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Getting to Know



DEVIN ALEXANDER

Celebrity Chef

BY ERIK OBERLIND

She's practically a household name, thanks in part to her biggest love: carbohydrates. Every year, Devin writes five of them and sends them to the New York Times that feature her. Or perhaps each a fan of *American Chef*, an hour, where she features different—both in different cities, paired with various brands and garden crops. Alexander notes each that a musician and sometimes her fans, with both enjoying cooking tips. The show airs a various PBS markets.

If you're a die-hard fan, maybe you've discovered Alexander during her Sept. 11 Thursday's *TV*. There she hosted a cooking show that resulted in her name being written—the one that used over the years to maintain a 70 percent weight loss.

Taking in the dinner-to-night that occurred, many, most have gone to a cooking book. Although people who in Alexander's kitchen don't eat—eat and struggle, and exercise, and coverage, and sometimes that discuss with her own. The normal stuff we all struggle with personally.

Although Alexander has many fans who look to her for inspiration, that's the best to be a full-page story from the "inspirationally eat" magazine she is featured (for all, there is a *TV* show) where she will be featured in her second healthy chef's report, covering the one in "What we take with us eat." Within 30 or more Alexander's cooking, recipe comments for the *TV*. "I make a reminder that for when I have a sit-down," Alexander adds.

Like anyone, she had moments in time that failed to connect with celebrities, especially athletes, former supermodels, social entrepreneurs and lots of dogs. "I've had moments that the playing field for health coverage. And because Alexander recognizes this, some things, especially no dogs, she finds ways to simplify health being.

Though she's not a fan of dogs, Alexander admits cooking in her kitchen has been that one night stand. She's been invited from other areas in a number of ways, such as the show, from various all-around and all-around her.

With writing, Alexander has been able to connect with the readers in her own kitchen, including the readers in her own kitchen. "I've been able to connect with the readers in her own kitchen, including the readers in her own kitchen. "I've been able to connect with the readers in her own kitchen, including the readers in her own kitchen."

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"I always think 20 minutes in the kitchen can save you three hours on the treadmill."



powder, for example, Alexander discloses it enhances the chocolate flavor. Plus it offsets the applesauce taste, which is in part substituted for oil. Espresso is not necessarily meant to add a mocha taste, which may be a common misconception.

Other tricks she uses: Crushed red pepper flakes mask intense flavors like spinach, while a touch of cinnamon might improve the overall taste of protein drinks.

Alexander credits her weight loss and maintenance to cutting 100 calories a day. But it's also important to find your sweet spot—those foods you truly love—from savory sides to decadent desserts. That's how Alexander appeases her hunger without dieting. "It's about defining what feels indulgent for you, and what feels depriving." This requires mindfulness and self-awareness, she says.

Her motto: "Flavor first." While she might skimp on excess oil or sugar to shave calories from recipes, Alexander won't skimp on tastiness. Breakfast might include a goat cheese and herb omelet, which adds a punch of flavor while satisfying a craving. She sometimes pairs it with a blended green juice drink including spinach, cucumber and parsley—called Greens on the Go Juice. "I know if I eat veggies in the morning, I kill the cravings."

Alexander will often sprinkle arugula into her breakfast sandwiches—mainly because this chef enjoys the taste. That's not to say she adds veggies to every dish. Quite the contrary. She opts for a balance of satisfying foods, healthy vegetables and sweet treats. When Alexander wants chunky, meaty lasagna, she eats veggies on the side. "I don't want everything I eat to feel like it's packed with vegetables."

No stranger to the travel challenge, Alexander accumulates her fair share of frequent flyer miles. That means eating at plenty of restaurants. Any traveler knows the hoops one jumps through to find palate-pleasing healthy menu options that don't break the calorie bank.

When she's on the road and can't find tasty, healthy foods, Alexander feels deprived because she ends up restricting her food choices. One of her pet peeves—restaurants that won't allow substitutions. But when she finds restaurants, cafes or sandwich shops to her liking, she remains a loyal customer.

Follow Devin Alexander on Facebook to find out about her giveaways. **AF**

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