

A Day in the Food Life of Carrie Underwood

Onstage, she's sparkly and glamorous, with a powerful voice befitting the title of her new album, *Blown Away*. At home in Nashville, the 29-year-old reveals a life full of healthy habits, puppy love and cozy QT.

Carrie cuddles up with one of her two beloved pooches, Ace, a rat terrier.



7:30 a.m.

Buzz—there's my alarm! I want a few extra minutes, so I usually hit the snooze button. But I can't sleep much longer—our dogs, Ace and Penny, are snuggled right up with my husband Mike and me, and they want breakfast!

8:15 a.m.

I'm always thirsty when I wake up, so I guzzle a bottle of Smartwater before I scramble tofu with onions, peppers and spinach and top it with salsa. I've been a vegetarian for years, but I recently became vegan.



9 a.m.

After I eat, I scan the morning headlines or flip on the news for a few minutes, and then head to my home gym for an hour-long workout.



12:15 p.m.

If I'm working, I bring a homemade lunch, but today I get a Veggie Delite from Subway. I should have a VIP card—when we were dating, Mike and I went there so often that we joked it was "our place."



11 a.m.

I usually eat enough at breakfast to tide me over until lunch, but today I grab some almonds. Later I'll record this in my food journal. I've been tracking what I eat for six years—except for when I'm on vacation. Then I can loosen up!



10:30 a.m.

I'm not working today. Hooray! Workdays are super-structured—with sound checks, rehearsals and shows—but today I can wing it. The dogs win big because I'll take them to the dog park for a major romp!



1 p.m.

Heading into the grocery store, I glance down at my phone. I'm proud to say that I'm not a slave to my devices. I check email on my phone only occasionally—but I do always have it nearby and turned on, even at night.



3:15 p.m.

Snack time! I nibble on some cheese and crackers and a few bites of dark chocolate, but I also love Raw Revolution bars, made with hemp protein, flaxseeds, fruit and nuts.



5 p.m.

The TV is often on in our house, but I really only keep up with three shows: *American Idol*, *Modern Family* and *The Walking Dead*. Sometimes I'll sip red wine—it's a nice way to slow down and relax.



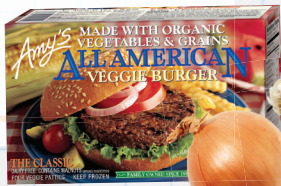
7 p.m.

Mike and I team up to make dinner. I use Daiya vegan cheese to make a quesadilla filled with beans and lentils. It's funny: I ate tons of fried food as a kid, but my diet is so different now. It's worth it—I feel great.



1:15 p.m.

Doing the weekly shopping, I stock up on stir-fry kits, Amy's meatless burgers, and armloads of onions and garlic. I put onions and garlic in everything. Ack—as usual, I forgot my coupons. (Yes, I do clip them!)



9:30 p.m.

Before bed, I read a book or flip on the radio—I'm not picky, I'll just turn it on and see what comes up. I burn a yummy lavender-scented candle.



10 p.m.

It doesn't take much for me to nod off. As long as the room is a tad cold, I'm happy. I like to cuddle up under a warm blanket.

Good night, Carrie!

CARRIE UNDERWOOD: JEFF LIPSKY/CPI; TOFU SCRAMBLE AND CANDLE: SHUTTERSTOCK.COM; TREADMILL, WINE AND DOG TOY: ISTOCKPHOTO.COM; NOTEBOOK, GETTY IMAGES; ALMONDS: PETER ARDITO; ONION AND GARLIC: BRYAN MCCAY; QUESADILLA: STOCKFOOD.COM.