

Nani Vazana

Backstage meal & snacks

Hot meal:

Sashimi, miso soup, edamame, avocado salad
Or
Steak (rare) with green beans and Brussel sprouts
Or
Grilled fish with zucchini and spinach

*Since Nani doesn't eat grains or legumes,
please include a good amount of protein and vegetables

Snacks:

Almonds
Hemp seeds
Blueberries / Blackberries / Raspberries / Strawberries
Skyr (natural)
Dark chocolate 90%

Drinks:

Sparkling water with fresh lime, ginger and mint
Herbal tea
Decaf coffee
Mezcal + Soda + Lime juice - long drink after the show
(if Mezcal isn't available, then replace with Tequila, preferably smokey)

Allergy - Please avoid:

Peppers: Black, White, Cayenne, Paprika, Chilli, Peperoni, Jalapeno, Bell pepper & any other
paper in all shapes and forms.

Tomatoes: ketchup, sauce, fresh, cooked etc

Grains: Wheat, Rice, Corn, Quinoa, Spelt, Barley, Rye, Kamut, Oats, Amaranth, Teff etc.

Starches: Potatoes, Asparagus, Banana, Oats (including oat milk)

Sugar: white, brown, honey, agave, coconut etc.

Drinks: Wine, Beer, Juices, Soft drinks with sugar