



Manly Daily
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secrets of a skinny chef

ALESSANDRO PAVONI, ACCLAIMED CHEF AND AMBASSADOR FOR HEART RESEARCH AUSTRALIA, SPILLS THE BEANS ON HIS NEW SLIMMED-DOWN PHYSIQUE

WORDS: ANNA MCCLELLAND PICTURES: DAVID SWIFT

What does a typical day look like for you?

I wake up and do power yoga in Manly for an hour, then have a light breakfast with my wife and head off to Ormeeggio at The Spit for the lunch and dinner service.

If it's a good day, I'll substitute yoga with stand-up paddle surfing. On my days off, I like to play golf at Cromer Golf Club.

How has your approach to health and fitness changed since you had two heart attacks?

I'm less extreme than I used to be. I used to snowboard, surf on a short board, skateboard, rock climb, ice climb...now I'm much calmer.

I needed to find activities that have a less up-and-down cardio workout and do things that are more constant in their exertion, like stand-up paddle boarding instead of a short board.

You've just lost a lot of weight – 18kg in fact. How did you do it?

I did the 5:2 diet. The beautiful thing about it is even though there's two days of fasting, on the other days I can have pizza for breakfast if I want to.

You eat 3500 calories less than a normal person a week, and to achieve that with a normal diet you'd be restricted to just 1500 calories a day for the rest of your life, meaning you'd never be able to have a glass of wine or a beer. For me, that's mentally



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impossible – I'm a chef! But if you tell me that it's just for two days a week, psychologically, that's easy.

I feel much more energetic and more in control of what I eat now.

What is always in your fridge?

Tinned tuna, loaves of organic sourdough from the Ormeggio Bakery and ricotta or cottage cheese. And when they're in season, avocados.

Luckily I'm a savoury person so it's easy for me to avoid sweets.

What is your go-to dish for a quick dinner?

Spaghetti with Barilla pesto (I'm addicted to the stuff) or a tuna salad. Pretty much the only thing that my wife can make well is a great tuna salad, and she's the

first to say so. The secret ingredients on top of the usual (Sirena tinned tuna, lettuce, cherry tomatoes, celery, carrot, cucumber) are goat's milk fetta, red cabbage, corn kernels and good dukkah. It's a really colourful salad and it really fills you up.

What do you do to relax?

I paddle surf at Long Reef beach. I like to go around the point there. I don't really paddle surf at Manly because I'd kill someone, there's too many people. When I can I really like to go up to the Central Coast, mainly to North Avoca beach, where my father-in-law is the president of the surf club. I also love watching extreme sports on my iPad.

How do you juggle keeping fit with running a busy restaurant?

I get up early. If I have to be at the restaurant early then I get up earlier again.

With my health history being what it is, keeping fit and healthy is an absolute priority. If I don't do my usual activities then I not only feel physically down but mentally as well.

Where will we find you on the northern beaches?

You'll find me at Sandbar Cafe in Dee Why or Pilu Kiosk in Freshwater.

I love being able to see the surf from these cafes, and they both get the morning sun too.

At Pilu I can't say no to anything with salami on it.

At Sandbar, I really like their corn fritters with bacon and avocado.

My best place for breakfast, though, has to be at home with my wife – breakfast is the other thing she can do well in the kitchen.



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