

GABRIELLE REECE

*volleyball star
fitness expert*

Reece first caught the world's attention as a record-breaking pro volleyball player. Since then, she has added commentator, model, writer—and mom—to her résumé. Now a passionate advocate for healthful eating and living, Reece practices what she preaches on her Web site (gotogabby.com) while raising three daughters with her husband, legendary surfer Laird Hamilton. Reece's advice on splurges? Go for the good stuff.



Passionate about healthful eating, Reece likes to keep things natural—and delicious.

What do you want people to know about food?

The number one thing is to have a good relationship with food. You hear people say, “Don’t eat this before noon, and don’t eat that after six.” It becomes overwhelming. I always say that if the food can live on the shelf for 100 years or is out of a can, a bag, or a box, try to avoid it. Eat the real thing with the real cheese and all the calories, and enjoy it. Then, in your day-to-day life, try to balance it out.

When you splurge, what’s your food of choice?

Anything Italian—pasta, pizza. I find Italian cuisine really satisfying. You feel full, and it tastes good and has everything you want from food.

Where’s your favorite restaurant?

There’s a great Italian restaurant I like in Los Angeles called Via Veneto. Their food is pretty authentic. In some of their pastas they use truffle oil, which is very tasty.

What kitchen gadget do you love?

My food processor. If I’m making sauces, I’ll use it to puree vegetables.

What do you like to make for dinner?

I do a lot of cooking at my house. Last night I made salmon. I often cook with squash because it feels hearty, like a potato. We live in Hawaii for part of the year, and I really take advantage of the fish when we’re there. I learned to cook it with ginger, onions, and coconut milk.

What food would you never give up?

Chocolate. I could give up pasta, but chocolate is tricky.

What’s your favorite recipe to prepare for your family?

I make a really good meatloaf. I substitute oatmeal for the breadcrumbs and put grated cheese and corn in it to maintain moisture. On the top I use a barbecue sauce, and I enclose it with kale to create a skin. It’s a glamorized hamburger, basically.

~INTERVIEW BY BEKAH WRIGHT