

# Fave Foods of the Famous

December 1, 2008

## Stacy Phillips



If you're a top celebrity or dignitary facing a messy divorce, you want super lawyer, Stacy Phillips, on your side. As the founding partner of the law firm Phillips, Lerner, Lauzon & Jamra, LLP, in Century City, California, she has been involved of hundreds of divorce, custody, and property cases involving names like Whitney Houston, Britney Spears, Tori Spelling, Bernie Taupin, and many others. She is also a bestselling author: *Divorce: It's All About Control-How to Win the Emotional, Psychological and Legal Wars*. When not in the courtroom, Phillips still has time to appear as a legal expert on a variety of popular TV news and magazine shows, and is a much sought after lecturer at law schools around the country. For more info: [www.plljlaw.com](http://www.plljlaw.com)

### How often are food/dining issues part of a settlement?

"Well, over the years I have had to help divide more than one set of china! Generally, one gets the fancy china while the other takes the everyday china. I was once involved in a case where one person got the very special but more casual china that is actually sold at the celebrity hangout restaurant, The Ivy, and the other person was awarded the more traditional, very fancy china . . . the kind folks register for when they get married."

### Your cases are often highly charged. How do you fuel up for the energy you need in court or in negotiation?

"I eat a banana every morning. I try to eat healthy throughout the day. I stay away from sweets and carbs even though it is hard because very often the people hosting settlement conferences or meetings will have refreshments sitting out that include high-octane sweets. I typically opt for salads and anything with protein to fuel up and I always keep the liquid intake down during court hearings so I won't have to excuse myself for a trip to the restroom. I rarely drink caffeine unless perhaps an iced tea midday, because otherwise I will be up all night!"

### Any meals with your celebrity clients you can discuss?

"Once, my client and I were escorted to a private room by a deputy during a break at a court hearing. I watched when my client grabbed all the sweet stuff delivered by the bailiff. She began to gobble up the sweets and sodas. I was thankful when I realized she had left the orange juice for the rest of us! I often coach my clients by telling them when it is time to go to court or a settlement conference not to eat foods that have sugar or caffeine in them because I do not want a hyper client on my hands, and it is better for them if their blood sugar stays level. Usually, though, most of my clients are so nervous or distressed when they are in a hearing, and eating anything is simply out of the question for most of them."

### What do you think about cities and town passing laws about what can be served at restaurants, as well as being forced to post calories, etc.?

"Posting calories is a great idea. In fact, I like it when I pick up a menu and they have it all spelled out. I think it is a wonderful idea to have schools throughout the country post calories since obesity is such a wide-spread problem. I also think it is a very good idea to only offer foods that are nutritious in all respects at schools. Very often, the only complete meal a child eats is the meal offered at school, and it might as well be a good one."

#### Stacy's Luscious Banana Bread

1 1/4 cups sugar  
1/2 cup butter  
2 eggs  
1 tsp. baking soda  
4 heaping tbs. sour cream  
1 cup mashed bananas (approximately 3-5 overripe bananas)  
1 1/2 cups flour  
1 tsp vanilla  
1/4 tsp salt

Preheat oven at 350 degrees. Cream butter and sugar. Add eggs beaten slightly. Add dissolved baking soda in sour cream. Add bananas, flour, vanilla and salt, and beat well. Butter and flour a loaf pan. Pour batter into pan and bake approximately one hour. You can add 'treats' to the banana bread such as chocolate chips, mini chocolate chips, raisins, or walnuts.



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