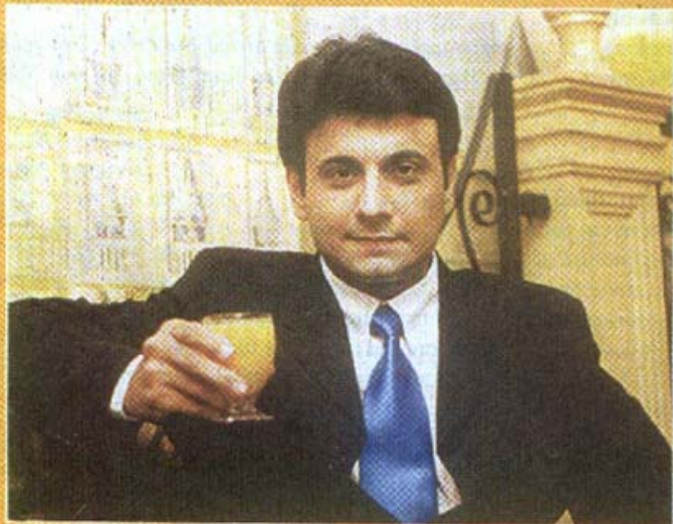


“Junk food does not add value to your food”



MINOCHER PATEL *Motivational speaker*

nothing in between meals as a rule. Also I tend to eat out a lot but avoid oily things - like I would go in for tandoori chicken rather than butter chicken and do not touch red meat. Alcohol consumption is mainly social drinking but even then it's never beyond two pegs and that I think is very important. I strongly believe that you are what you eat and the value of a good diet is an integral part of the talks I give on grooming and right living. A lot of people tell me that I do not look my age - I have only the right diet to thank for that.”

“I am in the business of etiquette and grooming and the last thing I can afford is to look obscene myself as far as weight is concerned,” says the 33-year-old motivational talker who eschews all junk food and consciously avoids eating in between meals.

“Junk food does not add value to your food. They only add weight. I start my day with two glasses of water followed by a cup of tea with biscuits or a toast after half an hour. Breakfast begins with three or four almonds, a cereal, a fruit like papaya and two boiled eggs without the yolks. I make sure that I do not have more than three or four yolks in a week. Lunch is two or three chappatis with some vegetable, salad and a little rice and a similar dinner. If I feel very hungry in the evening at around 6 pm, I nibble on a fruit or have a juice.

The important thing is that I do not eat