



LACHLAN BULMER
FITNESS

DROP THE GUT & KEEP THE BEERS

FINALLY - A NUTRITION GUIDE FOR DADS!



QUICK MEAL TIPS | TIME-SAVING
RECIPES | HEALTHY EATING
MADE EASY

PREFACE : A NOTE FROM THE AUTHOR



I'm Lachlan—a dad who's faced the challenges of balancing work, family, and personal health. I created this nutrition book to give busy dads like us practical tools to reclaim our energy and strength. For years, I struggled with quick fixes that just didn't fit into my hectic schedule. I realized we need a straightforward, sustainable approach to eating—one that fuels our bodies without turning our lives upside down. In this guide, you'll find real-world tips, simple meal ideas, and no-nonsense strategies that have worked for me and many other dads. Whether you're aiming to lose weight, build muscle, or just boost your energy, this book is designed to help you reach your goals while still prioritizing family time. Let's simplify nutrition together, so we can all be the strong, healthy role models our families deserve.

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INTRODUCTION

Welcome to the Busy Dad's Nutrition Guide! If you're a dad trying to eat healthier but struggling to find the time, this guide is for you. Life is busy, and between work, family, and everything else, focusing on your nutrition can feel overwhelming. But the good news is that eating well doesn't have to be complicated or time-consuming.

This guide will give you simple, practical tips to help you make better food choices without spending hours in the kitchen. You'll learn the basics of good nutrition, how to plan easy meals, and get quick, healthy recipes that fit into your busy schedule. The goal is to help you feel better, have more energy, and stay healthy for yourself and your family. Let's get started!

01

Macronutrients

Macronutrients are the nutrients your body needs in large amounts. Your body needs three main macronutrients to function well.

These include:

- Protein - Supports muscle growth, repairs tissue, and keeps you full longer. Sources: lean meats, eggs, fish, beans, and nuts.
- Carbohydrates - Your primary energy source. Go for whole grains, vegetables, fruits, and legumes instead of refined carbs.
- Fats - Essential for brain health and energy. Focus on healthy fats from avocados, olive oil, nuts, and fatty fish.



02

Micronutrients

Micronutrients (vitamins and minerals) keep your body running smoothly. They support immunity, digestion, and energy levels. The best way to get them? Eat a variety of colorful fruits and vegetables daily.

04

Balanced Eating

A sustainable approach to healthy eating is following the 80/20 rule: eat nutritious foods 80% of the time and allow yourself some flexibility 20% of the time. This helps prevent burnout and makes healthy eating enjoyable.



03

Hydration

Water keeps your body running at its best. It aids digestion, boosts energy, and prevents overeating. Aim for at least 8 glasses a day, and more if you're active.



02 MEAL PLANNING TIPS

Planning meals in advance saves time, reduces stress, and helps you stay on track with healthy eating. Here's how to make meal prep work for you:

Plan Ahead but Keep It Simple

You don't need a complicated meal plan. Start by picking 3-4 breakfast, lunch, and dinner options that you enjoy and can rotate throughout the week. Keep meals balanced with a mix of protein, healthy fats, and fiber-rich carbs.



Prep in Batches

Cooking in bulk saves time. Grill a few chicken breasts, chop veggies, or cook a big pot of quinoa at the start of the week. Store them in containers so you can quickly assemble meals when needed.

Have Go-To Quick Meals

Some days, you won't have time to cook. Keep easy meal ideas on hand, such as:

- Scrambled eggs with whole-grain toast and avocado
- Greek yogurt with nuts and berries
- A smoothie with protein powder, banana, and almond milk
- Pre-cooked rotisserie chicken with a side of veggies



Use Smart Grocery Shopping Strategies

- Stick to a list to avoid impulse buys.
- Shop mostly from the outer aisles where fresh produce, lean proteins, and whole grains are located.
- Buy frozen fruits and vegetables—they last longer and are just as nutritious.

Make Healthy Eating Convenient

Life gets busy, so set yourself up for success:

- Keep healthy snacks like nuts, fruit, or protein bars at home and in your car.
- Prepare meals in advance when you have extra time.
- Don't overcomplicate it—stick to foods you enjoy that nourish your body.

Meal planning isn't about perfection; it's about making healthy choices easier. Up next: Quick and Easy Recipes that fit into your busy life!



03 QUICK AND EASY RECIPES

A busy schedule doesn't mean you have to sacrifice good nutrition. These simple, time-saving recipes will help you eat well without spending hours in the kitchen.



Breakfast Ideas

5-Minute Protein Smoothie

(P- 30g C- 34g F- 12g) (350 Cal)

- 1 banana
- 1 scoop protein powder
- 1 cup almond milk
- 1 tbsp peanut butter
- Ice cubes (optional)

Instructions: Blend everything until smooth. Enjoy!



Avocado & Egg Toast

(P- 11.5g C- 21.5g F- 17g) (270 Cal)

- 1 slice whole-grain bread
- ½ avocado, mashed
- 1 boiled or fried egg
- Salt, pepper, and red pepper flakes to taste

Instructions: Spread mashed avocado on toast, top with egg, season, and serve.



Lunch Ideas

Chicken & Quinoa Bowl

(P- 33g C- 46g F- 20.4g) (487 Cal)

- 1 cup cooked quinoa
- ½ cup grilled chicken
- ½ cup steamed broccoli
- ¼ cup cherry tomatoes
- 1 tbsp olive oil & lemon juice dressing

Instructions: Combine all ingredients in a bowl, drizzle with dressing, and enjoy.

Turkey & Cheese Wrap

(P- 30g C- 27g F- 16g) (357 Cal)

- 1 whole-wheat tortilla
- 3 slices turkey breast
- 1 slice cheese
- ¼ avocado, sliced
- Handful of spinach

Instructions: Roll everything into the tortilla, slice in half, and serve.





Dinner Ideas

10-Minute Stir-Fry

(P- 30g C- 58 F- 6g) (415 Cal)

- 1 cup mixed veggies (capsicum, carrots, zucchini)
- ½ cup cooked chicken or tofu
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 Cup Cooked White Rice

Instructions: Stir-fry everything in a pan for 5-7 minutes. Serve with rice or quinoa.



Salmon & Sweet Potato

(P- 27g C- 36g F- 20g) (Cal 436)

- 1 salmon fillet
- 1 small sweet potato, roasted
- 1 cup steamed green beans

Instructions: Bake salmon at 375°F (190°C) for 15 minutes. Serve with sweet potato and green beans.

Snack Ideas



Greek Yogurt & Berries

P- 20g C- 15g F- 0g) (135 Cal)

- 1 cup Greek yogurt
- ½ cup mixed berries
- 1 tbsp honey (optional)

Instructions: Mix and enjoy.

Hummus & Veggies

(P- 9g C- 37g F- 12g) (272 Cal)

- ½ cup hummus
- Sliced cucumbers, carrots, and Capsicum

Instructions: Dip and enjoy!



Eating healthy doesn't have to be complicated. These quick recipes will keep you fueled throughout the day. Next, we'll cover common nutrition mistakes and how to avoid them!

Low Calorie Beer Options



Pure Blonde Ultra Low Carb Lager
Calories: 26 per 100ml



Coopers Dry
Calories: 33 per 100ml



XXXX Summer Bright Lager
Calories: 28.5 per 100ml



Better Beer
Calories: 18.5 per 100ml



Carlton Dry
Calories: 33 per 100ml



04 COMMON NUTRITION MISTAKES

Even with the best intentions, many busy dads make common nutrition mistakes that can hold them back from reaching their health goals. Here's how to avoid them:



Skipping Meals

Not eating regularly can lead to energy crashes and overeating later. Aim for balanced meals throughout the day to keep your metabolism steady.

Not Drinking Enough Water

Dehydration can lead to fatigue, headaches, and cravings. Keep a water bottle with you and sip throughout the day.

Over-Reliance on Processed Foods

Fast food and packaged snacks may be convenient, but they're often high in unhealthy fats, sugar, and sodium. Opt for whole, minimally processed foods whenever possible.

Eating Too Much Sugar

Sugary drinks, snacks, and hidden sugars in sauces can add up. Read labels and choose natural sources of sweetness like fruit.

A top-down view of a kitchen counter with various meal prep items. On the left, a bowl of sliced green grapes. In the top center, a glass of pink smoothie. To its right, a clear container with a salad of purple and green leafy vegetables. On the right side, a container of white rice with green beans. At the bottom, a bowl of sliced red and yellow apples. The background is a light-colored tiled countertop.

05 MEAL PREP HACKS FOR BUSY DADS

Meal prep doesn't have to take hours. Here are some game-changing hacks to make meal preparation quicker and easier:



1. Use One-Pan and One-Pot Meals

Cooking everything in a single pan or pot saves time and cuts down on dishes. Try sheet pan chicken and veggies, one-pot chili, or stir-fry meals.

3. Make Double Batches

Cook extra servings and store leftovers in the fridge or freezer for quick meals later.

2. Pre-Chop Ingredients

Cut up veggies, marinate proteins, and portion out snacks ahead of time to make cooking faster during the week.

4. Use Pre-Cut and Frozen Foods

Pre-cut veggies, frozen fruits, and pre-cooked grains save time without sacrificing nutrition.

5. Invest in a Slow Cooker or Instant Pot

Cut up veggies, marinate proteins, and portion out snacks ahead of time to make cooking faster during the week.



6 TIME-SAVING COOKING STRATEGIES FOR DADS ON THE GO

Busy schedules don't have to mean unhealthy eating. With a few smart strategies, you can prepare nutritious meals without spending hours in the kitchen. Here are some practical tips to help you save time while still eating well.

Embrace Meal Prepping

Taking an hour or two at the start of the week to prepare meals in advance can make a big difference. Try these simple meal prep ideas:



Batch Cook Proteins

Grill or bake chicken, beef, or fish for multiple meals. Store in portions for easy access.



Pre-Chop Vegetables

Wash, slice, and store veggies for quick use in salads, stir-fries, or snacks.



Make Grab-and-Go Breakfasts

Prepare overnight oats, boiled eggs, or yogurt parfaits in advance.

One-Pan & One-Pot Meals

Cooking everything in one pan or one pot saves time on both prep and cleanup. Some easy one-pan meals include:



Sheet Pan Chicken & Veggies

Toss everything on a baking sheet, season, and bake.



One-Pot Chili

Throw all ingredients into a pot and let it simmer.



Stir-Fry

A quick mix of protein, veggies, and sauce in one pan.

Use Kitchen Shortcuts

- Frozen Vegetables & Pre-Cut Produce: Just as nutritious as fresh but much faster to prepare.
- Pre-Cooked Grains: Ready-to-eat brown rice, quinoa, or whole-grain pasta save time.
- Rotisserie Chicken: A quick protein option that can be added to meals in minutes.

Keep a Stocked Pantry

Having essential ingredients on hand means you can whip up a meal quickly. Keep these basics stocked:

- Canned beans and lentils
- Whole grains like oats, quinoa, and brown rice
- Healthy sauces (olive oil, soy sauce, salsa)
- Nuts, seeds, and dried fruits for snacks



Slow Cooker & Instant Pot Magic

A slow cooker or Instant Pot can do the cooking for you while you focus on other tasks. Just throw in your ingredients, set the timer, and come back to a ready meal.



Smart Leftovers

Cook extra portions at dinner so you can eat leftovers for lunch the next day. Store them in portioned containers for grab-and-go meals.



Quick & Healthy Snacks

Sometimes, you just need a fast bite. Keep healthy snacks ready to avoid grabbing junk food. Ideas include:

- Greek yogurt with nuts
- Whole-grain crackers with hummus
- Peanut butter and apple slices

With these strategies, eating healthy doesn't have to take up your whole day.

07 TIPS FOR STAYING ON TRACK

Sticking to healthy eating habits can be challenging, especially with a busy lifestyle. The key is to make small, consistent choices that fit your routine. Here are some practical tips to help you stay on track with your nutrition goals.



HELPFUL
TIPS



1. Set Realistic Goals

Don't aim for perfection—aim for progress. Start with small, manageable changes, like adding one extra serving of vegetables a day or drinking more water. As these habits become natural, build on them.

2. Plan, But Stay Flexible

Meal planning helps, but life happens. If you don't have time to cook, choose the healthiest option available rather than skipping meals or grabbing fast food. Keep backup meals like frozen veggies, canned beans, or rotisserie chicken for busy days.

3. Keep Healthy Foods Accessible

Make nutritious choices easy:

- Keep a fruit bowl on the counter.
- Store pre-cut veggies in the fridge for quick snacks.
- Carry protein bars or nuts for when you're on the go.

4. Don't Skip Meals

Skipping meals can lead to energy crashes and overeating later. Try to eat balanced meals throughout the day to keep your metabolism steady and avoid hunger-driven junk food choices.

5. Control Portions Without Overthinking

You don't need to count every calorie, but being mindful of portions helps. Use these simple tricks:

- Use smaller plates to avoid overeating.
- Fill half your plate with veggies, a quarter with protein, and a quarter with healthy carbs.
- Eat slowly and stop when you feel satisfied—not stuffed.

6. Find Healthier Alternatives

If you crave something indulgent, look for a better version:

- Swap soda for flavored sparkling water.
- Choose dark chocolate over milk chocolate.
- Opt for whole-grain bread instead of white bread.



7. Stay Hydrated

Thirst is often mistaken for hunger. Drink water consistently throughout the day. Carry a water bottle with you, and aim for at least 8 glasses a day—more if you're active.



8. Involve Your Family

Healthy eating is easier when it's a team effort. Get your kids involved in cooking, try new healthy recipes together, and encourage good habits at home.

9. Don't Let One Bad Meal Ruin Your Progress

If you have an unhealthy meal, don't feel guilty or give up. Just get back on track with your next meal. Healthy eating is about long-term habits, not short-term perfection.

10. Stay Active

Good nutrition works even better when combined with physical activity. Even short walks, stretching, or playing with your kids can keep you moving and energized.

THE BUSY DAD'S NUTRITION GUIDE

Being a busy dad doesn't mean sacrificing your health. This guide is packed with practical nutrition tips, simple meal ideas, and time-saving strategies designed specifically for fathers juggling work, family, and fitness. Whether your goal is to lose weight, build strength, or simply feel more energized, this book provides the tools to make healthy eating effortless.

About the Author

Lachlan is a devoted father who knows firsthand the struggles of balancing family life with personal health. After years of searching for sustainable nutrition solutions, he developed a straightforward approach that fits into any dad's busy lifestyle. Through this guide, he shares real-world strategies to help other dads reclaim their energy, build better habits, and become the strong, healthy role models their families deserve.



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