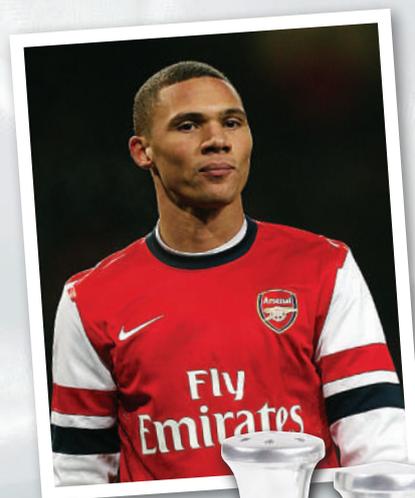


GOURMET GUNNERS

NAPOLEON SAID 'AN ARMY MARCHES ON ITS STOMACH' AND FELLOW FRENCHMAN ARSÈNE WENGER CERTAINLY NEEDS HIS TROOPS TO BE WELL FUELLED IF THEY ARE TO FIRE ON ALL CYLINDERS FOR THE FIRST TEAM. EACH MONTH WE ASK AN ARSENAL STAR TO SPILL THE BEANS ON ALL THEIR FOODY THOUGHTS. ON THE MENU THIS MONTH IS LEFT BACK **KIERAN GIBBS**



What would you say is your favourite food?
Home-made curry – my mum's, not mine!

What is your favourite restaurant – either to visit regularly or as a treat?

Anything that specialises in fusion cuisine, really.

What is the first thing you'll look for on a menu?

Burgers, normally!

Tell us the perfect person for you to go to a restaurant with.

My brother, Jaydon.



What is the main cuisine in your home City?

Well I'm from London and it's quite hard to say. Fish and chips maybe?!

What do you like to eat for breakfast?

Toast or porridge.

...and a late night snack?

Just a bit of chocolate or some crisps.

Porridge



Worth going to school for



Fried eggs



Did you have school dinners?

Yes I did.

What did you like about them?

I liked the hot dogs – but I hated turkey twizzlers even though everyone else loved them!

How do you like to eat your eggs?

Fried, usually.

What do you like on toast?

Nutella or jam.

Favourite three vegetables?

Spinach, broccoli and carrots.

Your favourite cold drink?

A milkshake.

...and hot drink?

A cup of tea.

What's your secret vice?

KFC – or even better, Nandos!

Tell us what you have for Christmas dinner?

The full works – although I usually have lamb rather than turkey, and I'm not too fond of sausages unless they come in a hot dog!

Finally, when you go for lunch at the training ground, tell us three things you hope the chef has on the menu that day?

Lamb chops and jam roly poly – not forgetting some carrot and coriander soup to start.



Lamb chops

COLLINS GEMS



Arsenal nutritionist James Collins knows the exact nutritional requirements to ensure the first-team players are fuelling themselves with the correct food and drink, both before games and in recovery after a match.

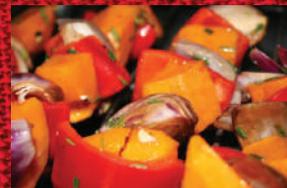
James gives us the benefit of his extensive knowledge each month, providing readers with tips as to how their diet can be beneficial when undertaking sport.

BRING OUT THE BARBIE

With the summer rapidly approaching, barbecue's are a great way of enjoying meals with friends and family. And barbecuing can certainly be a healthy way to cook. Here's how...

ADD SOME VEGETABLES

Vegetable kebabs using peppers, butternut squash and onion are a great way to boost the antioxidant content in your meal.



ADD SOME 'GOOD FATS'

In the form of fish – delicious on the barbecue. Try salmon, fresh tuna, mackerel or sardines.

Not only will this give your barbecue some flare, but you will be boosting your Omega 3 intake which a key factor in supporting your cardiovascular health.



TAILOR YOUR CARBS

Depending on your dietary goals and exercise, add carbohydrates to fit your needs. Ensure you are careful in taking on the right amounts of carbs, be they buns for your burgers, pasta, couscous, rice or potato salad.

