

FOOD COMMANDO #6

DEFEAT A SLUMP

Launch a surprise attack on an afternoon energy dip with this super sandwich to de-stress, power-up and sharpen your mind

BRIEFING

Fed up of feeling tired after your standard-issue lunch rations? You need a supersanger to fill you up without filling you out, and power you through until 6pm.

KITCHEN AMMO

- 2 slices sourdough rye bread
- 2 tsp reduced-fat mayonnaise
- 1 tsp chilli paste
- 1 avocado
- Squeeze lime juice
- 100g cooked turkey
- 3 slices smoked bacon
- 1 hard boiled egg, sliced
- 1 med vine tomato, sliced
- 1 handful of baby spinach

STRATEGY

- 1** Toast slices of bread.
- 2** Mix mayo and chillies and deploy onto one slice.
- 3** Peel half the avocado; bayonet until mush then hose down with lime juice; spread over other piece of toast and season.
- 4** Slice other half of the avocado.
- 5** Layer slices of avocado, turkey, bacon and egg in regimented order.
- 6** Put spinach leaves and tomato into a body/freezer bag to take with your sandwich and add them just before eating to prevent the bleeders going all yellow-bellied on you.

MISSION STATUS:**SUCCESS!**

Low-GI sourdough rye maintains steady energy levels all day. The combined protein power of egg, turkey and bacon fights hunger pangs. Adding chilli to the low-fat mayo perks up your metabolism while the eggs fire up your brain. Avocado lowers cholesterol and increases your absorption of nutrients from the spinach and tomato. Take no prisoners!

DEBRIEF STATISTICS

565kcal, protein 44g, carb 38g, fat 27g (sat fat 8g), fibre 7g

BOOZE CHOOSER

THE PARTY'S ON ITS LAST LEGS SO HOW BEST TO TOAST THE EVENING?



PORT

BRANDY

HANGOVER

Contains more brain-crushing congeners than any other drink per ml. It's fortified with other spirits and liqueurs too – plus you're likely to quaff it like wine which will cause all sorts of problems.

Brandy isn't your best bet for a bright and breezy morning either. But unlike port, it's a wine fortified by taking the water out (ie distilled), so it has fewer impurities.

HEALTH QUOTIENT

It's not all bad – Australian scientists recently proved 30ml of the stuff contains the equivalent antioxidant benefits of two oranges, or your RDA of vit C. Oranges every time.

Armagnac nerds found it helps stave off heart attacks due to phenols in oak casks. But this only held true for "fine" brandy – put the own-brand back.

ENERGY BOOST

While each 50ml contains a meagre 78 calories, each glass packs the equivalent of a full teaspoon of sugar – the booze equivalent of Sunny D, leaving you bouncing off the walls.

That late-night chat won't stretch to dawn with a couple of these in you. Almost all the calories come from alcohol – energy which won't go straight into the bloodstream but can leave you feeling tired and drunk.

MAKE YOURS A... BRANDY

Enter into the spirit of things

Thanks to Dr. Marco Morzini, acohol expert at London's Royal Free Hospital.