

NEW YORK

RESTAURANTS



GRUB STREET

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WITH
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The New York Diet

Drew Nieporent Hardly Ever Eats Like a Restaurant Mogul



Drew Nieporent gets a little stabby with that fork. *Photo: Melissa Hom*

Let's say you were the city's most famous restaurateur, the man who more or less invented Tribeca, and still owned three or four of the city's most popular restaurants in [Tribeca Grill](#) and the three [Nobu](#) restaurants, not to mention [Mai House](#) and [Centrico](#). Let's say you were also seriously overweight. What would having complete command of four restaurants within one block of your office — not to mention the red carpet at every other restaurant in town and an essentially bottomless food budget — do to you? Drew Nieporent used his resources to go on the ultimate New York diet and lost 70 pounds in the process.

Wednesday, August 22

We did a tasting at a young chef's who we're considering for a position. Normally I'm eating an egg-white omelette. I always have either iced black coffee or iced green tea from Nobu. They make me a quart container. But instead I was eating prawns wrapped in avocado with sweet-pea salad and pistachio, branzino with an oyster escabèche, lobster and chorizo cannelloni with fennel salad. But all those dishes were completely uncharacteristic of the way I've been eating.

I had an early dinner at Nobu 57. I had the famous toro tartare with caviar. Fluke with dried miso and a beautifully fresh piece of bass with the masatake mushrooms. Late that night I had some Ba-tampte half-sour pickles, which have zero calories.

Tuesday, August 21

I started the day off by having the chef at Tribeca roast an onion really dark and put it in an egg-white omelette. Then around one I had a little sashimi at Nobu. For dinner, I have my guys poaching salmon with heirloom tomatoes. There are a lot of tomatoes on this regimen that I'm on.

For a snack, I eat sugarless Bubble Yum. Bubble Yum has great elasticity. I think there's a correlation between overeating and having something in your mouth, so this keeps me from eating.

Monday, August 20

I started the day with a piece of grilled swordfish. I like a lot of lemon and herbs and thyme. And of course I carry Tabasco with me everywhere. You add a little lemon to it, and it gives you the heat you need.

We had a big Rhône wine tasting at Tribeca. They put out a big table of cheese. I love cheese. I have to admit I picked on the parmigiano and reggiano and manchego. And then some sliced turkey when I got home and a pickle.

Sunday, August 19

Oh, this was a good day! I watched Meet the Press, CBS Sunday Morning, read the paper, and then made eggs. I love to poach eggs. Salt and pepper, that's it! Then I went to see the Yankees. I had one sausage that you eat without the bread. And one Hebrew National quarter-pounder, a foot-long, also without the bread. Or the chips. It gets worse; this was a big eating day. My father-in-law in Nyack had three-pound porterhouses that he got from his butcher. He cooks them, I slice them. You know that whoever cuts gets a lot of the meat. But I didn't go for the corn, the teriyaki chicken, or potato salad.

Saturday, August 18

I had some cottage cheese at 11:30.

I have a sauna in my house so I took a sauna. That depletes you, so you get hungry. So I got some nice Berkshire loin pork chops. We eat that with fresh tomato and onion slices. My family has a dressing if they want. I have no dressing. More crudités: broccoli, cauliflower. We have a Whole Foods near us in Ridgewood, New Jersey, so I can get good pork chops. There's no oil. Just sea salt, tarragon, and fresh ground pepper. It's all dried, too. I have no problem with dried herbs. Love them.

Friday, August 17

Oh, Friday was a good day. I went over to the Oyster Bar. I had oysters and cherrystones with some lemon and Tabasco. Cherrystones, for me, are the greatest mollusk. They blow everything else away! I had a million espressos throughout the day. Then at night I had some grilled baby chicken on the grill over at Tribeca. The chef, Steve Lewandowski, knows just what to give me.

Thursday, August 18

I had pho without the noodles. I had them make me a chicken soup with steamed bok choy at Mai House. And then at night we had beautiful lump crabmeat with scallops. So I had them make a little takeout together, ungarnished. Then I made my dressing with Tabasco and lemon. I ate it with chopsticks, so it would be more satisfying. My office is bookended by four of my restaurants, and Centrico is spitting distance away. I can usually get what I need. I've lost 70 pounds, and it's hard to go back to the way I was eating before.