

Baked Lemon Chicken Recipe

- 1/4 cup lemon pepper spice
 - 1 tbs dry mustard
 - 1 tbs dried rosemary
 - 5 skinless, boneless chicken breast halves
 - 4 cloves garlic, crushed
 - 4 tbs fresh lemon juice
1. Preheat oven to 175 degrees C.
 2. In a small bowl, mix lemon pepper, dry mustard and crushed dried rosemary.
 3. Put chicken breast halves in a medium bowl. Rub with garlic. Add the lemon pepper mixture and rub it into the chicken. Pour in lemon juice and stir.
 4. Bake marinated chicken breasts until meat is no longer pink and juices run clear, or to desired doneness.
 5. Serve with greens or rice.



Daily Food Routine

- Breakfast = omelet with 2 eggs and diced yellow pepper
- Snack = 10 almond nuts with dried cranberries
- Lunch = Baked chicken with rice or greens
- Snack = green apple
- Dinner = Tuna Salad

Alissa Kallinikou

Born in Hartlepool, Great Britain in May 24 1985, she is a Cypriot sprinter that specialized in the 400m. She earned her spot on the Olympics Cypriot team by winning the women's 400m at the 2008 Greek National Championships, where she also set her personal best time of 52.05 seconds.

She represented Cyprus at the 2008 Summer Olympics in Beijing where she competed for the women's 400m. She ran against seven other athletes and finished the race in the fifth place with a time of 52.40 seconds, just 0.40 seconds ahead of Poland's Monika Bejnar. However, she failed to advance into the semi-finals, as she placed twenty-sixth overall and was ranked below three mandatory slots for the next round. She tested positive for testosterone in July 2008 and was handed a two-year ban from sports. The test sample was only found to be positive after she had competed in the Olympic games. Thus, her results were annulled due to the anti-doping rule violation.

Ioizos Michaelides