

What Tim Tebow Really Eats in a Day

...Including the four things he puts in coffee to make it taste like a milkshake.



Tim Tebow is scouring his mini-fridge for everything he needs to make coffee. So far, nothing on the table looks like it belongs in a cup of java. There's a stick of Kerrygold butter. A small green vial with an eye dropper in it. Heavy organic whipping cream.

"Oh, I love unsweetened almond milk, too," he says, placing a quart on the table, next to a black Keurig.

Now he's ready.

Fresh from co-hosting Saturday's episode of [SEC Nation](#) at Ole Miss in Oxford, MS—where the Rebels were vying for a spot in the College Football Playoff on New Year's Eve on ESPN—Tebow has agreed to show us his secret recipe for bulletproof coffee (his go-to drink to get pumped before a taping or serious workout), while also sharing the *aww*-inducing best meal he's ever had, and breaking down what it's really like living on a ketogenic diet.

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He Admits His Regular Diet Seems "Boring."

Tebow sticks to a ketogenic diet, which means eating a lot of healthy fats, moderate protein, very few carbs and hardly any sugar.

"A lot of people would think that's very boring, and sometimes it is, but you find ways to really spice it up," he says. "I eat a lot of things that run, swim or fly; I eat a lot of greens, a lot of Greek yogurt, a lot of avocado."

More specifically, though, here's what his typical food day looks like:

- **Breakfast:** Eggs. "I have eggs in some form, whether it's an [omelette](#) with spinach and ham and bacon and sausage all in there, or a scramble with avocado."
- **Lunch and Dinner:** Sparkling water—specifically La Croix, if he can get his hands on a can—and plain Greek yogurt are must-haves throughout the day. Beyond that, Tebow sticks to lean meats, like chicken, steak and salmon, often pairing them with asparagus, spinach or avocado. And guacamole: "Love it."

Read more here: <http://www.delish.com/food-news/a44723/what-tim-tebow-eats-tim-tebow-diet/>