

THE SPORTS KITCHEN

Created by
Gordon Castelnero

THE SPORTS KITCHEN

Today's Special

We've all heard the phrase "you are what you eat." And if you've ever been haunted by the remnants of last night's dinner, that phrase becomes a reality not only for you, but those around you as well! So how can the average American eat healthy without sacrificing their acquired tastes? Let's ask the people whose livelihoods are most dependent on good health and whose taste buds are no different than ours...America's athletes!

Soup & Salad

Dream World Enterprises, Inc., an independent television production company, proposes the production of a new half-hour cooking show featuring the personal diets of individual athletes during the 24-hours before and after a live game entitled, *THE SPORTS KITCHEN*.

Meat & Potatoes

The thought of eating healthy scares many of us, as we tend to think of health food as being bland and boring. To sweeten the pie for us all, why not see what the people who epitomize good health eat at a time when they absolutely must be in prime condition. When playing a sport, an athlete cannot afford to have digestive problems of any kind. It takes 24-hours for food to digest in the body; therefore, dinner the night before is as crucial as the breakfast or lunch prior to the game. So how do athletes fuel their bodies for a sizzling performance? What about afterward? Whether in victory or defeat, do they indulge in eating binges? We shall see!!!

Sugar & Spice

You may ask, what's so special about an athlete's diet when I can get the same advice from any fitness guru at the local gym? The difference is acquired taste! Most professional athletes either grew up in middle-class neighborhoods or they were dirt poor. That means they were raised on the same kinds of fatty, greasy, artery clogging, cholesterol inflating, sugar-fried, processed foods that we've all come to love. And regardless of the amount of bread, bacon or lettuce one earns, eating habits seldom change! Some excellent examples are Bill Clinton chowing at McDonald's or Cher facing tears from Jack in the Box. So the point being: he...do Americans look out

Menu

Each episode will be specially cooked from the following home-style recipe.

Appetizer

- The featured athlete is introduced to us in a series of quick cuts.
- The cuts will outline the athlete's sport, their training and the game at hand.
- These cuts should be voiced-over by the athletes themselves.

First Course

- Our host takes us inside the athlete's home kitchen the night before the game.
- We'll meet the chef (whether it's their spouse, a staff cook, or the athletes themselves) who'll prepare their meal.
- The chef will cook their dinner live in front of our cameras.
- When dinner is ready to be served, we'll see the athlete sit down at the table with our host...let's eat!

Second Course

- It's game day. The host takes us back to the kitchen for the last meal before the competition. Depending on the time of the game, the meal may either be breakfast or lunch.
- Repeating the same steps as the first course, the chef whips up a dish that's likely to be much leaner and meaner than last night's dinner.
- Once again, we see the athlete and our host chew a few bites.

Entrée

- This segment starts off with snippets of the athlete's game inter-cut with the fans scarfing down concession grub as they relish in the sport.
- Our host will get a brief comment from the athlete on the field immediately after the game about how their meals affected their performance.
- Next, we'll go with the athlete to their favorite restaurant to see how they eat after a win or loss. Will they dine in fine cuisine...or pig-out at an all-you-can-eat trough?
- The host will visit the kitchen as the chef prepares the selected meal.
- We'll follow the waiter to the table with the entrée...dinner is served...dig in!

Dessert

- In the final minutes closing out the show, we'll go back to the stadium we visited earlier for a contrasted segment called *The Concession Stand*.
- Here, we'll poll those fans we saw earlier; asking what their favorite concession food is and why it's so unique? Basically, what is it that's in such demand and can only be

HOST: To help attract an audience and maintain credibility, the host should be a personable individual who's closely linked with both sports and food. Some choice contenders might be former heavyweight boxing champ, George Foreman who's as hot on the grill as he was in the ring. Or maybe, Detroit Red Wings defenseman, Chris Chelios, whose love for food gave Chicago and Detroit a taste of Cheli's Chili.

EDITING: Since the core of the show is to concoct four dishes in a half-hour (22-minutes after commercial breaks), timing is crucial. Given that segments one, two and three should average six minutes while segment four equals four minutes, the cooking portions will be edited carefully to ensure a quick pace and accurate outcome. Essentially, the audience will be spoon-fed a microwave version of what should be a conventional oven sampling.

LONGEVITY: By showcasing the diets of individual athletes as opposed to entire teams, the menu expansion is guaranteed to be more diverse and unlimited! Think of the difference in diets between New York Yankee, Derrick Jeter and tennis star Serena Williams? What about Tiger Woods? And why stop with pro athletes? Why not include entertainment sports such as figure skating and wrestling. Imagine the radically vast diets between Olympic Gold Medalist Sarah Hughes and WWE's Kevin Nash! How about college athletes? After all, college superstars can't afford gourmet chefs and they're more prone to eating the junkie fast food found on college campuses. Furthermore, the show could feature athletes on the road. Do their eating habits change when they're away from home, like most of ours? And the list goes on...

WEBSITE: Say, would you like to try one of those healthy delicious meals you saw on today's program? Just go to our website for complete recipes to all of the featured dishes, complements of *THE SPORTS KITCHEN!*