

HOW TO EAT

A simple guide to
nutritious eating

by Dale Nelson

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OVER 20KG GONE NEVER TO RETURN



"I had pretty much submitted to the idea of living the rest of my life with my weight in the triple figures and energy from caffeine. Through this no B.S. approach to diet, I get to keep my favourites and food has now become an easy to follow activity rather than a time sucking chore. It is something I take daily actions on rather than procrastinating. Dale has provided a program that addressed my time needs and delivered results above what I had expected."

—Tash



Disclaimer:

This book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment, nor as an alternative to medical advice. Use of the guidelines herein is at the sole choice and risk of the reader.

This is an example of meal templates as per the recommendation of primary research*. Please consult a GP or doctor regarding directions for your health.

The intention of these meal plans is to set expectations around eating guidelines per the Australian Government daily recommended intake and primary research for active and training individuals. While results may occur, independent results may vary.

- *1. J. Iraki, P. Fitschen, S. Espinar, and E. Helms, Nutrition Recommendations for Bodybuilders in the Off-Season: A Narrative Review. *Sports* 2019, 7(7), 154; <https://www.mdpi.com/2075-4663/7/7/154>
2. Antonio, J.; Ellerbroek, A. Case Reports on Well-Trained Bodybuilders: Two Years on a High Protein Diet. *JEPonline* **2018**, *21*, 14–24. Available online: https://www.asep.org/asep/asep/JEPonlineFEBRUARY2018_Antonio.pdf
3. E. R. Helms, A. Morgan, A. Marie Valdez. *The Muscle and Strength Pyramid: Training*. (2015)

7 Day Meal Plan Overview

Meals	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<p>Mocha Smoothie Protein powder 2 x Scoops Cottage Cheese Lowfat 1 1/2 Hand Sized</p> <p>Milk 1/4 x Cup</p>	<p>Poached Eggs with Smashed Avocado & Tomato Whole Egg 3 x Eggs Egg White 3 x Eggs Avocado 1/4 x Avo Wholegrain bread 2 x Slices Cherry tomatoes</p>	<p>Peanut Butter Overnight Oats Greek yoghurt 1 1/2 x Cup 1 1/2 Hand Sized Peanut Butter 1 x Tablespoon Milk 1/4 x Cup Oats 1/4 x Cup</p>	<p>Peanut Butter Overnight Oats Greek yoghurt 1 1/2 x Cup 3 x Eggs Peanut Butter 1 x Tablespoon Milk 1/4 x Cup Oats 1/4 x Cup</p>	<p>Poached Eggs with Smashed Avocado & Tomato Whole Egg 3 x Eggs Egg White 1 1/2 Hand Sized Avocado 1/2 x Avo Wholegrain bread 2 x Slices Cherry tomatoes 1 x Cup</p>	<p>Mocha Smoothie Protein powder 2 x Scoops Cottage Cheese Lowfat 1 1/2 Hand Sized</p> <p>Milk 1/4 x Cup</p>	<p>Poached Eggs with Smashed Avocado & Tomato Whole Egg 3 x Eggs Egg White 1 1/2 Hand Sized Avocado 1/4 x Avo Wholegrain bread 2 x Slices Cherry tomatoes</p>
Snack (optional)							
Lunch	<p>Chicken Salad Wrap Chicken breast 2 x Scoops 1 1/2 Hand Sized Avocado Wholegrain wrap 1/4 x Cup Tomatoes Cucumber Mixed salad leaves</p>	<p>Tuna Lunch Bowl Eggs 3 x Eggs Tuna canned, oiled, drained 3 x Eggs Avocado 1/4 x Avo Brown rice 2 x Slices Tomatoes Cucumber</p>	<p>Chicken Salad Wrap Chicken breast 1 1/2 x Cup 1 1/2 Hand Sized Avocado 1 x Tablespoon Wholegrain wrap 1/4 x Cup 1/4 x Cup Tomatoes Cucumber Mixed salad leaves</p>	<p>Tuna Lunch Bowl Eggs 1 1/2 x Cup Tuna canned, oiled, drained 3 x Eggs Avocado 1 x Tablespoon Brown rice 1/4 x Cup 1/4 x Cup Tomatoes Cucumber</p>	<p>Chicken Salad Wrap Chicken breast 3 x Eggs 1 1/2 Hand Sized Avocado 1/2 x Avo Wholegrain wrap 2 x Slices Tomatoes 1 x Cup Cucumber Mixed salad leaves</p>	<p>Chicken Salad Wrap Chicken breast 2 x Scoops 1 1/2 Hand Sized Avocado Wholegrain wrap 1/4 x Cup Tomatoes Cucumber Mixed salad leaves</p>	<p>Chicken Salad Wrap Chicken breast 3 x Eggs 1 1/2 Hand Sized Avocado 1/4 x Avo Wholegrain wrap 2 x Slices Tomatoes Cucumber Mixed salad leaves</p>
Mid Afternoon	<p>Easy Asian Noodle Soup Pork fillets 2 x Scoops 1 1/2 Hand Sized</p> <p>Rice Noodles (dry) 1/4 x Cup Asparagus Bok Choy Spring onions</p>	<p>Asian Pork & Greens Pork fillets 3 x Eggs 3 x Eggs Cashews 1/4 x Avo 2 x Slices Mushrooms Bok Choy</p>	<p>Salmon & Avocado Lettuce Wraps Atlantic Salmon Wild 1 1/2 x Cup 1 1/2 Hand Sized Avocado 1 x Tablespoon 1/4 x Cup 1/4 x Cup Lettuce</p>	<p>Easy Asian Noodle Soup Prawns 1 1/2 x Cup 3 x Eggs 1 x Tablespoon Rice Noodles (dry) 1/4 x Cup 1/4 x Cup Asparagus Bok Choy Spring onions</p>	<p>Asian Pork & Greens {{Day 5 Mid Afternoon Protein 1}} 3 x Eggs 1 1/2 Hand Sized Cashews 1/2 x Avo 2 x Slices Mushrooms 1 x Cup Bok Choy</p>	<p>Easy Asian Noodle Soup Prawns 2 x Scoops 1 1/2 Hand Sized</p> <p>Rice Noodles (dry) 1/4 x Cup Asparagus Bok Choy Spring onions</p>	<p>Salmon & Avocado Lettuce Wraps Atlantic Salmon Wild 3 x Eggs 1 1/2 Hand Sized Avocado 1/4 x Avo 2 x Slices Lettuce</p>

Snack (optional)							
Dinner	Healthy One Dish Steak & Chips	Rosemary Marinated Chicken Drumsticks with Broccoli	Warm Lamb Salad	Rosemary Marinated Chicken Drumsticks with Broccoli	Warm Lamb Salad	Healthy One Dish Steak & Chips	Healthy One Dish Steak & Chips
	Beef steak 2 x Scoops 1 1/2 Hand Sized Olive oil Potatoes 1/4 x Cup Cherry tomatoes Baby spinach leaves	Chicken drumstick 3 x Eggs 3 x Eggs Almonds 1/4 x Avo Brown rice 2 x Slices Broccoli Red onion	Lamb steak 1 1/2 x Cup 1 1/2 Hand Sized Olive oil 1 x Tablespoon Avocado Potatoes 1/4 x Cup 1/4 x Cup	Chicken drumstick 1 1/2 x Cup 3 x Eggs Almonds 1 x Tablespoon Brown rice 1/4 x Cup 1/4 x Cup Broccoli Red onion	Lamb steak 3 x Eggs 1 1/2 Hand Sized Olive oil 1/2 x Avo Avocado Potatoes 2 x Slices 1 x Cup	Beef steak 2 x Scoops 1 1/2 Hand Sized Olive oil Potatoes 1/4 x Cup Cherry tomatoes Baby spinach leaves	Beef steak 3 x Eggs 1 1/2 Hand Sized Olive oil 1/4 x Avo Potatoes 2 x Slices Cherry tomatoes Baby spinach leaves

**The amounts outlined on each specific day are macro balanced to that day. Careful when interchanging the meals for each day as you may end up in a calorie surplus.

Snack Guide - Pick 1

Chobani



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Berries



A piece of Fruit



Protein Bar



Cheese



+

Crackers



Protein Powder Shake



Small Palm of nuts



Mocha Smoothie

Ingredients	Grams / mL's	Amount
Protein powder	82.4	2 x Scoops
Cottage Cheese Lowfat	174.0	1 x Cup
Milk	84.4	1/4 x Cup



Additional Ingredients
 1 pitted date
 2 tsp cocoa powder
 1 tsp instant coffee
 1/4 tsp cinnamon
 1/2 cup ice cubes

Instructions
 Combine all ingredients in a blender and whizz until smooth.

Chicken Salad Wrap

Ingredients	Grams / mL's	Amount
Chicken breast	207.9	1 1/2 Hand Sized
Avocado		
Wholegrain wrap	79.4	2 x Wraps
Tomatoes	76.3	1 x Small
Cucumber	43.1	1/4 x Cup
Mixed salad leaves	28.3	3/4 x Cup



<p>Additional Ingredients 2 tbs tzatziki</p>	<p>Instructions 1 Spread the two wraps with tzatziki and avocado, top with chicken, tomato, cucumber and salad leaves. 2 Season with salt and pepper, roll up and secure with cling wrap or baking paper until ready to serve.</p>
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Easy Asian Noodle Soup

Ingredients	Grams / mL's	Amount
Pork fillets	206.7	c
Rice Noodles (dry)	47.7	1/2 x Cup
Asparagus	52.2	2 x Spears
Bok Choy	28.3	3/4 x Cup
Spring onions	28.3	1/4 x Cup



<p>Additional Ingredients</p> <p>3 cups vegetable stock</p> <p>1 lemongrass stalk</p> <p>2 garlic cloves, thinly sliced</p> <p>2 spring onions, sliced</p> <p>1 lime, juiced</p> <p>1 tbs tamari (or soy sauce)</p> <p>3 tbs white miso paste, dissolved in 2 tbs boiling water</p> <p>1 small red chilli, sliced</p> <p>2 tbs fresh coriander, chopped</p> <p>3 tbs fried shallots</p>	<p>Instructions</p> <p>1 Prepare noodles as per packet instructions.</p> <p>2 In a saucepan, combine stock, lemongrass, garlic and spring onions and bring to a gentle simmer. Add bok choy and return to the boil.</p> <p>3 Add prawns and asparagus and cook for a few minutes, or until the prawns are just cooked (they will turn orange), then stir through lime juice, tamari and miso.</p> <p>4 Divide noodles between two soup bowls, add soup and top with chilli, coriander and shallots to serve.</p>
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Healthy One Dish Steak & Chips

Ingredients	Grams / mL's	Amount
Beef steak	193.8	1 1/2 Hand Sized
Olive oil	16.6	1/2 Tablespoon
Potatoes	233.4	1 1/4 x Cup
Cherry tomatoes	152.6	1 x Cup
Baby spinach leaves	56.7	1 x Cup



<p>Additional Ingredients 1 rosemary sprig (or other fresh herbs, such as oregano or thyme) 1 tbs pine nuts, toasted 2 tsp English mustard</p>	<p>Instructions 1 Preheat oven to 200°C. Rub steak with a small amount of oil and season with salt and pepper. 2 Heat a small stove-top-proof baking dish on the stove over a very high heat, then add meat. Sear for a couple of minutes on both sides until brown and set aside on a plate. 3 Cut potatoes into thin wedges or chips (so they cook quicker), place in baking dish and toss with remaining oil and rosemary. Bake for 20 minutes, tossing once or twice. 4 Add steak and tomatoes to the pan, pushing chips to the sides and cook for a further 10 minutes. 5 Remove steak to rest for a few minutes, return baking dish with chips and tomatoes to the oven and turn oven off to keep warm. 6 Thinly slice steak (it should be medium-rare) and serve with rocket and tomato, squeezing two tomatoes over for a dressing. Scatter over pine nuts and serve with chips and mustard.</p>
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Poached Eggs with Smashed Avocado & Tomato

Ingredients	Grams / mL's	Amount
Whole Egg	171.3	3 x Eggs
Egg White	197.9	3 x Eggs
Avocado	52.7	1/4 x Avo
Wholegrain bread	95.8	2 x Slices
Cherry tomatoes	304.2	



Additional Ingredients
 1 tsp white vinegar
 1 lemon wedge
 salt & pepper, to serve

Instructions
 1 Bring a small saucepan of water and vinegar to the boil, then reduce to a very gentle simmer. Crack one egg into a cup or small bowl and add to simmering water VERY slowly and gently. Repeat with other egg. Cook for a few minutes or until cooked to your liking, spooning water over the top of eggs to cook through.
 2 Remove eggs with a slotted spoon and drain any extra water on a clean tea towel or paper towel.
 3 Toast bread, spread with avocado and squeeze over lemon.
 4 Pop eggs on toast and top with tomato. Season with salt and pepper to serve.

Tuna Lunch Bowl

Ingredients	Grams / mL's	Amount
Eggs	171.3	3 x Eggs
Tuna canned, oiled, drained	74.2	1 x Small Tin
Avocado	52.7	1/4 x Avo
Brown rice	168.3	3/4 x Cup
Tomatoes	152.1	1 x Large
Cucumber	86.0	3/4 x Cup



Additional Ingredients
 1/2 lemon
 20g rocket
 salt & pepper, to taste
 1/4 tsp chilli flakes

Instructions
 1 Place eggs in a saucepan of cold water and bring to a rolling boil. Continue to simmer for 5 minutes. Remove with a slotted spoon and place in a sink of cold water to cool. Peel and cut in half.
 2 Without tossing, add rocket, rice, tuna, avocado, tomatoes and cucumber to bowl and drizzle with lemon juice. Top with egg, season with salt and pepper and scatter over chilli to serve.

Asian Pork & Greens

Ingredients	Grams / mL's	Amount
Pork fillets	187.8	1 1/2 Hand Sized
Cashews	17.7	1 x Tablespoon
Mushrooms	152.1	1 x Cup
Bok Choy	56.5	1 x Cup



Additional Ingredients
1 1/2 tbs sesame oil
2 tbs tamari (or soy sauce)
1 1/2 tbs lemon juice
1/4 tsp chilli flakes

Instructions

- 1 Preheat oven to 180°C. Rub pork with 2 tsp of sesame oil and combine remaining oil with tamari, lemon juice, chilli flakes and garlic and set aside. Roast cashews in oven for 5-8 minutes, or until golden, and set aside to cool.
- 2 Sear pork in hot frypan for a few minutes, browning all over. Brush pork liberally with some of the sauce and bake for 10 minutes, then cover and allow to rest in a warm place for 5 minutes before slicing.
- 3 Meanwhile, add mushrooms to hot frypan and cook for a minute. Add bok choy, cover and cook for another minute, or until greens just begin to wilt.
- 4 Remove vegetables, add remaining sauce to frypan and simmer for a few minutes to reduce and thicken, while you slice the pork.
- 5 Divide vegetables between two plates, top with pork, drizzle with sauce and sprinkle with sesame seeds and chopped cashews.

Rosemary Marinated Chicken Drumsticks with Broccoli

Ingredients	Grams / mL's	Amount
Chicken drumstick	150.0	1 x Drumstick
Almonds	15.3	1 x Tablespoon
Brown rice	168.3	3/4 x Cup
Broccoli	98.9	1 x Cup
Red onion	43.9	1/4 x Cup



Additional Ingredients
 1 1/2 cups chicken stock
 4 large chicken drumsticks
 2 tsp chopped rosemary
 1 clove garlic, crushed
 salt & pepper, to taste

Instructions
 1 Preheat oven to 240°C and line a baking tray with baking paper.
 2 Place rice and stock in a large saucepan and bring to the boil. Reduce to a simmer, cover and cook for 35 minutes. Add broccoli to top of rice in last few minutes of cooking. Remove from heat and stand, covered for 5 minutes.
 3 Meanwhile, toss chicken with rosemary, onion and garlic and season with salt and pepper. Roast for 25 minutes, add almonds and cook for another 5 minutes or until golden and cooked.
 4 Serve chicken with broccoli and rice.

Peanut Butter Overnight Oats

Ingredients	Grams / mL's	Amount
Greek yoghurt	432.0	1 1/2 x Cup
Peanut Butter	24.2	1 x Tablespoon
Milk	37.6	1/4 x Cup
Oats	26.7	1/4 x Cup



Additional Ingredients
1 tbs honey
2 tsp vanilla extract
1 banana, peeled & sliced

Instructions
1 Combine milk, yoghurt, peanut butter, honey and vanilla in a bowl.
2 Add oats and mix well, cover and refrigerate overnight.
3 Serve chilled or warmed in microwave, topped with sliced banana.

Chicken Salad Wrap

Ingredients	Grams / mL's	Amount
Chicken breast	207.9	1 1/2 Hand Sized
Avocado	24.2	1 x Tablespoon
Wholegrain wrap	70.6	2 x Wraps
Tomatoes	67.9	1 x Small
Cucumber	38.4	1/4 x Cup
Mixed salad leaves	25.2	3/4 x Cup



<p>Additional Ingredients 2 tbs tzatziki</p>	<p>Instructions 1 Spread the two wraps with tzatziki and avocado, top with chicken, tomato, cucumber and salad leaves. 2 Season with salt and pepper, roll up and secure with cling wrap or baking paper until ready to serve.</p>
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Salmon & Avocado Lettuce Wraps

Ingredients	Grams / mL's	Amount
Atlantic Salmon Wild	218.5	1 1/2 Hand Sized
Avocado	82.2	1/2 x Avo
Lettuce	100.9	



Additional Ingredients
 2 tsp roughly chopped dill leaves
 1 lemon, cut in wedges
 1 1/2 tbs olive oil
 1 1/2 tbs vinegar
 2 tsp dijon mustard

Instructions
 #REF!

Warm Lamb Salad

Ingredients	Grams / mL's	Amount
Lamb steak	211.0	1 1/2 Hand Sized
Olive oil	6.0	1/2 Tablespoon
Avocado	41.1	1/4 x Avo
Potatoes	207.6	1 x Cup



Additional Ingredients
 1/4 cup pitted green olives
 1 cups (1 bunch) watercress sprigs
 50g basil pesto

Instructions
 1 Preheat a barbecue or char-grill plate on medium-high heat. Using a meat mallet, lightly pound lamb to fl atten slightly then brush lightly with 1 tablespoon oil.
 2 Cook lamb for 1-2 minutes each side or until cooked to your liking. Season to taste with salt and pepper, set aside.
 3 Slice potatoes and place in a large bowl together with avocado, olives, watercress, pesto and remaining oil. Season to taste. Using your hands, mix gently to combine. Divide lamb and potato mixture among plates. Serve.

Shopping List

Almonds	34.7	Egg White	593.7	Rice Noodles (dry)	140.0
Asparagus	153.2	Eggs	342.6	Spring onions	83.2
Atlantic Salmon Wild	437.0	Greek yoghurt	864.0	Tomatoes	663.1
Avocado	907.6	Lamb steak	422.0	Tuna canned, oiled, drained	148.3
Baby spinach leaves	169.2	Lettuce	212.6	Whole Egg	513.8
Beef steak	581.5	Milk	245.9	Wholegrain bread	281.8
Bok Choy	193.6	Mixed salad leaves	136.8	Wholegrain wrap	383.0
Broccoli	191.6	Oats	54.7		
Brown rice	652.4	Olive oil	55.5	Wholegrain wrap	245.8
Cherry tomatoes	1350.9	Peanut Butter	43.9		
Chicken breast	1039.3	Potatoes	1126.4		
Chicken drumstick	300.0	Prawns	620.1		
Cottage Cheese Lowfat	348.1	Protein powder	164.9		
Cucumber	374.8	Red onion	85.2		

