



**POLLY
SAMSON**
Author

My day on a plate

7am I watch the sun rise and drink a jasmine tea followed by a builders' tea in bed.

9am Take the dog for a walk along the Brighton seafront, where I get my ideas for writing.

10am Fruit smoothie with yogurt and two teaspoons of linseeds, which I take with vitamin D and fish oil. Then porridge with maple syrup and bananas topped with double cream. It's pointless eating anything unless it's delicious.

11am I work in a writing room at home and chain-drink tea, sometimes working for eight hours straight.

2pm Meet my husband for a late lunch of a salt-beef sandwich and chicken soup, then write until dinner.

7.30pm I spatchcock a chicken and serve it with a salad of onions, tomatoes, cucumber and lettuce. My husband and I share a bottle of red wine and have Reese's Peanut Butter Cups with my daughter.

10pm We walk the dog two miles to the local pub, where I have a warm Jersey milk with a tot of bourbon.

12pm Flop into bed.
Sarah Biddlecombe

"The Kindness", by Polly Samson, is published by Bloomsbury at £14.99

PETRONELLA RAVENSHEAR Nutritionist

Polly's pre-breakfast walk is perfect – it's always best to exercise before eating. Her day includes lots of dairy – yogurt, cream and milk – but few green vegetables. Dairy foods provide calcium, but magnesium is needed to get the calcium into our bones. Magnesium is found in green vegetables including cabbage and broccoli, both of which can be made to taste delicious.