

## 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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