

# Wellness

*Your guide to all things health and fitness focused* **UPDATE**

## MY DAY ON A PLATE

ALPINE SKIER, TESS ARBEZ, IS ON HER FINAL QUEST FOR QUALIFICATION FOR THE 2018 WINTER OLYMPICS

### WHAT IS YOUR GO-TO BREAKFAST?

When I'm in training mode, I typically have a porridge-based breakfast, warm or cold, with lots of added fruit. Usually banana, peach, or berries, with added nuts, such as almonds. Otherwise any other cereal, such as Weetabix with yoghurt and fruit is fine. An alternative would be an omelette prepared with one whole egg and three egg whites.

### WHAT DO YOU USUALLY HAVE FOR LUNCH AND DINNER?

My lunch and dinner menus are actually more or less the same, in training and non-training periods. I'll have around 150g of meat, like turkey, chicken, or veal, or else I'll have fish, like salmon. I'll serve that with vegetables and one portion of carbs, which can be anything from quinoa, whole wheat pasta, rice, to bulgur wheat. On training days, one

hour after training, I add a high protein snack with yogurt, ham, and some dry fruit, such as currants and almonds, for example.

### WHAT FIVE ITEMS DO YOU ALWAYS PUT IN YOUR BASKET?

Fruit, pasta, chicken, eggs and different types of cereal to stick to my nutrition programme with as much variety as possible.

### WHAT ARE YOUR FAVOURITE SNACKS?

A banana, and I also like mixtures of dried fruit and nuts. Sometimes I give in

to my cravings and just work out more the next day. Otherwise eating a banana or an apple keeps me full until the next meal. Drinking water helps with cravings too.

### WHAT'S YOUR FAVOURITE CHEAT MEAL?

I'm a big fan of cheat meals! I love bacon, burgers, chips and pizza. I love to eat out in burger houses. You can now get some good quality burgers with quality ingredients, so cheat meals are not always as bad as we are told.\

*The Winter Olympics take place in South Korea from the 9th-25th February*

