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FEATURED ON PAGE 388 OF THE SEPT 2007 ISSUE

The Pro Athlete

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Gabby Reece, pro volleyball player and face of Davidoff perfume, mid-30s

"What I eat affects my performance as an athlete, so I'm conscious of what I put into my body but not neurotic about it. I eat a lot of lean meat, fish, whole grains, fruits, and vegetables. White devils (sugar, white flour, most dairy, and table salt) aren't really part of my diet, nor is alcohol."

7:00 A.M. I have breakfast with my daughter every day. I usually have Catie's Organic Greens [a powder packed with algae and green tea, equal to seven servings of green vegetables in every scoop, available at gotogabby.com] with water and either oatmeal with agave and cinnamon or an omelet made with whole eggs, feta cheese, and a pinch of mineral-rich Celtic salt. If I'm pressed for time, I'll make a protein shake with Muscle Milk protein powder and Catie's Organic Greens, plus a slice of sprouted toast with almond butter. If I'm really lagging, I'll have a cup of kombucha tea or yerba mate with honey or agave, but otherwise I never have caffeine. I cycle my vitamins (about six different supplements in all) but always have two tablespoons of flaxseed oil in a shake and an omega-3 supplement, plus an antioxidant like Pycnogenol and glutamine to help my muscles survive strenuous daily workouts.

10:00 A.M. A Perfect Foods Bar or a handful of almonds and a piece of fruit on the way to the gym.

10:00 A.M.–1:00 P.M. I always work out in the morning. If I wait, I can't get into it. Several times a week, I work with a trainer, doing weights, isometrics, and exercises using a balance beam. Other days, I play volleyball for two hours on the beach or do a deep-sand run or a hike in the Santa Monica mountains. On Sunday, I'll take a spin class and then lift weights on my own for 30 minutes. If I can't get to the gym, I work out on my Pilates reformer at home for 30 minutes. I rarely take days off, and I constantly



7:00 A.M.



10:00 A.M.



1:00 P.M.



7:30 P.M.



Gabby Reece

"What I eat affects my performance as an athlete, so I'm conscious of what I put into my body"

change up my routine to keep my body guessing. I had knee surgery in January, so three times a week I have physical therapy.

1:00 P.M. Lunch is usually pretty hearty: grilled chicken and vegetables with brown rice, or tuna fish or egg salad (made with veganaise) and lentil soup. If I have a craving for something like a baguette with prosciutto, I'll have it at lunch.

3:30–4:00 P.M. For a snack, I'll have a piece of turkey or Parmesan, and I drink water throughout the day, sometimes with lemon.

7:30 P.M. We always have some kind of meat or fish with dinner, and we eat red meat once a week. Usually it's roasted chicken or fish with vegetables (brussels sprouts, squash, et cetera). I always make a salad with nuts, fruit, and cheese. I rarely drink alcohol. When we go out, it's usually sushi. I'll have one hand roll with brown rice and some sashimi. If we're going to a great Italian restaurant or if it's a special occasion, I'll indulge and order pasta or get something chocolaty for dessert.

10:00 P.M. I'll take some more vitamins, plus liquid calcium and magnesium to help me sleep. I try to have my head on the pillow for eight hours every night.

WHAT THE EXPERTS SAY

Nutrition *Keri Glasman, R.D., nutritional consultant in New York City, author of The Snack Factor Diet; kkgbodyfuel.com:* "First of all, it's clear that Gabby has a great attitude about food. She eats consistently throughout the day and gets enough protein for an athlete. Both omega-3 and flaxseed are supplements every woman in her 30s should be taking. They help you burn fat, fight inflammation, and improve mood and skin tone. Gabby's on-the-go breakfast is actually better than her omelet or oatmeal because it has protein, fiber, and fat. If she had whole-grain bread with her omelet or walnuts or a hard-boiled egg with her oatmeal, these breakfasts would be more complete. Gabby should increase her carbohydrates at lunch or dinner. A piece of whole-grain bread with her tuna or egg salad will give her more energy. Last, instead of taking a calcium supplement at night, she should split up the dose A.M. and P.M., as the body can absorb only 500 milligrams at a time."

Fitness *Patrick Murphy, L.A.-based fitness expert and personal trainer whose clients include Eva Longoria; murphyfitness.net:* "Gabby has the concept of integrated fitness down, meaning that she does a variety of exercises to challenge her body. While not everyone needs a supplement like glutamine, it makes sense for anyone doing intense workouts. Glutamine is the most abundant amino acid in the body and is highly concentrated in our muscles, helping them to recover. I can't say negative things about her program but would recommend that Gabby have her morning snack two hours before working out. When we eat right before exercising, blood rushes to metabolize our food, so there's less of it around to keep our muscles functioning optimally." >