



DANNY LENNON:

Daniel, thanks for hosting me, first of all, thanks for the food, and thanks for coming back on the podcast.

DANIEL DAVEY:

Yeah, it's great to be back on.

DANNY LENNON:

So we're in exciting times and it's kind of wrapped up a pretty chaotic period for you over the last while, and with the release of the book which we'll probably talk a bit about later on. But as I think I mentioned to you earlier, I'm kind of intrigued about, first of all, the process of getting that done. I mean, you don't have to go into to all the details, but I suppose the area I'm intrigued about is, is there anything that you learned from that, a lesson that you took from that that was either you weren't expecting or that you think you might use down the line or what were the big things that jumped out from the actual process of being involved with the book coming out?

DANIEL DAVEY:

It's funny you should ask that because I realized that I do have a process around how I educate my athletes or if it's a client, I have a process in how that flows. But for whatever reason, it didn't flow like that with the book, and I said this a few times, I didn't want to just provide people with a recipe book, I wanted to provide people with the tools also to help them

understand how to use the recipes. But I didn't straight off the bat see, okay, well this is the flow. It took a little bit of back and forth to find what the kind of key things were that people needed to make those decisions around how to use the recipe, and it took a little bit of back and forth to figure that out. But when it was all down on paper, I started to move things into what the process with the client would actually look like. So what is it, the process is around energy, macronutrients, the quality of what you're eating, it's the timing of the meals, and it's a little bit about supplements. And that's how eventually the book came together, but that's not how it initially started out.

DANNY LENNON:

So I'm kind of intrigued to ask you about what that process is for you because you've been putting together these types of recipes for a long, long period of time – what does that kind of process look like?

DANIEL DAVEY:

There's a lot of different elements, a lot of factors that I now think about that are different to where it started from. So when it started, it was absolutely about me building up resources for athletes, and I would have considered myself an athlete myself when this all started. So it was always in the context of the amount of physical activity that I'm doing. So back then, all the amount of physical activity an athlete is doing. So the recipe whether it would be in that context, is it a gym day, is it a day where there's a lot of running, is it a day where I want to be in a calorie deficit, and then the recipe or the recipes for that day would flow from that. And the plan would then be about the shopping list, where you're going to get the food, do you have the essentials to flavor the herbs and spices, to flavor the dish, and it would go through that type of process. And it's kind of funny with the book, over the past year, I haven't been as intensely active. So an awful lot more of my recipes actually reflect that. So it's kind of funny because when I was asked to put all of the recipes together there was a little bit of I was actually worried would I have enough of

those really high carbohydrate recipes that would suit my audience. So I was fortunate that I had enough of a database of recipes that I could kind of pull from to allow for the big picture or a recipe book that would kind of cover all areas to be produced from all of those recipes. But the process, so it stems from, like I said, a physical activity, but it's then a creative process, and that's not something that I talk about a lot, but I guess I'm fortunate enough that I have an idea now what goes together in terms of ingredients and flavors and tastes. And I am absolutely a risk-taker, in the sense that, I don't follow – I haven't been exposed to a certain type of cooking, so I don't follow a specific type of formula...

DANNY LENNON:

I was going to ask, how much of this has come from literally trial and error and loving cooking versus some sort of formal training or formal study of putting different combinations of stuff together?

DANIEL DAVEY:

Well, it's all been trial and error, like, this might seem ridiculous, but the first time that I thought a recipe book was actually a great resource was when I had my own – I was like, this is actually really handy – I had the recipe book open and I flick a page and I go, now I get it. I know that seems ridiculous but it's just never how I cooked, like, I would have a concept in my head of what I wanted or a flavor, a taste, or something I would have seen somewhere. And I would do my own version of it, and I'd follow no process, and I wouldn't know if it was right or it was wrong. And sometimes I put things up on social media and people would message me and go, you can't be serious putting that and that together. And I'd be like, well, why – if you don't want to include it, then that's fine, but for me, that works.

DANNY LENNON:

So you mentioned it's very much a creative process.

DANIEL DAVEY:

It is.

Daniel Davey 2

DANNY LENNON: And so, how often do you create, let's say, a new recipe or come up with a certain idea – is there any kind of rough approximate numbers we could think of?

DANIEL DAVEY: I would like to think I come up with a new version of something at least once a week.

DANNY LENNON: That's pretty prolific...

DANIEL DAVEY: Yeah, it is. So let's say, for example, last week, I had never done a yellow, like a yellow chicken curry, and I didn't exactly know what the difference was between yellow curry versus red curry. So I had a quick look to see what kind of the different ingredient was, and it was really not using a certain amount of red spices compared to yellow spices, and there was more ginger and there's more turmeric. And at the end of it I was just blown away by the flavor and taste and I hadn't had something like this before. And if I'm being honest that does happen quite a lot, like, every time I make something new, it's almost like, is that the best thing I've made. But your skill set is getting better all the time too.

DANNY LENNON: Of course. With that creative process, how much of it is like a set process that you use all the time versus random, and by that I mean, if we were to say, next week, I'm going to say to you, okay, you're starting from scratch, you're going to create a recipe, what does that process then look like? Is it the same each time that I follow these concrete steps, and if so, what are those steps? Or is it, I'll get randomly inspired by this thing and I'll start just randomly trying stuff and then something will come about?

DANIEL DAVEY: I think that there's probably – there's a certain similar process with each type of dish. So whether if it's a potato dish or if it's a pasta dish or if it's a fish dish and a meat dish, there's kind of a basic process that you will follow with each one of those. And I guess now is a good time to say that I am not a chef, I'm a performance nutritionist that really enjoys

cooking, and I'm able to bring the value of good nutrition and some strong elements of good food preparation and good cooking. My mother is still a better cook than I am, and there's still millions of people that are far better cooks – and I say this all the time, I'm really, really consistent at trying; and when you're consistent at anything, you find slightly different methods and formulas. So I find that the process around any particular dish would always have a few of the exact same steps. And if you have the exact same steps, like knowing this, you should always form your sauce on its own before you add meat. Even a little thing like that makes a huge difference, like, I wouldn't have known until a couple of years ago that cooking your onions with your oil and your garlic and your salt and your base spices brings out so much more flavor than if you add them in after the chicken, like, you don't cook the veg cook, create that really good intense flavor and then add your meats, and then add your vegetables, and that's the kind of process that remains the same and brings really consistent good value to your meal.

DANNY LENNON:

Right. Do you think the fact that you started doing this as an athlete yourself with the idea of, I'm preparing meals for myself with this understanding of performance nutrition principles, has this inherent benefit over if you'd come from being, let's say, a professional chef, in terms of the practicality or the types of ingredients or the time it takes to prepare some of this stuff, in that it's actually been road-tested in the real world with you going and buying stuff locally and preparing stuff as opposed to theoretically this dish will taste amazing?

DANIEL DAVEY:

I think you're spot-on. I have had a couple of situations where I've brought my teams to cooking lessons, and we've been in environments where we've done cooking sessions, and they have been incredible. I mean, the experience has been so positive, and the players would still talk about it and it could

be years ago, you know, just such a positive, positive, positive experience, and it could have been the most amazing fish cakes and vegetarian burgers that are just incredible taste sensations, really great experience. And then I'd ask them a couple of months later, what are you cooking, and they never mention those meals. And even though they appeared on the nature and those experiences to be relatively simple, they're still challenging, there's still elements of it that you have to get right, whether it be how things stick together or how long it takes to make something or there's too many working parts, whereas, I've brought an incredibly simplistic approach to the formula of cooking that I do and very often it's one pot dishes or two pot dishes. There isn't crazy stuff going on over here while you are having to – it's just concentrating on one thing. And I think that when you understand this, often athletes have a half an hour in the evening to eat something when they've already trained, they've already worked, they're tired and they need to be in bed within the next hour. There's a very, very short period of time that they have to get something nourishing and that's kind of what I, like you said, that's what I've road-tested and that's what I've experienced in the real world myself.

DANNY LENNON:

So if we can take either maybe feedback from people who have bought the book and have tried this or people who have messaged you about any of the recipes you posted online or even athletes you've worked with who you've started trying to get to cook their own food more which is kind of at the center of all this, how do you prepare food, that's going to be able to fuel you but also taste relatively decent, what tend to be the biggest early challenges they might have in going down this route of, let's create food from scratch that is healthy, that tastes good – are there any few things that people report as actually I found this relatively difficult to make a habit or to get going with or that typically is a challenge point you find with athletes for prepping own food?

DANIEL DAVEY:

I think the thing that comes up consistently is probably the actual scale around chopping and the efficiency of how you would move through vegetables is something that will come up quite a bit. There is definitely a confidence thing that people have as well. It takes a lot of practice and it is no different than practicing a skill on the fields or something related to sports that's coordination related, like, chopping an onion or chopping food effectively and efficiently takes a lot of practice. And even things like for me personally, figuring out how to manage garlic – I would use a lot of garlic. Garlic can be really awkward. It can slow down your process if it's slipping all around the place. But if you learn how to shell your garlic, chop up your garlic quickly, chop an onion quickly, and if that becomes something that only takes a couple of moments, then the whole process is so much quicker. And I think very often athletes underestimate that kind of – they underestimate the value of the investment of improving that skill. And if you invest in that, you're just, like, everything opens up. So I'm going to take a step back even from there and I'm going to say, if you don't have – and I may have mentioned this to you before, maybe in our last chat – but if you don't have, if you haven't invested in the tools, if you don't have a really good knife and good chopping boards, and you don't have non-stick pans, and if the cleaning-up afterwards is taking you too long and all of those things, if something that's a negative thought in your mind, then it's much more of a challenge; whereas if you take it – and I always talk about this to young athletes – if you talk about this being an important investment in your performance and your mindset shifts towards this is investing in me, this is investing in what I'm trying to achieve, this has to be done, it's just huge, like, the feedback then is overwhelmingly positive, I didn't actually appreciate how simple it was until I put my mind to it and invested a bit of time in it. I didn't know it was as easy to make these dishes, whether it be a pesto chicken dish

or a pasta or banana bread. But it's like anything, this is that application and that repetition.

DANNY LENNON:

One of the things I was going to ask about, and we kind of mentioned this earlier before we were recording about a lot of the conversations you've had with other performance nutritionists who have come to you for advice or mentoring or just different questions, and that's many of the skills that us as nutritionists are not going to learn during the course of a nutrition education, and the very practical things that we would be doing with people, one example here would be in this realm of how do we advise people to create good quality meals, right, so you're not going to get any nutrition course where you're learning how to correctly chop an onion or how to deal with garlic like you said, how would you make the case to nutritionists that these are real things that can profoundly impact your competence as a practitioner if you take them seriously enough in terms of how your business is going to run?

DANIEL DAVEY:

I guess, I've built a lot of my philosophy and the practical skills, and one of the really positive elements of social media has been I've been able to demonstrate the simplicity of cooking and I've been able to demonstrate how easy it is to achieve your need for protein or carbohydrate in a very, very simple and enjoyable manner. It would be my belief that future performance nutrition courses, masters, postgraduates, all have a core module on cooking skills, and the practical elements of sports nutrition, because it is, I mean, it is absolutely the cornerstone of a high-performing environment now. If you are not doing the practical things with athletes that are allowing them to invest in themselves and actually improve their skills to look after their own nutrition, then all you're doing really is managing a period of time with them. So they might be achieving their need for nutrients through the caterers that are managing or looking after the team. You might be providing

the general level of energy and nutrients that they need. But the life skills that are associated with eating good food and the experience, it just becomes infinitely easier. And I've heard athletes, I've asked athletes who have gone for periods of two, three years at a certain percentage of body fat, and they've made a change, they've dropped 2-3% body fat out of nowhere. And I've asked them, and this is not just happened once or twice, this has happened quite a number of times, and what's changed – and their answer has been, I've started cooking, I've started actually really investing the time in it and I'm enjoying it. What's happening? Of course they are creating a calorie deficit, but their overall behavior and their attitude towards food is changing, they're starting to create a greater sense of value around it. So what you then have is a direct correlation towards an improvement in an athlete's skillset and behavior, leading to an improvement in body composition which then has the potential to improve their own field performance.

So it's very difficult to explain how all of that can align, but ultimately, what you're having is you're getting a greater buy-in and then you're seeing an athlete that is better prepared to deliver consistently on the training field, and it is as powerful as that, and that's how much I believe in all of this. So I think that at the moment what we're going to, you know, for young practitioners, what they have to do – and any young practitioners that I would speak to or would seek insights from me, I would tell them to absolutely build up their knowledge base, build up their experience, but be ready and capable of demonstrating recipes and the practical side of even if it's as simple as how to make overnight oats and how to make a smoothie, like, that's where you're really building a relationship around food with an athlete.

DANNY LENNON:

I do wonder about, is there something you feel that's intrinsically important or maybe tied to someone's ability to adhere to sound nutrition

principles over time that comes from having, like, some sort of connection with their food or that preparation process or they're involved in it in some way of – I was part of doing this or I saw that kind of process through – is there something to that?

DANIEL DAVEY:

Well, we're going deep here, but I actually do feel that, I really do. And we were talking about the different elements that influence behavior earlier, like we said offline, but I think that when you set a value on something like the way that I set a value on food, I have this feeling where you can go anywhere in the world, and you can make a connection with people through a really positive food experience. And we see it in the Mediterranean, and we see it in Japan, it's just, whether it be green tea or whether it be sushi, no matter, red wine in France, whatever it might be, it's this really positive experience. But you have to bring people's skill set up to a level where they can share this experience, where it's not just fun, it's an ability to prepare these things for themselves, and then it becomes their relationship with food, their relationship with their friends, their relationship with their family, their partners, and then it becomes really a positive form of conversation of every day. And there's a great energy and positivity that can come from all of those things when people really sense that they should invest in us. I mean, what we're talking about and what I'm talking about now is something that I have such strong feelings about, but you got to drip feed this in when you're dealing with athletes, you can't go two feet in – this is what, we got to get your knife skills up. It's just drip feed those type of elements into your conversations over the course of weeks and months.

DANNY LENNON:

Right, yeah, because it makes sense just as you were saying that, this idea that it's worth the investment of my time, my mental energy, just the fact I'm going to try and learn this is almost signaling to people, hey, I'm actually paying attention to this stuff, nutrition is an important

Daniel Davey 2

part of this; and maybe for an athlete that is an important component to them feeling like they're doing what they should be doing as an athlete, if that makes sense.

DANIEL DAVEY:

Yeah. And I've worked with enough athletes now to know the ones who know what it looks like and what type of behavior it looks like to be an elite or a professional athlete versus the ones who are doing it because it's what they should be doing, and the experience and the way that each one of those athletes will talk about it is different. You will get different insights from them and ultimately the people who enjoy the experience will find it more – they will find it easier to be consistent over the course of time, whereas you'll see an awful lot more fluctuations in certain people's behaviors when times get tough, whether it be around selection, whether it be around injury, whether it be around challenges within their personal lives, you see more consistency in people's lives when they value it. There's less falling off the wagon.

DANNY LENNON:

One thing that we talked about earlier as well in relation to team sport that we actually talked about in the last podcast I think a bit was the emphasis you had placed on realizing there was this long game of developing a culture within the groups that you'd worked with, and I think that word culture is kind of everywhere whether it's from sporting organizations to tech organization to everywhere. But one of the things you mentioned earlier to me is maybe how people think of what that term means maybe is slightly different. So in terms of the context of how you think of it and your role that you've had within team sports and how you would communicate that idea to aspiring performance nutritionists, what is “culture” in that sense, if that's not too big of a question.

DANIEL DAVEY:

Well, I know what you mean and I think that you could do an entire podcast on culture alone. But I suppose to hijack the words of someone like Jim Gavin, it's about

understanding what a “team-first mentality” looks like, and it's about understanding that you are there as a practitioner with the purpose of improving people's overall skills, knowledge, and understanding, so that they can be better. And there's an awful lot of different ways that you can go about doing that, but that your first instinct, it really does need to be for the benefit of that athlete. So behavior change is very, very slow, and there's a lot of patience and perseverance that's needed, and particularly in a team sport environment where there's pressure for results and there's pressure for very fast rates of improvement, you need to be constantly aware of all of the moving parts within a team environment – like I mentioned a little bit earlier, in relationship to, you know, it's where people are in terms of their overall performance, how they're playing, how they're doing a training, are they carrying an injury, what's going on... Like, I mean, not aware of their personal issues, but being aware of things that are happening in their personal lives, like how's their job, have their exams coming up – and there's all of this stuff out there that's influencing a person's ability to behave like an elite athlete, and it is about having a sensitivity for those things.

So you're going into an environment and it is, I mean, the first thing you need to try and do is do that do the really essential basic things incredibly well, incredibly well. Like, I just mean, we get lost in what we should be putting into WhatsApp groups, and how cool our resources look, and what is the next novel thing. But if you are doing the fundamentals really well, like, making sure that the water bottles are full, that when in games that there's breaks and play that you're doing everything you can to make sure that as many players have got their fluids available to them and that you have some type of a system in place to make sure that they do – that was one of the things when I went into Dublin, I recognized straightaway, oh well, I'm given these recommendations around consuming this

amount of fluid every 10 to 15 minutes, but there's nobody actually providing the players with access to this water during games. So the next thing I became Maor Uisce (essentially team “waterboy”) and then you recognize, well, the bottles – we are using liter bottles – I can only throw those liter bottles at the absolute max 20 yards, but you can't get in on the pitch; whereas the 250 ml bottles I can throw them 50-100 yards, you can launch them in, and they are like missiles. But what is happening – you're getting more access for fluids to your athletes.

So it's all of this, so I suppose, there's the really fundamental stuff on the ground that you need to get right as a practitioner, and then there's the culture of this constant improvement and putting the athlete first all the time, and that's difficult. So you're building a relationship with the athlete and you're building a relationship with your team as well, they're backroom team, you're understanding what their jobs are, what they need to do, you're giving them a hand with carrying stuff out to the pitch, all of those things make a big long-term difference. So if you're seen, like, if you are seen to be doing your job and working incredibly hard on all of the small things, it just carries so much weight. People's eyes will always drift towards the person who's helping to clean up the dressing room, who's washing out the water bottles, who's not looking to run off as quickly as they possibly can, that their station around their recovery shakes is really clean, that's what people recognize. And that kind of stuff is very, very difficult to teach people.

DANNY LENNON:

But I guess, that's the perfect example of what we had slightly mentioned earlier of, there's these skills that would go into being a competent performance nutritionist, particularly within the team sport setting, we've just described there that performance nutritionists are coming to you asking for advice – and these are things that no one will hear anywhere else, it's separate to your

nutrition education, and of course that's important, but to be competent in this role, there's all these other things that you have no experience of. So I'm just kind of curious from...

DANIEL DAVEY:

Can I actually give you one example?

DANNY LENNON:

Yes, please.

DANIEL DAVEY:

I think this is probably worth mentioning. I was very fortunate this year with the Dublin team to have a very committed young performance nutritionist, his name is Neil, and one of the games was actually, I was away from home and I wasn't able to be there, I had family commitments and I told Neil to liaise with some of the other backroom team members and everything that needed to be there, it was quite early on in the league and it was his first kind of couple of games, and was the first games that he was there on his own. So we always use milk for our recovery smoothies, and he got to the game, and he realized that there was no milk in the ground, so there was no milk on the ground and the kit man hadn't brought milk either. And it was like maybe 45 minutes before the game was to kick off, and a young practitioner, he's really starting to sweat under the collar, it starts to lash rain, he's like, "oh my god, what am I going to do? Daniel's not here, I have no one to ask." So he ran outside and he asked one of the guys on the gate, he said where's the nearest shop. And the guy said, well, we are outside of town, here's two miles. And he was like, oh my god, it's two miles. He goes, yeah, that's – he says, you won't be back in time. He says, have you got a car. He goes, no. So he set off sprinting to the nearest shop to get milk. So he ran and he said he could manage to get there and to get back with about five-six liters of milk at most. So he ran and he got the milk and he ran back and he got back in, he did his absolute best, he directed his absolute best not to create a scene, and like he had been missing for 20 minutes, but he felt that this was worth the investment of his time.

So some of the players noticed that Neil had been gone and one of them said, where did he go, and he says, nothing, like, he was dripping sweat. And they were like “what’s after happening?” and he goes, “I had to get milk”. And there was nothing about it, like that was it. And everything ran smoothly, he made the smoothies afterwards, and then on the way back one of the lads came up to him and said “we saw what you did, fair play to you”. And that’s what I’m kind of, like, you can’t really teach that, and that was something that he saw as something that was of priority and critical. It would have been a mess if that was missing as part of recovery, but he even got a text message from another one of the players and said, we recognized what you did, and it’s not about the whole team recognizing, it’s not about the management hearing about it, he didn’t tell anyone, he just went about his business, but that’s what it looks like. It’s just an insight to make it a good decision. Somebody else could have said we would have just used water and, from a nutrition standpoint, we would have managed, it’s still a recovery drink, but that’s not what we were using, and his credibility among the group very quickly went up.

DANNY LENNON:

Right, it’s his indication that the good of the team superseded me as an individual at that time, my comfort of not needing to run...

DANIEL DAVEY:

... in the pissing rain.

DANNY LENNON:

Right. So with that and then the other examples you gave of logistical things of having the 250-ml water bottles or having even like a system I’m presuming or a checklist of which players have got water at certain times, those types of things that you’ve built, was that all purely from on the fly you were detecting which things need to be looked at? Are there certain areas you go to for that you learned that stuff through, whether it’s leadership book or business book – where do some of these things

come from, because again, it's not through a nutrition or physiology textbook?

DANIEL DAVEY:

I think, yeah, being really honest about it, I'm very fortunate to be around incredibly smart people, and I think that my dad used to always make the joke growing up that I was a clever fecker because I'd figure out some way of doing something because I'd ask somebody else. But he said he used to spin it and say that that was kind of a positive thing in itself because I wasn't afraid or embarrassed about asking for help. So what that does is it creates an environment where people are willing to give you feedback, and one of the most important hard, hard lessons I've learned is that when you look for feedback, your skill set and your knowledge and the overall environment will infinitely improve. So players will make suggestions, just brilliant suggestions, like I will have players like a good example is – I mean, the obvious ones are the Johnny Sextons of the world and Sean O'Brien. But someone like Johnny Cooper and Paul Flynn were incredible in the double environment. They'd be able to see things from their experience and said, Daniel, did you ever think about doing it like this or would it be possible to get access to this at halftime or what's your opinion on this. And my first response was always, yeah, let's talk about it, let's see, that could work, and let me see if there's something in it. And Jim Gavin and Leo Colin and all of these people, they ask questions, and when people ask questions and you have an environment where there's back and forth, then what happens is that there's great ideas and great solutions start to come. So there's not that much, to be honest with you, I'm not reading manuals or I'm not hearing these things, I'm not seeing them in documentaries, it's more on the ground.

DANNY LENNON:

Yeah. So you mentioned earlier that kind of one of the passionate roles, I guess, you have is being able to help other performance nutritionists that are up and coming that are seeking your advice. And so in a situation like

that, in lieu of them not being able to ask you say directly for things you've learned through experience that they can help with that stuff is then the message that I'm getting from that is being, number one, being able to listen to other people; but then, two, not being, I suppose, being worried of looking foolish, because that's the thing that as I think back myself or as anyone would, when we try and think of these questions that sound so simple, I don't want to be asking Daniel this like, of course anyone should have to do this, it's such a stupid question, I'm supposed to be smart, I'm supposed to know about nutrition – being able to put that to a side of well, maybe this is where the best answers come from these very simple questions.

DANIEL DAVEY:

I think what people underestimate very often is their own knowledge and what they've learned, and it didn't come easily, but I definitely have far more trust in people knowing that it's better if I share that I don't have the answer on something, and I will have most of the answers in my space, or if I don't, I'll figure it out or I'll ask somebody else that does. I mean, very often, throughout my entire experience, I've been a performance nutritionist to this day. I ask people like Brendan Egan who has always been an incredible soundboard or this evening, before we came on, I've asked you lots of questions. So the asking of questions is important. And I think performance nutrition is something that has involved an awful lot, but there's kind of core things that don't really change all that much. Protein is important for recovery and carbohydrate is important for energy and fat is important for hormone production and for cardiovascular health, and it's all of the other stuff around it that if you're very open and you're not afraid exactly like you said, if you're comfortable enough with what you know and accept that you don't know it all and you build up that level of trust and that that's the nature of your relationship with the athlete or the back room staff members, I think that that's certainly been my experience, it's

Daniel Davey 2

been a really positive evolution of what I can bring to the environment.

DANNY LENNON:

Right. When you mention people sometimes underestimate what they know, but they sometimes can feel – I think a bit stuck, at least, personally when I think about what role asking other people their opinion and stuff or questions, it's not that always we need them to provide the specific answer, they'll say something and that triggers off something that we've already thought about or we've forgotten, and then it pulls out that way that you wouldn't have if you kind of try and work out yourself and bang your head against the wall. Before we finish up Daniel where can people find out more about the book, the website, what other projects have you got going on – anything else you want to let people know, now is a good time to.

DANIEL DAVEY:

Okay, so I'm really excited about a new website that I'm going to be launching in the next couple of weeks, daveynutrition.com, and that is going to be a recipe website with a recipe planner. So there will be recipe plans there, but there will also be the functionality for people to create their own recipe plans, and at the bottom of each of the recipe plans, they'll have all of the nutrition information proportion, you'll be able to chopping lists and things like that. So I'm very excited to take what I've been doing online on social media over the past seven years onto a website where I can give people the flexibility and functionality to really, really implement these recipes in whatever their lifestyle goals are, their performance goals are, and that's been difficult. It took me a long time to figure out what that would be or what that would look like. Yeah, delighted to say that the second reprint of the book is now back, it's online in Easons and Dubray. And yeah, you get me on @Davey nutrition on Instagram and Facebook and Twitter.

DANNY LENNON:

Perfect. And for everyone listening, of course, I'll link up to all that in the show notes, and I

certainly encourage that you check that all out, so that will be linked in the show notes of this episode, and go do that. So with that we come to the final question that you've got before, but as these questions tend to – their answers tend to change over time, at least, I know for myself, it probably changes every two weeks, I'll ask you again – if you were to advise people to do one thing each day that would have a positive impact on any area of their life, what would that one thing be?

DANIEL DAVEY: Yeah, you're right, it has changed. It changed for me and something I didn't ever expect to have such a significant positive outcome, and I suppose, it's two things, but it's the same thing and that is go to bed within the same kind of 20-minute period and get up within an hour consistently. So I would go to bed every night now, no later than quarter to 11 and I'm up every morning between 7:00 and 7:30, and I feel like the quality of my existence has dramatically changed since our last chat.

DANNY LENNON: Wonderful. I love that. Awesome. Thank you for sharing and thanks for the chat.

DANIEL DAVEY: I really enjoyed it.

DANNY LENNON: Hosting me today and being so kind and generous for your time and for – it's been great to do this.

DANIEL DAVEY: Yeah, let's do it more often.

DANNY LENNON: For sure.

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