

in the kitchen with

Contours Cairns, Smithfield and Innisfail
managing director Pauline Gleeson

STORY BY ROBYN RANKIN



BIRCHER MUESLI

2 cups pineapple
1 cup rolled oats
1 tablespoon honey
1 cup fat-free yoghurt
1 cup grapefruit juice
1 cup no-fat milk

METHOD Mix all ingredients well until they are combined.

Add two cups of any type of fruit. Leave to chill overnight.



Many of us have made massive, life-changing decisions without thinking about them and been happy with the result.

That is certainly the case for Pauline Gleeson, who says she barely thought about moving to the tropics from the fast-paced corporate life she was living in Sydney.

"I was working in IT sales and marketing and this opportunity came across my desk," Pauline recalls.

Her parents had moved back to Innisfail after living in Sydney 20 years, so there was a strong family pull to the tropics.

"I didn't even think about it because it was just so right," says Pauline, who is in her early 50s.

"I just decided I wasn't going to work in that corporate world any more."

And her previous experience working in marketing has been advantageous in the new role.

"You have to be able to tell people why it will benefit them," she says. "I love working in the centres and seeing people get great results."

And after moving to the tropics, she

met "the man of my dreams", Colin, who is now a partner in the business.

For Pauline, not only does she work at Contours but she lives the life, preparing a dish from the Contours 6 Week Challenge recipe booklet.

"This is mine and Colin's favourite breakfast," she says.

"As breakfast is the most important meal of the day, I thought I would give a recipe that is different and can be prepared beforehand to hopefully, encourage all those people who say: 'I don't have time to eat breakfast' to change their ways and start.

"It's easy, it's absolutely yummy and it's low GI, which keeps you feeling full for a long a time. Most importantly, because it's low GI (even though rolled oats are carbs, they act as low GI), it kicks in your metabolism, which is critical at the start of our busy working day."

For Pauline, life in the tropics means she is close to snow skiing in Japan and she loves the tropical lifestyle.

She lives at blissful beachside locale Yorkeys Knob, which gives her the opportunity to enjoy walks on the beach.



WIN

KITCHEN Recipes from the Heart of the Home by Nigella Lawson, author of seven bestselling books including her iconic first book, *How to Eat: The Pleasures and Principles of Good Food*.

This book contains 190 recipes including 62 express-style recipes that take 30 minutes or less. As well as offering the reader an array of inspired new recipes, Nigella also gives the reader her no-nonsense kitchen kit must-haves in the way of equipment and magical standby ingredients. For your chance to win, enter online at cairns.com.au/competitions. Competition entries close at 5pm November 30. Full terms and conditions are available online.