

1. DL wake-up shot

You'll need...

- Half a glass of water
- 2 tbsp of MSM
- 1g of effervescent vitamin C
- 3 tbsp of an energy drink

What to do

Mix and drink first thing after you get up in the morning.

This brew is especially effective if you're going to the gym before breakfast.

2. DL Muscle shake

You'll need...

- Low-fat yogurt
- 1 banana
- 1 raw egg
- 1 tbsp honey
- 20g of whey protein
- 3-4 ice cubes

What to do

Mix in a blender and serve after a workout or for breakfast. Can also be made with cold water instead of yogurt. Peanut butter is another good ingredient you can add.

Now that you know Dolph's secret recipes, let's crack on and see how the man himself eats on a daily basis to remain as formidable at 60 as he was when you remember him beating people to death as Ivan Drago.

What a perfect day of the Dolph Lundgren diet looks like

Breakfast

Option 1

Scrambled eggs – try mixing one and two egg whites.

Fresh blueberries.

Two slices of full-grain bread with honey and sliced cheese.

Option 2

Oatmeal with sliced banana, honey, cinnamon and skimmed milk.

Two hard-boiled eggs with wholegrain toast.

Option 3

Yogurt with muesli and mixed fruit.

Two slices of wholegrain bread with honey or a bran muffin.

Option 4

Protein shake – yogurt, a banana, blueberries, honey, 20g of whey protein, a raw egg and some ice.

Mid-morning snack

Option 1

Protein drink

Option 2

A banana and a protein bar.

Option 3

Yogurt with fruit and honey.

Lunch

Option 1

Grilled fish with rice and green salad.

Option 2

Caesar salad with grilled chicken breast.

Option 3

Cured salmon with potato salad.

Option 4

Meatballs with mashed potatoes.

Option 5

Pasta with chicken breast.

Afternoon snack

Option 1

Protein drink with banana.

Option 2

Apple with a bag of peanuts.

Dinner

Option 1

Steak with baked potato and vegetables.

Option 2

Grilled chicken breast with wild rice and vegetables.

Option 3

A large bowl of chicken soup with a cheese sandwich.

Option 4

Yogurt with fresh berries and bananas.

Dolph in 2014 – credit [Eva Rinaldi](#)

Piecing the Dolph Lundgren diet together

“Here are some scenarios and how I plan my nutrition intake during a typical training day.”

Scenario: If I have no time

First thing in the morning:

DL wake-up shot

No excuses 15-minute home exercise.

Breakfast

Combine two egg whites and one whole egg into an omelet, a cup of blueberries, two slices of wholewheat toast with honey, hot tea and apple juice.

Snack

DL muscle shake

Lunch

Tuna salad, fruit salad

Snack

A banana, cashew nuts

Dinner

Grilled chicken breast with rice and vegetables

Bedtime

Hot chamomile tea with juice of one lemon

Scenario: If I have a more chilled day

First thing in the morning

DL wake-up shot

Breakfast: Oatmeal, a hard-boiled egg, juice, tea

Mid morning

A cup of coffee

Snack

DL muscle shake

Lunch

Caesar salad with chicken breast, fruit salad

Snack

One protein bar

Bedtime

Hot chamomile tea with juice of one lemon

Scenario: Prepping and starring in an action film

First thing in the morning

DL wake-up shot

Breakfast

DL muscle shake

Snack 1 banana

Lunch

Grilled fish with potatoes and vegetables

Snack

A protein bar and nuts

Dinner

Thai chicken soup with rice and fruit salad for dessert

Bedtime

Hot mint tea with lemon

Dolph Lundgren's daily supplement stack

- One serve of multivitamins
- 1,000mg of vitamin C in the morning with my wake-up shot •
1,500mg glucosamine
- 2-3g of MSM in the morning with my wake-up shot
- 1,500mg of omega-3 sh oil • 20g of whey protein in my muscle
shake