

CAT CORA

MY

HEALTHY DAY



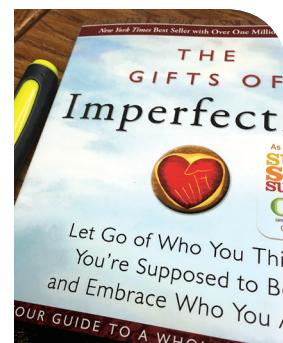
Throughout the day, Cora (in L.A. Oct. 14) snacks on hummus, rice crackers and fruit.

"It's important to me to do something active every day," says the chef and TV host, who tracks her 16-hour mind (meditation) and body (avocado salad) routine for *Us*



MORNING GLORY

When Cat Cora wakes around 7 A.M., the mom of sons Zoran, 13, Cajé, 9, and Thatcher and Nash, both 7 (with ex-wife Jennifer), takes a minute to bask in the Pacific Ocean view at her Santa Barbara spread. "I look out and say a small prayer of gratitude," says the judge on Fox's *My Kitchen Rules* (premieres January 12, 9 P.M.). "The next thing I do, without fail, is get a cup of coffee."



FINDING OM

2 An egg white omelet fuels her for a 40-minute 9:30 A.M. workout and a 20-minute meditation. Pondering anecdotes from *The Gifts of Imperfection*, social-work professor Brené Brown's tome on compassionate living, helps keep her grounded.

CHOP, CHOP

The 4-foot-11 chef lunches on a chopped salad with hard-boiled egg, radishes and apricot vinaigrette — similar to a dish served at her eateries Cat Cora's Kitchen (nationwide) and Mesa Burger (in Santa Barbara). Grilling the avocado, she notes, gives it a rich flavor.



POWER PLAY

After her sons finish school, they visit Mana ("It's what the boys call me — it's Greek for mom") at Mesa Burger, then the group heads to the beach for activities such as running, cycling and surfing. "With four boys, you have to be able to keep up," says Cora, who grew up water-skiing. "They go hard all day."



HOME PLATE

Preparing a dinner of grilled salmon, garlicky sautéed spinach and roasted beets with her kids "is very cathartic," says the Food Network alum. Other nightly rituals: a second meditation and, says the Mississippi native, "a glass of wine is nice too!"



PILLOW TALK

Having enough energy to juggle multiple restaurants and a "grueling" TV schedule requires at least six hours of sleep, so the 49-year-old aims to hit the sack by 11 P.M. "It rejuvenates my body," Cora explains, "and it makes me happier."