature, in your job of taking some of that stuff and putting into practice in an applied manner. One, that I think that has gained a lot of kind of recognition over the past few years has been to do with carbohydrate periodization or low glycogen availability training and recovery and different terms we are going to see in literature which are almost meaningless to a lot of the athletes. And so for something like carbohydrate periodization, what have you implemented with these themes and what that might practically look like for typical training block for example?

DANIEL DAVEY:

Well, I guess, it's not something that you implement immediately with any group, and it has been very much a phase by phase approach with the two different teams that I work with or any athletes that I work with. Again, it's about really understanding where your group are in terms of their understanding and skill set. But as things evolve, athletes absolutely love the concept of periodization. They love that there's a strategy like this that they could potentially implement that will give them maybe a slight edge or advantage over an opponent. So, first of all they love the information, they love the concepts and they love to believe to they are doing something that is

embedded in science and that there's a unique element to it. So if you can get that buy-in, first and foremost that's huge. Athletes love targets and they love the idea that they are constantly going through a period of a preparation or recovery.

So I will look at their weeks or I will look at their training block and I will be able to recognize the calorie requirements, the carbohydrate requirements – protein generally stays the same for specific days. So I will pick a week where it's – there could be a high training load Monday, Wednesday, Friday and Sunday, and I will generate a graphic off the back of their training load and of course individually then off players weights. Again, I will create those different templates based off their weights and their training week, and I will show them in food terms firstly what it looks like to hit their carbohydrate targets based off specific types of training day. And again it's the use of – I call them recipe plans rather than meal plans, so it's about putting in recipes and meal ideas on those specific days to meet a carbohydrate target. And by doing that graphically they look at that and they say that particular strategy fits this week, that makes an awful lot of sense to me so now it's about implementing it individually myself when I am in control of my own meal but I actually do a huge amount of it as well with the catering companies that I work with.

So if on any given day, I know that training load is going to be particularly high, then I will make sure that at breakfast and refuel that there's ample sources of different carbohydrates. And a player will recognize within a meal because of I guess three-four years of work that we've done how much carbohydrates they need within their own place. So I mean, I am extremely hands-on myself so I am in that café player refuel area all the time, so there's a huge amount of contact there. But I am able to say like – what have you eaten today? And they will go through one or two or three meals up to that point and I will say – well, you do need more fruit which is they've got access to or you might need a bit more honey or milk in that recovery shake that you are having that will bulk up your carbohydrate. So it's graphic, it's contact and it's

also through team talks and through workshops that we do throughout the course of the season.

DANNY LENNON:

Perfect. And so then if we talk about the context of – so they have a week where there's a game and that kind of pre-game fueling period for example, which traditionally a lot of athletes are notorious for having – they wake up the morning of the game and start thinking, they will drink lots of water and get a big bowl of pasta or something. How would you frame them for thinking about how to adequately fuel for the intensity of a match and what does that kind of timeline look like for a rugby player or a footballer at that kind of level?

DANIEL DAVEY:

Yeah. The simple message around different days requiring different energy and different fuel requirements is something that athletes really understand, and they also understand that this is something that I would have communicated daily, weekly and over the course of the season is that carbohydrate is the primary fuel during exercise and if you are not exercising at a high intensity you don't require as much carbohydrate. That's something that they really do now understand. The whole thing about carbohydrate and body composition, that's a completely different – there is definitely even in elite sports, there's still confusion around that. But they do understand meeting a specific need for fuel.

So, again, their week is laid out in front of them and as the week goes on and the lead into a game, it tapers down. And they know that during that taper, that's the period when they need to increase their carbohydrate. So I talk about the – they would usually train or they will meet as a group either two days beforehand or in case of rugby they will have a captain's run. And it's a specific 36-hour plan and it's different for each player, but again they understand their targets and usually how many meals it could be anywhere between 10 and 14 meals that player will consume over that period of time. Each of them will contain – they will be rich in carbohydrates and each player will again have very unique types of meals that they like to consume over that period.

There's been a real movement away from eating much food on game day and that's in rugby and in Gaelic football, the guys don't tend to eat an awful lot; even if it's a match that's in the evening, they will really try and get the bulk of their carbohydrates in the 24-hour period beforehand, and then match day it's something light, it's granola and yoghurt. Players love [inaudible 00:30:04] salad dishes, couscous dishes. Some of them still use a bit of pasta but it's a completely different approach to what you would have seen beforehand and far less emphasis on actual pre-match meal, almost none, whereas I still get a lot of questions, like what's the pre-match meal. Players now know that at that stage their fueling is ticked off, it's done.

DANNY LENNON: Yeah, the work is done by that stage.

DANIEL DAVEY: The work is done by that stage.

DANNY LENNON: And you are kind of just topping things off and yeah, it's almost meaningless nonsense. One thing I wanted to ask about was supplementation. Obviously, there's a lot of crazy stuff within sport supplementation, there's a group of supplements we know are going to be extremely effective. With the bulk of the players that you are working with, is there a few staple supplements that you will use across the board? And then what I am more interested to ask is – is there any that have maybe emerged over the last few years that you've started to incorporate a bit more that are maybe haven't picked up as like definitive ones that everyone uses all the time or that you've played around with or you are particularly interested to see where it goes, and how does it actually play on practice when it comes to something like this?

DANIEL DAVEY: Yeah, it's a fascinating one because it is definitely something that is very much a part of the culture. There's no question about it and the vast majority, I would say, 95% of the athletes that I am working with are using supplements. I have actually seen more of a move towards supplements for health than supplements for performance. I think the fact that the athletes that I am working with, they are so experienced and they've gone through quite a few different types of supplement strategies and have

found things that work well for them are they don't really find much effect. They have enough experience now to make a calculated decision whether they want to use a supplement or not.

So in terms of the supplements that we would use, it's the primary – I guess the foundation is whey protein. But not whey protein in the sense that whey protein is used with water immediately after a session. It's always through smoothie or food, so they might add some to their porridge in the morning to bulk up the protein quantity in their breakfast. The shakes and the recovery shakes that I would make for any athletes or teams that I am working with are fruits, milk or it's an almond, it's dairy free or it's a dairy milk with berries, strawberries and banana. And we would get blocks of fruit provided every week, every Monday for training. So protein in the form of whey but very much incorporated into something that's much more familiar to a meal. We would use fish oil and some Vitamin D during the winter months, and I would use periodically things like a little bit of magnesium, zinc and maybe Vitamin C. Whether it works or not – who knows? But around that period of maybe players are a bit rundown or they've got colds and they want to use something for just maybe to feel a bit better.

But creatine again in cycles during phases in the season particularly during high training volume and maybe some branched chain amino acids around again intense training sessions. But that's the extent of it. But like players will use their fish oil and Vitamin D much more so from a health perspective, and there's a greater commitment or adherence to the supplements for health now than I would say for sports performance.

DANNY LENNON:

Yeah, perfect. When it comes to body composition for these athletes, there's obviously not the same constraints as maybe a weight class based sport but certainly there is at least some sort of range that would be more optimal for their performance. So when it comes to assessing that presumably all that is done is, it's done in the pre-season at period. How do you get those athletes then who maybe do need to lose some excess body fat? Is that kind of periodized at a time where performance doesn't matter as much?

Obviously we know the hypocaloric diet is going to affect performance, so how do you try and match up the emphasis on performance versus body composition throughout the year?

DANIEL DAVEY:

Good question. It is absolutely something that we look at through various periods throughout the season. And we will identify areas and times when players being in a calorie deficit is acceptable to achieve those body composition targets. So pre-season like you said – and then there will be other phases throughout the season where a player might get injured or a player has been identified for improvement in body composition. And it has gone to that stage now where coaches and managers know if body composition is affecting performance and that would be fed to the high performance sports science team that this is an area that we feel this player can benefit from, so they will look at four-week blocks where improvements in or increases in muscle mass or reduction in body fat is targeted. But you are right, within GA, it's very much in the off-season and pre-season. And pre-season is definitely something that's starting to emerge or come into GA. It's much better, it's planned and prepared and individualized and then there are periods throughout the season in rugby where a player, because of injury or because of a huge amount of games that he's played or minutes that they've played, may have lost a bit of muscle mass or just haven't been able to do as much gym work. And you will identify that as a three or four-week block where you are trade him – as I said, which is body fat increase muscle mass.

DANNY LENNON:

Right. I wanted to pull back on a word you mentioned a couple of times, lifestyle, because, certainly from anything else I've can you talk about, it seems that there's a very comprehensive overview of trying to address overall lifestyle stuff. We've looked at the social element with cooking, how much all the stuff outside of – like we take conventional sports nutrition just looking at these specific supplements and this intra workout and post workout period. So when it comes to the lifestyle stuff you talk with the players. Just how much stuff do you get into and how do you go about that kind of same education and nutrition on the lifestyle type of stuff?

DANIEL DAVEY:

It's interesting again that you ask that question, because I would say over the past two years in particular, that is the area that has, I guess, it's spiked my own interest more than anything else. I've realized that if you can help somebody to understand how to improve their overall lifestyle and I mean everything from hygiene to sleep quality, to how they prepare for sleep, how tidy their rooms are, how tidy is their kitchen at home, do they wash the dishes after their cook. There's so many different facets that fit into a lifestyle. So, does an athlete leave training and go home immediately and find that they've got nothing in their fridge? Are they going home to a dirty kitchen where they've got a buildup of dishes? Is there room in a mess, which is affecting how they look or view their room in the evening? There are so many different things now that I feel contribute to what I would call a high performing lifestyle.

So, I, one by one, have tried to identify these different areas within people's lives that can be improved. And you do that through conversation, you do that through recommendations of books and little tricks and things that I've learned personally that have improved my own lifestyle, I am constantly sharing those. And if I was to say one word, one thing that is mentioned to me by athletes over and over, more than anything else, it's routine or habit. And when their routine is really solid, and they feel like they are in a high performing routine, that's when they are in their best physical shape, that's when their mindset is where it needs to be to perform at their best, that's when they feel the best.

So it's about helping them to create that and identify that as much as possible. And there are periods, and this is I guess how my job has evolved. There are periods where that becomes very challenging for athletes. It could be during holidays, it could be during periods where they are sick, they are injured, they are out of favor in the team and they are finding it more difficult to get game time and that's when their routines are upset. That's when they find it an awful lot more difficult to have the right type of habits. So I feel like my role has evolved an awful lot more into identifying those periods and helping

athletes to create those good habits, those good routines and nutrition is fitting in there, rather than me being specifically their nutritionist.

DANNY LENNON:

I think it really encompasses when we think about recovery for these athletes that sure, some nutrition practice will of course impact their recovery back to better performance for the next session, but when we look at obviously sleep and just even generally how happy the athlete is, their social environment, how these things have an knock-on effect on the stress placed on their body which is already super high given their workload, right. It's really interesting. Given the fact you've been with these teams for a considerable length of time now, and like you said, over time you've consistently changed things and modified them and they are all at a level now where – most of my, I would presume, where you've been able to dial in a lot of things. At this stage what are some of the big obstacles that still remain or some of the things that are more the difficult parts of the job right now?

DANIEL DAVEY:

I suppose it's about me finding different ways to constantly raise the bar. The great thing about the work that's being done, the culture that has been formed is that when a young athlete now steps into either environment, they are just surrounded by the most incredible professional, fantastic personalities and attitudes that it rubs off on them very, very quickly and they recognize the standards that are required, whether it be hydration, preparation, like you've said, how they recover from each session. So that has really made my life an awful lot easier. It's now for me to identify things whether you mention supplementation, identify supplements because supplements always come up and to identify ways of communicating and improving my communication and my skills to match what's happening on the field and to match what's happening in other areas of sport science. And that's something that I spend a huge amount of time trying to find other practices, other performance nutritionists throughout the world that are doing new things or new things that are evolving in science. But I guess what it keeps coming back to is if you have your foundation right and you have those core elements of meeting your energy requirement food quality, macro nutrients, that pyramid, that

every nutritionist knows is the key thing to emphasizing with your athletes, it's about to that and trying to find different ways to implement that in a way that an athlete goes, oh I kind of – I didn't realize that, or that is something that I need to brush up on.

DANNY LENNON:

Right. And that kind of tied into my next question which is if we have anyone that's listening who's maybe interested in getting involved in performance nutrition or maybe is already working in a role within there, or is maybe starting out along that path, what are some of the big pieces of advice you would maybe give or maybe some key lessons that you definitely learnt have influenced the way you've now changed your practice?

DANIEL DAVEY:

It's a really good question. I think some of the first things that I learned was that relationships are the first element that you have to focus on. Getting to know your athletes is huge, it's so important. Don't expect to know everything. Don't expect to know exactly the answer to an athlete's question in every single scenario. I still don't. Athletes come to me all the time and there will be something that they will ask me whether it be a new supplement or something that they heard about. And if you are honest and stick to what you do know, that's really important. I know it's almost like a cliché but don't try and bluff, never try and bluff an athlete. And don't be afraid to say that you don't know an answer to something. I think another crucial thing in terms of building up credibility is sticking to what you say you are going to do.

So if you say that you are going to do cooking workshop or you are going to implement something like a nutrition table for game day or for training, that that is something that becomes consistent. And that isn't something that you introduce for a week or two and it falls away. If you bring in something, make sure that it's something that you can commit to. The nutrition table is just a tiny example. It could be a meeting with a player. I am going to meet players once a month or I am going to meet players after training on a Saturday night and you do it once or twice and then that's it. Like athletes recognize all of these things. So it's about having a planned and

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strategic approach yourself. Be very realistic about what you can achieve in a short space of time and sticking to your plan whatever that might be.

DANNY LENNON: Perfect. Before we start to wrap up, one final question. If there's anyone that's looking to find you online or on social media or anything else you got going on, where's the best place for them to track you down?

DANIEL DAVEY: Yeah, so I have a nutrition and recipe platform called food flicker which is cofounded by Brendan Egan and I am on Twitter myself, Daniel M. Davey, so if you want to send me a message, or you can email me either, I guess, it's daniel@foodflicker.com.

DANNY LENNON: Perfect. And I will link up to that in the show notes for everyone listening. And then the final question that we will round this up on Daniel and it's one we throw at the end of every podcast quite generic, so forgive me for putting you on the spot – if you could advice people to do one thing each day that would have some positive benefit on any area of their life, what would that one thing be?

DANIEL DAVEY: Wow you do really put me on the spot with this one. I think it'd actually be cook your evening meal. There is very positive impacts from doing something like that. If it's not your evening meal, cook one meal a day consistently, and don't make the excuse that it's too late or it's too hard, commit to that. And you'd be amazed if you to do that consistently how that will affect your mindset and your attitude towards food and your overall nutrition practices.

DANNY LENNON: And there we are, Daniel thanks so much for the time taken and the information given.

DANIEL DAVEY: Pleasure.

DANNY LENNON: Pleasure being here.

DANIEL DAVEY: Thanks for having me on.

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