Interview: Denice Andrée Diet

Name: Denice Andrée
Age: 25
Height: 178cm
Weight: 63kg
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Who are you and what are you doing?
I am a model and fitness profile. These days I am the part founder and part owner of Bodyfight where we have a school for personal training and nutrition. We also have a crew of personal trainers and a Bodyfight team. I have done a lot of pageants before and won Miss International Sweden 2011 and Miss Earth Sweden 2013, Placed 1st runner up (2nd place) in Miss Universe Sweden 2010. This summer I will do my first fitness competition here in Sweden.

How does your diet look?
My diet is simple. I like to eat clean and healthy food. My favorites are oatmeal, chicken, fruit, berries and quark. Every morning I eat oatmeal with berries, fruit and cottage cheese. I also like to eat chocolate oatmeal, I just add chocolate protein powder. For lunch and dinner I always have some chicken/salmon/tuna with rice and a sauce made of quark and spices. And vegetables. For snack I eat cottage cheese with berries or a proteinbar.

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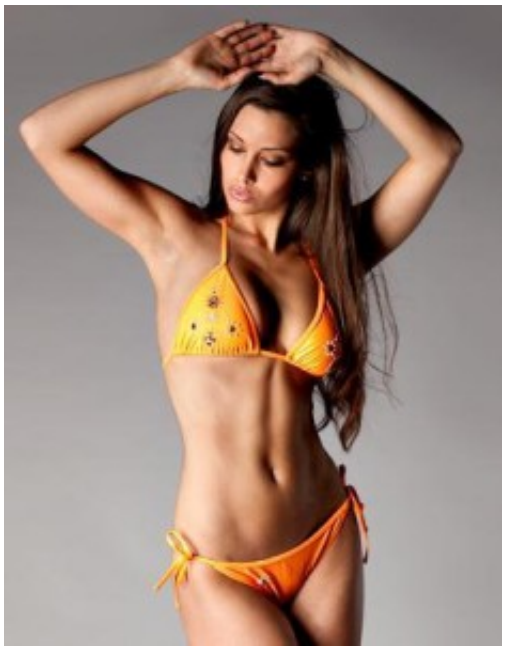

Source: Denice Andrée[/caption]

What is your daily calorie and macro´s intake? (On- and Off-Season)
I always have 33% carbs, 33% good fat, 33% protein in my diet. When I am on a diet for a photoshoot or competition I eat around 1800-2000 kcal/day. Otherwise I eat 2500-2700 kcal/day. I do a lot of workout, 1-2 times every day.

Which foods should not be missing from your diet plan?
I will never skip berries and cottage cheese or quark from my diet plan. I love berries.I never cut anything completely out in my diet plan. For example I always include carbs (unlike many others). I need the carbs to perform in the gym, which in the end will give me better results.
Cheat Meals?
Hmmm, yes, sometimes. I prefer a cheat meal over a cheat day. If I have a cheat meal I have a place here where they have the best hamburgers. I am also week for ice cream. When I am on a diet I never include cheat meals, unless I have a diet for more than 4 weeks, then I have one cheat meal once every 4 week.

What supplements do you take?
I work with the brand BMR sports nutrition because quality is very important for me. My daily intake of supplements when I am on diet is this: – Tartarus before breakfast and my morning cardio, and also one tartarus and ketoz while I have breakfast. I also take BCAA before morning cardio and before/after and during all my workouts. – Protelux after workout and in smoothies. Protelux casein before bedtime and sometimes instead of a snack.

What´s your favorite recipe on www.HealthyFitnessNutrition.com?
I love all the deserts and smoothies. One favourite is the “high protein vanilla-caramel desert”.

Do you have any special advice for your fans?

To never give up, and if you sometimes loose your track don´t feel like you have lost. It happens to everyone. The difference for those who succeed, is that they never accept to loose focus on the goal. See yourself be that person you want to be, and one day that´s your reality.

Thank you for your answers, Denice, and all the best for the future!