

Iqbal Khan chickens out!

What's your fitness mantra?

My only fitness mantra is to eat normally and work out regularly.

Do you go to the gym daily?

I go to the gym six days in a week.



What does your exercise regime consist of?

I work out for one hour concentrating on each part of the body on each day.

Are you a foodie?

I love food. I generally eat everything but I avoid fried food.

Are you a vegetarian or non-vegetarian?

I am a complete non-vegetarian but I don't eat pork.

What is your fave cuisine?

I like anything that is to do with chicken. My choice of food is something very simple like *dal* and chicken.

Which is your favourite dish?

Any dish that has chicken in it and tasty to eat is my favourite dish.

Favourite restaurant?

Penne at Juhu in Mumbai. It has the best Italian food.

What do you like to see in your *dabba* every day?

Some nice spicy food. My wife cooks for me most of the times.

Do you like to cook?

Yes, I like to cook but I cook only once in a month.

By Anjum Farooki

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