

# Nadia Giosia

## Quotes

*Thinking, Years, Home, Children, Looks, Beautiful, Cooking, Italian, Fun,  
Quality, Television, Workout, Rockets, Work Out, Space, Nuts, Stars,  
Scratches, America, Baby*

Exercising with a trainer makes my quality of life go through the roof.

~Nadia Giosia

You don't have to look far to taste some of the best food the world has to offer. I'd pit my grandmother against a 3-star Michelin chef any day.

~Nadia Giosia

I eat mostly vegetarian. I love meat, but I think it should be enjoyed on occasion - like cheesecake or blackouts.

~Nadia Giosia

Just because one likes to cook up a great meal or decorate their home doesn't mean they have to do it with granite counter tops and duck a l'orange.

~Nadia Giosia

Like the old Italian saying goes, 'It ain't rocket surgery.

~Nadia Giosia

I believe that anyone can cook a great meal. Basically all you need to do is get your hands on some fresh ingredients and not be afraid to make a mess in the kitchen.

~Nadia Giosia

First and foremost, you've got to make yourself happy. Essentially being who you are is the most important thing. When you're after truth, happiness always comes.

~Nadia Giosia

My parents immigrated from Italy and spent 40 days and 40 stinking nights on a boat so we didn't have to eat things like gizzards.

~Nadia Giosia

Often with television, particularly with lifestyle entertainment, they really

try and box you in.

~Nadia Giosia

I was a ravenous child. I'm a ravenous adult. I love to eat.

~Nadia Giosia

I work out four to five days a week, alternating three workouts.

~Nadia Giosia

Dinner is often a stew of beans or legumes, which are awesome for dieting; they give you that meaty satisfaction and both are excellent with whole grain rice or bread.

~Nadia Giosia

North America was ready for something other than a vanilla cooking show and we were providing the double dark chocolate fudge.

~Nadia Giosia

I grew up in a family where the women were just nuts. They didn't stand around in cardigans making polite conversation while they chopped tomatoes.

~Nadia Giosia

You don't just turn on a camera and do a cooking show. If you want to go somewhere with something, you've got to make it look like what it's supposed to look like five years from now.

~Nadia Giosia

Julia Child wasn't afraid to have fun. She made fantastic food but knew how to have a good time and not be too stuck up about the kitchen space.

~Nadia Giosia

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