

# A Day in the Food Life of Queen Latifah

The crown jewels in the busy singer and entertainer's routine: fresh tomatoes and a shot of tequila.



## 5:30 a.m.

My internal clock wakes me up when I know I should still be sleeping. It's telling me, "Get up! Do something." And I say, "Shut up! We're going back to bed."

## 8:30 a.m.

Take two. I'm not a morning person. I'm more of a mid-morning person, if that even exists. I split time zones so much between New York and L.A. that I wake up at different hours.



## 9 a.m.

Get my usual coffee across the street at Starbucks: a double short "wet" cappuccino. It's a less milky version of a latte, with two shots of espresso.

## 9:10 a.m.

Check my email. In addition to acting and music projects, I'm working on my Queen Collection clothing line for HSN, so I want to get up to speed on everything.



## 9:30 a.m.

I work out while I still have that caffeine in me. I do a little bit of everything: walking, weights, circuits, hiking, spinning, yoga. I gotta mix it up or it gets boring.



## 4 p.m.

Ready for a short break: I play computer games in between the things I really need to be doing. Right now I'm into Parks Unleashed on YouTube, which is set in Central Park. You have to master different outdoor challenges along the way to be crowned king or queen (ha!) and win prizes. It's addicting!



## 2 p.m.

Lunchtime! I'm eating a salad with sautéed mushrooms, tomatoes, sprouts, egg whites and grilled chicken with balsamic vinaigrette. I should've added pine nuts for a little crunch.

## 11 a.m.

I work from home because everything I need is pretty much here. I'll throw on comfy clothes before sitting at the computer. I leave my windows open to let in the fresh air, and I don't need anyone walking by and seeing me looking like a bum!

## 10:30 a.m.

I'm a serious egg lover, so I make scrambles with spinach for breakfast, with sliced tomatoes and turkey bacon on the side. If I go out, I order the Japanese breakfast at the Four Seasons. It comes with grilled salmon, rice, miso soup, pickled veggies, tofu, seaweed and green tea. It sounds like a lot, but it's very balanced.



## 6:30 p.m.

Tonight I'm making something good and hearty: fresh capellini pasta with tomatoes and garlic and a side of mozzarella, tomato and basil. Can you tell I'm really into tomatoes? Actually, I love chopping stuff. Next time I'm on Rachael's show, I want to cook with her. Give me a sharp knife and something to dice up. And when I throw it in the pan, I want to hear it sizzle.



## 5:30 p.m.

Once I get all the work stuff out of the way, all I'm thinking about is, "What's cooking for dinner?" I'm always looking forward to the next meal. I got no problem talkin' food.

## 8 p.m.

No dessert for me. Give me a shot of tequila instead.



## 9:15 p.m.

To wind down, I turn on CNN and crime shows like Law & Order: SVU or Criminal Minds. Got to watch the case get solved and see what the heck is going on in the world.



## 12 a.m.

I am a bona fide night owl. When I'm in the studio, I record until really late because I've got a lot of energy. But tonight, it's lights out at midnight.