

**ALTERNATIVE TO FISH OIL CAPSULES?**

**Dear Rosa,**

I have been told that I should be consuming fish oils especially whilst getting ready for a show. Do you think it's important to do so or not? I simply cannot stand taking fish oil caps, they just don't seem to go down well. Is there an alternative?

**Crystal,  
NSW**

*Hi Crystal, Omega 3 fatty acids are extremely important and a must! They are not only vital in order for us to achieve our fitness goals but also to maintain our overall health. I consume fish oil all year round. I will normally take the fish oil capsules but there are some alternatives that may assist you with your situation.*

*Flax seeds are a great source of Omega 3 fatty acids but even higher in Omega 3's are Chia Seeds. Did you know that Chia Seeds are the richest vegetable source for*

*the essential Omega-3 fatty acid and rich in antioxidants? Instead of capsules, try mixing them into your shake or sprinkle them on your cereal, salads and stir-fry's.*

*I hope this helps and remember our supplementation intake is absolutely just as important and if not more important than our training!*

*Good luck,*

Rosa

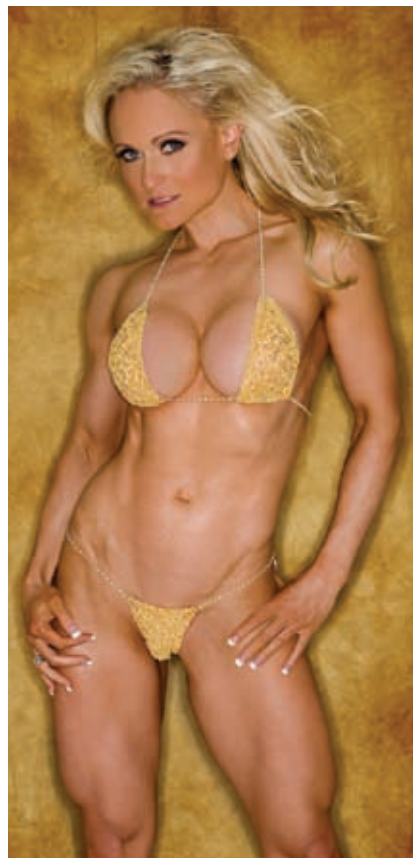
**CHEAT MEALS**

**Dear Rosa,**

I have been advised by a friend, that incorporating cheat meals into your diet plan can actually be an easier way to maintain a healthy diet all year round and help avoid binging and so on. What do you think about this and do you eat 'bad' foods from time?

**Nathalia,  
ADL**

*Hi Nathalia, In all honesty yes, I find that eating foods you crave from time to time is actually*



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*the best way to go. And of course, you should ensure supplement intake is always kept high so that you replenish your body with all the essential vitamins and minerals.*

*Some people are fascinated when they see me eating a muffin or piece of chocolate occasionally. My body actually appreciates it from time to time and it definitely makes it easier for me to eat clean for the most part. What I normally do is eat clean Monday through Saturday. Then Sunday is set aside as a 'free day' so to speak, to enjoy the foods I have not been able to consume during the week. I'll have things like pasta, mince meat, stir-fry's with my favourite sauce and of course a dessert. It just keeps me feeling good and it's also a time I can enjoy with my boys and family.*

*Downtime is just as important as your training. Your body needs rest in order for*



GREG WHITE

*it to grow. Don't be afraid to try something new. It's impossible to diet all year round and maintain a healthy and happy lifestyle. You need to find a balance that can be maintained for the rest of your life.*

*I have been competing now for almost eight years and people who know me well will tell you that I am always in shape. I don't believe in splurging and overeating although I won't say no to a sweet from time to time. Learn to be sensible and have a good understanding of the benefits of various foods and the effects they have on your body.*

*Good luck,*

*Rosa*

## **PROTEIN BOREDOM** **Hi Rosa,**

Because I am always on the move, I need to rely on protein shakes and cans of tuna in order to ensure I am eating every three hours. Do you have any suggestions or a different way to consume a simple protein shake?

It just gets boring having the same thing day in day out.

**Shelly,**  
**NSW**

*Hi Shelly,  
Absolutely girl! Sometimes I'll add olive oil to my shake, or flaxseeds, egg whites, etc, just to spice things up a bit. How about having a protein pancake instead of the shake? You could make this the night before and then take them with you the next day when you are on the move. I actually eat them cold but then again, I am used to eating cold meals!*

### **No Carb Protein Pancake**

**2 egg whites**  
**1 scoop protein powder**  
**1 tsp baking powder**  
**cinnamon and stevia to taste or splenda**  
**1 tsp flaxseeds**  
**water (approximately 2 tbsp) to mix**  
Stir all the ingredients together or blend and either bake or pour into a pan

sprayed with non-stick spray. Cook until golden brown, flip over and do the same on this side until the pancake is cooked through. You can top the pancake off with almond or peanut butter, if your diet allows.

*Whilst in the off season, I will often add yoghurt and honey to my shakes, spirulina and anything else I can experiment with. A good friend of mine Simon Rees, owner of Australian Sports Nutrition actually adds tuna to his shakes! Each to their own but don't be afraid to experiment with your shakes just as you would with your food preparation. I hope you like the pancakes and shakes?*

*Good Luck,*

*Rosa M&F*

*Rosa-Maria Romero is Australia's most successful figure competitor and looks forward to answering all your questions! Email your questions now to: [rose@fitrose.com](mailto:rose@fitrose.com)*



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