

GOTHAM

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Stephanie Winston Wolkoff's Fashion Week Diet



Wolkoff often stops at Lincoln Ristorante for gnudi di ricotta.

When we asked Stephanie Winston Wolkoff, who oversees the runway shows at Lincoln Center, about her go-to dining spots during Fashion Week, she joked, “Who eats?” As overscheduled as her days might be, Wolkoff does manage to escape for a few quick bites. She often chooses nearby eateries where she’s sure to run into colleagues and designer friends, eager to dish about all that’s happening on and off the catwalks.

8:00 am: Hopefully, I am on the way to the Lincoln Center campus. I double check to make sure I have my iPad, iPhone, and snack pack with my David Kirsch vitamin mineral powders (to mix in my Smartwater), mango Peeled Snacks, and Popchips that I pick up at Whole Foods Market in Columbus Circle.

8:30 am: I am already late....

9:00 am: Running up Josie Robertson Plaza with my Starbucks iced coffee and corn muffin from Indie Food and Wine, I approach the entrance to Mercedes-Benz New York Fashion Week.

12:30 pm: Lunch—if shows take place over the weekend I bring my kids with me to Serafina (2178 Broadway, 212-595-0092). The prosciutto and buffalo mozzarella are delicious as is the foccacia di Sofia—it’s our go-to order. Another great spot for lunch is Boulud Sud (20 W. 64th St., 212-595-1313), which is a nice sanctuary away from the bustle of MBFW. This spot offers some of the best fish. The food and atmosphere transport you to the South of France. No doubt, I will bump into an old Vogue friend here.

1:30 pm: After lunch it’s back to the tents or downtown for production meetings and interviews.

4 pm: Oz Garcia on West 74th Street is my muststop during Fashion Week. His supplement regimen keeps me energized without crashing, and the treatments work miracles to rejuvenate me.

9:00 pm: Dinner—after a long day of shows, sometimes there is nothing quite as good as the Cadillac Burger from P.J. Clarke's (44 W. 63rd St., 212- 957-9700). Another favorite spot, Fashion Week or not, is **The Mark Restaurant by Jean-Georges** (25 E. 77th St., 212-744-4300). I look forward to being greeted by Benjamin, the formidable maître d'. I'm always guaranteed a feast of sushi and shrimp cocktail. When I'm indulging, I go for the black truffle and Fontina cheese pizza, followed by a sip of Casa Dragones. Jean-Georges never disappoints! The crowd here is always fashionable, and I know I will run into a multitude of friends, depending on the night, anyone from Vera Wang to Rachel Roy.

When I need a place to meet at Lincoln Center, I go to Lincoln Ristorante (142 W. 65th St., 212-359-6500). It has wonderful outdoor seating facing both the Illumination Lawn and the Henry Moore sculpture. You'll always see a who's who of fashion coming from the MBFW tents—models like Karolina Kurkova or fashion icon Michael Kors. It's another great place to catch friends, colleagues, and designers after the shows. I love the insalata di tonno and the stracciatella gelato for dessert.

11:00 pm: Time to go home and get to bed, snuggle up to the kids, and get ready for another day in the mini universe that's MBFW.



She splurges on the Cadillac Burger from P.J. Clarke's.



She stops at Serafina if dining with her children.



Daurade à la plancha at Boulud Sud, a Wolkoff favorite.



Stephanie Winston.