



# **AN INTERVIEW WITH FAMED CRICKETER VIRAT KOHLI ABOUT HIS SPORT NUTRITION.**

**~ By Advait Nair and Abhinav Adarsh**





**Q. Do you eat protein-based food for your breakfast?**

**A: Yes, I do. Usually, my breakfast includes three egg whites and a whole egg. Egg whites are low in calories and high in protein. Otherwise, I eat spinach or cheese and black pepper along with bacon. For fruits, I often eat dragon fruit, papaya or if available watermelon.**

**Q. What is your routine for lunch?**

**A: Usually I used to eat grilled chicken, mashed potatoes, spinach, veggies and grilled salmon. I used to eat non-veg items high in fat but currently, I have drastically decreased my meat consumption.**



**Q. What do you eat for dinner?**

**A: For dinner mostly I go with seafood.**

**Q. In between the three main meals do you eat or drink anything else?**

**A: I usually carry nut butter and eat it along with gluten-free bread. I sometimes eat this combo after a gym session. I prefer to drink 3-4 cups of lemon tea or green tea, and a decent amount of cheese too**





**THANK  
YOU.**

