

How 8 Top Chefs Stay Healthy, Happy And Drink Way More Green Juice Than You

Jamie Oliver, Duff Goldman, John Besh eat right

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Jamie Oliver, Marc Murphy and Dan Holzman all have their routines.

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With it being **Healthy Living Week** here at Food Republic we decided to reach out to some of our friends in the chef world to find out about their eating and fitness routines.

Daniel Holzman is executive chef and co-owner of [the Meatball Shop](#) in New York City.

What's the first thing you eat/drink in the morning?

A fiber shake.

What's your fitness routine?

I train Brazilian Jiu Jitsu 3-6 times per week at Renzo Gracie Academy.

Any New Year's eating resolutions?

Yes, but unfortunately I broke them, along with all the other ones.

Have you ever done a fad diet?

I did the juice diet as a joke, but I ended up losing weight, feeling amazing and having more energy than I've ever had!

Any foods or drinks you actively avoid?

I don't eat a ton of meat. I eat mostly fish and veggies. Besides water I never drink non-alcoholic bottled beverages

Have you ever struggled with your weight?

It's a constant issue, half joke/half life threatening disability.

Do you juice?

YES! I often drink juice in the early afternoon instead of lunch. I started with a "juice cleanse" that changed my life!