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Opening Extract from...

Tom's Daily Plan

Written by Tom Daley

Published by HQ

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I dedicate this book to my dad, Rob.
It was always my mission in life to get him to exercise,
and although he succeeded in getting me to eat my veggies,
I never quite managed to get him to fall in love with exercise.
But maybe if he saw this book, he would give it a go.

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Tom Daley asserts the moral right to be identified as the author of this work

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WELCOME TO MY DAILY PLAN

As an Olympian, it's my job to know all about eating healthily as well as getting – and staying! – fit. I have learned a huge amount about food and nutrition and I've spent a lot of time trying to learn about my body so I can perform to the best of my ability. But I've also worked with a lot of experts on lifestyle factors, such as willpower, motivation, achieving a healthy work/life balance, and it's amazing how much of a difference that can really make. I wanted to write this book so I could share some of these ideas, because I know they will work for you too.

My plan will show you how to eat well, build strength, tone up and train both your body and mind to reach your health and fitness goals in easy, accessible steps. The following pages feature more than 80 of my favourite recipes for quick, delicious and easy-to-prepare meals, home workouts for all fitness levels, and lifestyle tips to improve your overall performance. My aim is to help you achieve your best and feel amazing, all day, every day.

What's the plan? It's simple, and I promise you don't have to follow my Olympic training schedule of five hours, six days a week!

• **EAT** All my recipes are truly delicious. Mix and match the breakfasts, lunches and dinners that will work for your day, and don't be scared to add in a treat too.

• **MOVE** Follow my customised fitness routines five days a week. These are QUICK and it doesn't matter how fit – or not – you are. Just 20 minutes a day will really help.

• **LIVE** Make some 'you time' with my daily life hacks. They are designed to keep you firmly on track with your new healthy, happier lifestyle.

YOU ARE WHAT YOU EAT

We all lead busy lives and it's all too easy to fall into a pattern of grabbing unhealthy food on the go or trying the latest fad diets. These diets do not work and they go against the basic principles of nutrition and the way your body functions.

I love food and my food memories all involve great meals with my family. My mum always cooked for us when we were growing up and Sunday roast dinners were a real ritual with all the family, including my grandparents, sitting around the table talking and laughing.

I think making food a social occasion is really important, so rather than eating at your desk or in front of the TV, sit down at the table and create your own food rituals.

MY AIM IS TO HELP YOU BE YOUR BEST AND FEEL AMAZING, ALL DAY, EVERY DAY

I enjoy cooking and experimenting with new dishes and food is an important part of my social life; I often make dinner for my friends, and my fiancé Lance and I always take time out to cook and eat a meal together.

MY RECIPES

The recipes in this book will give you a balance of nutritious foods, meaning you will never be hungry – and they are so tasty, you'll want to cook them time and time again. Most are easy to prepare – you're not going to spend hours and hours in the kitchen chopping and stirring. I don't have time for that either!

All my recipes can be cooked on a budget; you'll be able to buy the ingredients at your local shop or you'll already have many of them your store cupboard. I promise you won't have to hunt down lots of strange-sounding items!

For me, breakfast is the most important meal of the day so I've included all my favourite breakfast recipes and hope you enjoy them too. Then there are plenty of soups and salads, delicious supper dishes and some weekend specials – even my mum's Sunday roast! – for days when you might have a little more time in the kitchen.

By the way, I do love chilli and I add it to quite a lot of dishes. If you're not a fan, just leave it out!

We all need to cut down on sugar and the less you eat, the less you will crave, but I had to feature a few treats! Most are sweetened with honey or maple syrup or using the natural sweetness of fruit. I never deny myself and think that it's important to allow yourself the occasional treat.

Having regular snacks will ensure you're always energised. I like a snack right after training. While your body can store fat and carbohydrates, it does not store protein, so it has no reservoir to draw from when you are running low. After training is when muscle is sensitive to nutrients that it can use to repair and grow. Try the protein shakes or the power balls in the snacks chapter in this book – they are delicious!

CALORIES IN, CALORIES OUT

For many people, losing weight and looking good is simplified into the equation of calories in versus calories out – if you use up more calories through exercise than you eat, you will lose weight. In fact, it's more complex than this and in order to fuel your mind and body properly, you should never deprive yourself of any food groups or deliberately go hungry.

The recipes in this book are not intended to be a calorie-counted regime, but they are well balanced and do not include empty calories in the form of refined carbs, or lots of salt or sugar. There is a calorie count for each one, should you want to know, plus there are full nutritional details for the recipes at the back of the book.

GET MOVING

Every person is unique and you will have individual energy demands, according to your age, weight, activity levels and so on. Whether you have a very active job, are on your feet all day running around after children, or you sit at a desk most of the time, it's important to listen to your body and to eat foods that make you feel energised, nourished and strong, so you achieve the results you want.

My Daily Workouts are designed for time-poor people and require no extra equipment outside of what you already have at home. I've designed 20-minute routines that can be adapted, depending on your ability, for five days of the week, with two rest days.

Alongside these workouts, the more exercise and activity you can build into your everyday life, the better. So whether it's taking the stairs, cycling to work, dancing around the house or using the latest apps and technology to track your activity, every small change helps.

BOOST YOUR BRAIN

What you eat and drink is not only fuel for your body but also fuel for your brain. After the Olympic Games in 2012, I went through a phase of not eating as well as I should – I was going out a lot and drinking too much. Soon I found that I wasn't performing well in the diving pool and I had no energy; my mood was low and I found myself caught up in negative thinking patterns. I knew there was no quick fix. I had to get back to focusing on what I was eating and making other changes, so I could start performing well again.

Stress and tiredness make us crave unhealthy and sugary foods and it's so easy to get stuck on what I call 'the sugar train' – starting the day with unhealthy sugar-packed cereal, which sets you on a cycle of blood sugar spike and then crash.

The way we think and feel are central to the food and lifestyle choices we make. With mental strength in mind, I have included some lifestyle tips in the book to help you eliminate stress, change negative thought patterns, improve energy levels and effectively manage your time and reach your goals. There are also tips about the importance of sleep, secrets to increase your exercise performance, and a simple meditation routine to help you feel calm, centred and happy.

PLAN, PREPARE, PERFORM!

In my world, where physical and mental strength are of the greatest importance, this is one of the mottos that I live by. And I believe that planning your meals, your exercise and your rest and relaxation is vital for everyone's health and happiness. You may not be able to follow your plan to the letter, but it's a great start and will help you feel good from the inside out.

Eat well, exercise with enthusiasm and calm your mind – and you'll soon start to look and feel amazing!

GOOD LUCK!



KEDGEREE WITH SALMON

I'm happy to eat this warm and comforting breakfast dish at any time of day, but it is a perfect brunch. It's usually made with smoked haddock, but my version uses salmon instead and tastes amazing. Including some grated courgette means you don't need so much rice and keeps this low carb.

SERVES 2

495 CALORIES PER SERVING

- 200g salmon fillet
- 1 tbsp olive oil
- 2 large spring onions, sliced into small rings
- ¾ tsp curry powder
- ¼ tsp turmeric
- good pinch of chilli flakes
- 75g brown basmati rice
- 275ml hot vegetable or chicken stock
- 1 small courgette, finely grated
- 60g frozen peas, thawed
- 2 eggs
- 2 tbsp parsley, plus extra to garnish
- salt and freshly ground black pepper

1 Preheat the grill. Season the salmon fillet with salt and pepper and grill it for about 10 minutes until cooked. Set the fish aside until it's cool enough to handle, then flake it into large chunks.

2 Heat the oil in a saucepan and stir-fry the spring onions for 2–3 minutes until softened. Stir in the spices and season well, then continue to stir-fry for a minute or so to cook the spices.

3 Stir in the rice and cook for 1 minute to coat it in the spices. Pour the hot stock over the top and put a lid on the pan. Bring the stock to the boil, then turn the heat down low and cook for 20–25 minutes.

4 Take the lid off the pan and quickly spoon the grated courgette and peas on top of the rice. Cover the pan again and continue to cook for 3–5 minutes longer until all the water has been absorbed and the courgette and peas are tender.

5 Meanwhile, bring a small pan of water to the boil and cook the eggs for 6 minutes. Drain well and cover the eggs with cold water, then carefully peel off the shells.

6 Fluff up the rice and stir in the parsley and salmon flakes, then divide the kedgeree between 2 bowls. Halve the eggs, arrange them on top and scatter over a little more parsley if you like before serving.



MORNING LIFE HACKS
MEDITATION

You might think meditation is not for you. I wasn't too sure at first, but I started meditating in 2013 and now I'm hooked. Most mornings I like to get up early enough to eat a proper breakfast and to meditate. Then I head off for training feeling calm, focused and rested. Here's a ten-minute meditation exercise you could do at home before you start your day. It's so worth it.



1 Find a quiet spot and sit comfortably on a chair with a straight back.

2 Shut the door, set an alarm if you like and try to make sure you'll be left undisturbed for ten minutes.

3 Close your eyes. Take three deep breaths, inhaling through your nose and breathing out through your mouth.

4 Focus on the physical sensations in your body. Think about how your feet feel against the floor and your back against the chair. Can you feel your abdomen rise and fall with each breath you take?

5 From your head downwards, scan through your body, working down to your feet. Notice the feelings you have: which parts feel relaxed, tight or numb? Note the sensations but don't try to change them.

6 Once you've scanned right down to the tips of your toes, come back to focusing your mind. Notice your breath and how it feels. Count ten breaths. If thoughts come into your mind, just bring your attention back to your breath.

7 Now turn your thoughts to your body. Count to three and then gently open your eyes when you feel ready. All done!

MORNING LIFE HACKS
MANAGING YOUR TIME

We all lead such busy lives and I often used to find myself saying 'I'm too busy' as an excuse for not doing something. Do you feel you don't have time for exercise, to meet up with old friends or to cook a healthy meal? Here are some tips that I've picked up about time management that you might find helpful too.

PRIORITISE

Think about what you want to achieve on a daily basis and decide on your priorities. Choose your top five tasks and work at them in order of importance. They don't all have to be chores. On a weekend, your priorities might be doing some exercise, calling your mum or doing some grocery shopping so you can cook meals for the week ahead.

GET A GOOD NIGHT'S SLEEP

I like to get nine hours sleep a night when I'm training. I appreciate many people might need less, but cutting out sleep to have more fun or to get more work done is not a great idea because being tired in the day will mean that you can't make the most of your time. Whatever your sleep needs, it's really worth getting to bed early enough to get a good night's sleep.

STOP MULTI-TASKING

Do you find yourself browsing Instagram while you're on the phone? Do you sneak a peek at Facebook during an important meeting? Multi-tasking doesn't work because it lessens productivity. Try to focus on one task at a time and be present in the moment.

LEARN TO SAY 'NO'

Like many people, I find it very hard to say no. We all want to be liked and we don't want to hurt other people's feelings, but saying yes to everything will leave you feeling stressed and without time for the stuff that really matters. If you don't want to do something or simply don't have time for it, say no with conviction. Thank the person for thinking of you, but don't offer maybes or find yourself caught up in excuses and feeling guilty

DON'T PUT THINGS OFF

Is there something important you've been meaning to do for ages but you're putting off? Constantly putting things off makes us feel guilty for what we haven't started. I find it helps me to start the task I've been meaning to do and break it down into manageable steps. Then I tell myself I'm going to spend ten minutes on it, rather than complete the whole thing. I take it step by step and get there in the end.

MUM'S SAUSAGE CASSEROLE

Lots of people assume sausages are unhealthy, but as long as you choose good-quality ones with a high meat content, they're fine once in a while. This recipe was a firm favourite with my brothers and me when we were growing up and I often cook it for myself now. I like to serve it with root vegetable mash.

SERVES 2

500 CALORIES PER SERVING

1 tsp olive oil
1 red onion, cut into thick wedges
3–4 sprigs of thyme
1 garlic clove, sliced
4 pork and herb sausages
5g butter
15g plain flour
250ml hot beef stock
1 tsp tomato purée
good splash of Worcestershire sauce
small handful of freshly chopped parsley, to serve
salt and freshly ground black pepper

ROOT VEGETABLE MASH

1 parsnip (about 125g), chopped
1 large carrot (about 125g), chopped
150g wedge of swede, chopped
50ml milk
10g butter

1 Heat the oil in a flameproof casserole dish and stir-fry the red onion for 5 minutes until it starts to soften. Stir in the thyme and garlic, season well, and cook for 1 minute.

2 Add the sausages to the pan and brown them on each side. Take the onion and sausages out of the pan and set them aside. Add the butter and plain flour and stir for about a minute to make a paste. Slowly add the stock, stirring constantly to make a smooth sauce. Stir in the tomato purée and Worcestershire sauce.

3 Put the onions and sausages back in the pan and put the lid on. Bring to a gentle simmer, then cook for 20–25 minutes, stirring every now and then.

4 To make the mash, put the root veg in a saucepan, cover them with cold water and add salt. Put a lid on the pan and bring to the boil. Simmer for about 20–25 minutes until all the vegetables are very tender. Drain them, then tip them back into the pan. Put the pan back on the turned-off hob and leave for a minute or so to steam-dry the veg. Add the milk and butter, then season and mash until smooth.

5 Serve the mash with the sausages and spoon the gravy over the top. Garnish with parsley and serve with green veg.

TOM'S TIP

Mum used to serve this with potato mash. Use 400g of floury potatoes, such as King Edwards or Maris Pipers, and follow the method above.



MONDAY: CORE AND CARDIO

20-MINUTE ROUTINE



SEQUENCE

60 SECONDS
HIGH KNEES

30 SECONDS
SIT-UPS

60 SECONDS
HIGH KNEES

30 SECONDS
OBLIQUE CRUNCHES

REPETITIONS

BEGINNERS

Warm up.
Repeat the sequence six times, resting for 30 seconds to one minute between each.
Cool down.

INTERMEDIATE

Warm up.
Repeat the sequence twice
Rest for one minute.
Repeat the sequence twice
Rest for one minute.
Repeat the sequence twice
Rest for one minute.
Cool down.

ADVANCED

Warm up.
Repeat the sequence three times
Rest for one minute.
Repeat the sequence three times
Rest for one minute.
Cool down.

MONDAY: CORE AND CARDIO

COOL DOWN AND STRETCHES

To cool down, walk for two minutes and regulate your breathing. Then stretch the muscles of whatever part of the body you've been working on. Here are some stretches to do after your core and cardio routine.



SEAL STRETCH

Lie on your front with your hands under your shoulders. Push up, arching your back and stretching your stomach. Go far enough to feel a good stretch without straining your lower back and hold for 20–30 seconds. Repeat.





STRADDLE SIDE STRETCH

Sit on the floor with your legs as wide apart as you can manage. Reach your left arm over to your right side to touch your right foot, holding your right arm out in front of you. Hold for 20–30 seconds, then repeat on the other side