

THRILLIST

FOOD & DRINK

Remember back in January when you promised to eat more greens, drag yourself to the gym at least three times a week, and live your best life? Well, chances are, things like grilled cheese donuts and cookie dough-filled cones got in the way. But before you completely admit defeat, listen to this. We went to NYC's top chefs -- who also happen to be in crazy-good shape -- to help you get back on track.



Marc Murphy, chef and owner of Landmarc and Ditch Plains

On exercise: "I run outside whenever I can. I love running in Central Park, and if I'm on the road, I always bring my workout clothes and find a path to run on. It's actually a great way to explore new places. It's also one of the only times I'm actually alone so I do enjoy the routine."

On diet: "It really does vary day to day. On days when I'm shooting *Chopped*, I'm eating whatever I'm getting from the contestants. When I'm not shooting, I try to start my day with one or (several) cups of tea and oatmeal or a banana, if I'm short on time. For lunch, I'll usually pick a delicious salad or maybe a market fish from my restaurant Landmarc. For dinner, I'll make something with my wife and kids. We love roast chicken, any kind of tacos, or maybe Soy Vay salmon with a vegetable side and a starch."

"I don't really even like the word diet. I say do everything in moderation. You still have to enjoy life! [It's about] portion control and staying away from snacking all day. I prefer to sit down and enjoy whatever meal I'm eating. I think this helps keep you on track, know what you're eating, and stay consistent."