

# viva

MAGAZINE ONLINE

**THE  
NATURAL  
GUIDE TO  
HEART  
HEALTH**

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## PALETTE PLAY

ADD LIFE TO ANY  
ROOM WITH  
NEUTRAL SHADES

**ARE HORMONES  
AFFECTING  
YOUR THYROID  
HEALTH?**

EXCLUSIVE

# LISA EDELSTEIN

*BALANCING SELF-CARE  
AND HER CAREER*

**WE'VE GOT  
YOUR BACK  
AT-HOME BACK  
PAIN SOLUTIONS**



## WHAT'S IN YOUR FRIDGE: DVIRA OVADIA

TORONTO-BASED CELEBRITY AND AWARD WINNING DESIGNER ON HER FAVOURITE KITCHEN STAPLES

**Occupation:** I'm an interior designer.

**What's your secret food vice?** I absolutely love sweets—baklava and malabi (a Middle Eastern milk pudding) are my very favourite!

**What is your number one comfort food?** I am a huge fan of home-cooked foods like stuffed peppers and stews. Although, when I want a quick late night snack, I go for an open-face grilled cheese.

**What is your biggest food challenge?** I love being in the kitchen and feel very comfortable cooking, but I never follow a recipe. I just look at cookbooks for inspiration, and I improvise with whatever ingredients and spices I have in the kitchen. This method doesn't carry over to baking, so it isn't my forte!

**What keeps you eating a balanced diet?** I grew up eating very healthy. My mother was always a health guru—she was the first to introduce me to flax, quinoa, and a variety of alternative grains. We were eating these before they became the new norm. Growing up, my version of mashed potatoes consisted of mashed carrot, zucchini, and sweet potatoes. There's never a dull moment for me and stress levels are always high, so it's crucial that I fuel my body with healthy and nourishing foods.

**Any food dislikes?** I'm not very adventurous when it comes to exotic or organ meats, as well as seafood, like muscles and oysters. Otherwise, I have a pretty diverse palate. That said, I'm quite particular about the quality of foods.

**Any foods you've omitted from your diet?** I try to cut back on sugar, despite it being my biggest vice. I also try to keep bread to a minimum, without completely eliminating it. Generally, I eat everything—meat, fish, whole grains, dairy, and lots of veggies.



**What must you always have in your fridge?** I always need to have the basics: milk, eggs, cheese, yogurt, kefir, lemons, ginger, cucumbers, tomatoes, strawberries and raspberries. I also need root vegetables so I can whip up veggie or chicken soup.

**What are some of your go-to meals?** Some of my quick and healthy meals during the workweek are grilled chicken breast and salad or baked fish and salad. Sometimes I add whole-wheat couscous, spelt pasta or roasted veggies.

**Strangest food you've ever tried?** Raw sea urchin—not a fan! What is your favourite meal to make for guests in your home? Roast chicken with roasted potatoes and a large spread of salads is my go-to for guests.

**What is your favourite ingredient to cook with?** I love strained tomatoes—they are a staple in my house. I use them for pastas, stews, and stuffed peppers.

**What have you been busy with over the last year?** I've been running my own design business, which has been working on various large-scale residential projects, a chain of restaurants, and several other commercial projects. In my spare time, I'm always in my kitchen experimenting with new recipes. It's my escape from the hustle and bustle.

**What's next for you?** At my design firm, we are working on new home builds and renovations, as well as several additional restaurant projects.

### WHAT'S IN YOUR FRIDGE?



**La Preferida Thick 'n Chunky Salsa – Hot**

Add some authentic Mexican flavour to your favourite dishes with La Preferida's rich salsa. This organic condiment makes a perfect addition to game night nachos or a batch of spicy refried beans. (\$5.44, 450g)



**Natura Foods Natur-a Fortified Almond Beverage**

Low-calorie and delicious, this dairy substitute is made with California almonds. Poured over cereal or enjoyed cold, this beverage is one you whole family can enjoy! (946ml, \$2.67)



**Eden Organic Spaghetti Sauce, No Salt Added, Organic**

This no-salt-added tomato sauce is made from fresh, unpeeled, organic Roma tomatoes cooked within hours of harvest with organic extra virgin olive oil and a traditional blend of Italian organic herbs and organic spices. (680 ml, \$5.21)



**Life Choices Chicken Nuggets**

These free-range chicken nuggets are made with chickens that were raised without antibiotics and that were fed no animal by-products. They're rich in omega-3 fats and a great source of fibre and iron. (600g, \$9.99)