



# IN A NUTSHELL

Anahita Vora

## FOOD FOR MIND

- Magazine: *Hello*
- Website: Yahoo News, recipes
- Newspaper: *The Times of India*, *The Economic Times*
- TV channel: Star World, Romedly

## STRESS BUSTERS

- Music: FM
- Movie: English romantic
- TV programme: Master Chef (Australia)
- Hobby: Cooking, gardening

## FITNESS MANTRA

- Eat: Small meals every 2–3 hours
- Drink: Lots of water and butter milk
- Exercise: Every day
- Avoid: Fried food and sweets

## NOTHING MORE THAN FEELINGS

- Fear: God
- Joy: Woofy (my dog)
- Frustration: Break-down and repairs in the house
- Pride: Family

## A MATTER OF TASTE

- Beverage: My mother-in-law's masala chai
- Dish: *Love all kinds of food, am a complete foodie*
- Dessert: Pastries, puddings, rasgullas and everything else that's sweet
- Restaurant: Little Italy

## AS I LIKE IT

- Colour: Though love different colours as per mood but black is my all-time favourite
- Season: Winter
- Smell: of a good spa
- City: Washington DC

## YESTERDAY ONCE MORE

- As a child I collected: Greeting cards
- I played: Badminton
- I watched: Ramayana, Disney cartoons
- I read: Nancy Drew and Hardy Boys
- I dreamt of: Being a princess

