

ROBERT IRVINE

MAGAZINE

April 2017

Nothing is Impossible

PUB GRUB!

ROBERT'S VERY OWN
BETTER-FOR-YOU
VERSIONS OF:

- ▶ WINGS
- ▶ BURGERS
- ▶ PRETZELS
- ▶ RIBS



GOTHAM CHOPRA

THE FILMMAKER
TALKS ABOUT
THE "RELIGION
OF SPORTS"

VALOR SERVICE DOGS

MEET THE GOLDEN
RETRIEVERS
HELPING OUR
WOUNDED VETS

ROBERT IRVINE MAGAZINE

Nothing is Impossible

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Robert Irvine Magazine is published digitally 10 times per year—monthly with double issues in the summer (July/August) and winter (January/February). Download it exclusively at RobertIrvineMagazine.com. Read it on mobile devices through Apple News, Flipboard, and the Google Play Newsstand.

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tail, Robert knows his way around the pub. Here, he shows you how to indulge a smarter way.

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Columnist Heather Quinlan challenges you to look back on your next 10 years of life with astonishment, not regret. We give you an inside look at Robert's calendar, plus our parting words of motivation.

DO NOT WAIT

Because there will never be a perfect moment to begin pursuing your goals.

“Do not wait; the time will never be ‘just right’. Start where you stand and work with whatever tools you have at your command, and better tools will be found as you go along.”
—Napoleon Hill,
Think And Grow Rich.

Napoleon Hill was writing more directly about entrepreneurship and business, but it's a maxim that applies to all forms of goal-setting. The desire to have all of our “ducks in a row” before we begin a big project or start a new career is a natural one, but I agree with Hill that it is a faulty one.

As a fitness enthusiast myself, I think I'm a little predisposed to perfectionism. But trying to grasp for control of every variable is a fool's errand. It's impossible to control for everything. Eventually I had to ask myself where I would be today if you had insisted on perfection from the outset.

At the start of your career, whatever it may be, when you were first trying to find your footing, things were probably a little haphazard, weren't they? You tripped and fell, learned from your mistakes and moved on. That was certainly true for me in my fitness journey; I lifted



Follow Robert on [Twitter](#), [Instagram](#), and [Facebook](#).

ROBERT'S LETTER



What is that you wake up dreaming of doing every morning? Why aren't you taking steps right now to get there?

with a big ego and ate like a “man” which is to say without much thought or consideration. From those mistakes, I found the better way.

That's why I'm always surprised to see all these young and healthy men and women in the fitness industry—people who almost invariably dream big—too rigid to break from their routines and go get what it is they really want. I was recently out at the Arnold Classic and I met tons of eager young men and women and shook their hands and heard their stories. A lot of them told me about businesses and websites they wanted to start, supplements they wanted to formulate, programs and books they wanted to write, and dozens of other ideas. They all wanted to make an impact on the

world. But so many of these grand ideas were in the gestational stage of their lives. They were big, beautiful dreams, but most of these folks hadn't acted on them yet.

I asked them why they hadn't started and they all gave me some variation of the same excuse—that they were waiting for the right moment/enough money/the right business partner/enough time/etc., etc., etc.

To them, and to you, I say to heed the words of Napoleon Hill and realize that there is no such thing as the right moment. Progress and success are messy things that don't happen in a straight line. You step forward and then you have to step back. You reach the top of the hill and then you fall down. There is no

escaping this, and so there should be no shame in it. Every failure is a lesson if you look for it; you can apply those lessons to your career and to your fitness journey.

Let go of the concept of perfection and go get what it is you really want. We are all just a heartbeat away from eternity. Tomorrow isn't promised. So live today like you cannot fail. Because if you never quit, you'll never fail.

Yours in health,

A handwritten signature in black ink, appearing to be "Robert".

EXPLORING NAPA

Tips on where to eat, drink, and relax from a world-weary traveler.
This month, a visit to California's wine country. /// BY GAIL KIM-IRVINE

Napa has always held a special place in my heart. As many of you know, this is where Robert and I got married. It also happens to be one of the most beautiful and relaxing places to visit in the whole country. It can be a bit pricey but it is definitely worth it, especially if you don't want to leave the country for a weekend getaway. If you have a day off to spend in Napa, I think hitting these four spots are a perfect way to spend it. All of these places were memorable for both me and Robert—and they delivered in terms of service and quality.

BED & BREAKFAST

[The Craftsman Inn](#) (Calistoga)

When Robert and I were scouting locations to stay in for the wedding week, we checked out The Craftsman Inn. At first, we didn't know what to expect when we drove up. It's a quiet, unassuming place. But the moment we took a look inside we immediately booked the whole house for ourselves and the family. It's not just the cozy wine country house that makes it such a charming place to stay; the owners are amazing hosts. The food hit the spot too. The breakfast menu had homemade scones, granola, yogurt, and French press coffee. Even my notoriously picky husband was impressed.



Gail and Robert visit The Terraces vineyard and winery. Follow Gail on [Twitter](#) and [Instagram](#).

SPA

[Solage Auberge Resort](#) (Calistoga)

This is a luxury spa located at the Solage, a sister resort to the famous Auberge Resort. This is also where we had our wedding rehearsal dinner and my breath was taken away by the serenity and beauty of this location.

I had the pleasure of getting three different services from the spa and every single one hit a homerun. I'm very particular about massages and

treatments but I have to say this spa was the best I've ever been to, period. Make an appointment and you'll leave feeling like a million bucks.

VINEYARD

[The Terraces](#) (St. Helena)

It's hard to choose a favorite vineyard/winery because honestly, there's great wine all over Napa. But our best experience was at the Terraces for its intimacy and per-

GAIL'S CORNER

sonal touch. We sat and had wine with the vineyard owners, a married couple whose intention was to keep it intimate and small. If you're lucky you may get a tasting from their balsamic aging room. It smells divine and tastes even better. They also do group dinners for reasonable costs all cooked from the chef who also happens to be the owner.

RESTAURANTS

[Farmstead at Long Meadow Ranch](#)
(St. Helena)

If you want to eat here, book a table well in advance. The Farmstead is often fully booked and for good reason. The farm-to-table new American fare served is outstanding. With dinner options like wood-grilled pork chops, smoked St. Louis ribs, brick-cooked chicken, and potato gnocchi, you're going to be happy with whatever you get. The fact that the dining room is an absolutely gorgeous renovated barn on a cattle ranch and winery is just the icing on the cake.

[Bottega](#) (Napa valley)

I have a real soft spot for Bottega. Not only is it the restaurant that Michael Chiarello, but these folks also catered our wedding. Every experience we had there was out of this world. And no, it's not just Robert and I that get special treatment here; everyone who sits down feels like a VIP thanks to the outrageously delicious rustic Italian food, great indoor and outdoor ambiance, and outstanding service.



Top, the renovated barn at Farmstead at Long Meadow Ranch makes for a memorable dining experience. Middle, the Craftsman Inn, which Gail and Robert booked up the week of their wedding. Bottom, the Solange Auberge Resort, which Gail says is the best spa she's ever been to.

SLEEP IT OFF

The science is indisputable: If you want to be healthy, productive and win at life, you need to get enough sleep. There's no way around it. /// BY MICHAEL SCHUTZ, MD

Before I entered med school, I used to think of sleep as a passive activity. I would quickly learn it's quite complex. If you can regularly get enough sleep, you could expect to improve virtually every marker of health. If you fail to regularly get enough sleep, the list of negative consequences to your health are seemingly endless, and I'll outline those here.

Most adults need 7-9 hours of sleep per night to be properly rested, but this does not have to be all at once. Studies show that it can be divided into several three- to four-hour segments, so if you typically wake up to use the bathroom in the middle of the night, don't worry. Just keep the lights low, resist the urge to check your phone for anything, and go right back to bed when you're done.

Sleep and wakefulness are influenced by different chemicals that affect neurotransmitters in the brain. Alcohol impairs the deeper stages of sleep including REM. Caffeine, diet pills, decongestants, and nicotine can stimulate areas of the brain and contribute to insomnia. Anxiety and depression both can contribute to sleep disorders.

Sleep deprivation can predispose one to diabetes, depression, hypertension, stroke and obesity. Lack of sleep can affect many hormones including cortisol (a stress hormone), insulin, and the hormones that control hunger and satiety leptin and



Exercise helps induce deeper sleep, but shouldn't be done too close to bedtime; aim to finish your workout at least 3-4 hours before bedtime.

ghrelin. Inadequate sleep leads to a higher level of ghrelin (the hunger hormone) and lower levels of leptin which can lead to abnormally increased hunger. If left unchecked, these changes can lead to glucose intolerance, the precursor for diabetes. The lack of deep sleep reduces the release of growth hormone and immune system function.

Lack of sleep can also lead to cognitive impairment, learning difficulties, problems with motor tasks like driving and difficulty reading others' emotions. The U.S. government estimates that sleepiness is a factor in 100,000 car accidents per year and 1,500 deaths.

There are a few simple things you can do to improve sleep every night. Make your bedroom a device-free zone. If you have a TV on your dresser, move it out. Don't take tablets or phones to your bedside, either. If you want to read, and I recommend that you do to relax your

mind, read printed books or magazines. The light from tablets and phones can stimulate your central nervous system, meaning even if you fall asleep reading on your phone or tablet, your chances of waking up too soon increase. Your bedroom should be for sleep and intimacy.

Lastly, keep your bedroom cool, dark and quiet. These will promote uninterrupted sleep. Keep a consistent bedtime, as well, which should include time to wind down before sleep.

You might have developed poor sleep habits when you were younger. We all do it. But if you don't take these simple, easy steps to correct those habits, you're putting yourself at risk for serious health issues, not to mention limiting your effectiveness in basic day-to-day tasks.

[Dr. Michael Schutz](#) is a urologist practicing at the Jersey Urology Group in Somers Point, NJ.

IN THE GYM: WORKOUT OF THE MONTH

STRONGER TOGETHER

Improve your health—and your relationship—by working out with your loved one.

By Ali Holman



“Couples who work out together, stay together.” This old saying persists because there’s a lot of truth to it. Before we had kids, my husband and I could find a lot of quality time together. Quiet dinners, vacations, uninterrupted conversations....oh, those were the days! Fast forward to two kids and four dogs later, our house looks like a circus. Finding time together as a couple usually includes trying to stay awake long enough to watch one hour of our favorite TV show.

We are both personal trainers, run the 20-minute daily online workout training business (Core-

Camper.com). My career as a fitness expert for various media outlets has made exercise business as well as pleasure. My husband I decided that since it’s important that we connect, why not do so by exercising together?

Studies show that couples who work out together share a positive, common goal and share a psychological and physical connection. We also know that couples who work out together begin to share a common respect for one another, and experiencing success as a unit can strengthen your bond and relationship. With time so limited for many of us,

exercise can be one of the things we sacrifice so we have time for relationships. But working out with your partner can eliminate this problem!

Finally, if you have kids, there is no better example that you could set for them. Mom and Dad putting a high value on their health and wellness will lead to kids who do the same as they get older.

These couples exercises require no equipment except you and your partner, making them easy to do anytime and anywhere. This entire workout is just 20 minutes. Hopefully that’s not enough time for the kids to trash the house!

IN THE GYM: WORKOUT OF THE MONTH

THE WORKOUT:

Directions: Perform the following exercises with your partner. Go through this sequence four times as a circuit, switching roles as required. Perform each move for 45 seconds, and then rest for 15 before the next move. This will total 20 minutes.

WIDE PLANK/HIGH KNEES

Partner 1: Get in elbow plank position with feet wide, body parallel with ground.

Partner 2: Perform lateral high knees across your partner's legs, pulling knees up and focusing on form and maximum speed, crossing back and forth across your partner. This isn't just an exercise, but an act of trust.

PARTNER ONE-ARM SQUAT & JUMP

Partners face each other, holding right hands and "sitting" back into a squat, supporting one another. Jump up, let go of each others' hands and then switch hands as you come down, sitting back into the squat.

STRAIGHT PLANK TO PUSHUP

Partner 1: Get in a straight plank position.

Partner 2: Jump over your partner's ankles and the quickly get in straight plank and do a pushup.

Partner 1: After partner 2 performs a pushup, get up and jump over your partner and do a pushup. Repeat as you travel forward.

CRAB DIP

Partner 1: Get in "crab position" (pictured at right)

Partner 2: Stand in front of your partner's knees, facing away from partner. Put hands on partner's knees, keep feet flat and begin performing triceps dips.

PUSHUP-TO-HIGH FIVE

Both Partners face each other in a pushup position (on knees if necessary). Perform a pushup at the same time, giving each other a high five (right hand to right hand, left hand to left hand) as you come up. Performing the high five as you come up



Above, husband-and-wife training duo Ali and Mark Holman perform the Straight Plank to Pushup. Below, they show off a Crab Dip.



requires you do more of a one-and-a-half-armed pushup, challenging your core even more than a traditional pushup.

ALI'S TIP: Use a free app like the one found at gymboss.com to stay on track with the 45 seconds on, 15 seconds off rhythm of the workout.

Ali Holman is a national on-air fitness expert for CBS, AOL, MSN, Yahoo! and more.

To find out more about Ali & Mark Holman's 20 Minute Daily Online Workouts, meal plans, and more, visit CoreCamper.com. Daily workouts include three variable difficulties;

You can follow Ali on [Instagram](#), [Twitter](#), and on Snapchat, @corecamper and on Facebook [@FitnessExpertAliHolman](#)

IN THE GYM: GEAR

SUMMERTIME BETTER

Whether you're running, golfing, or bodyweight training, these picks will help you do it better.

REEBOK FLOATRIDE RUN

The Floatride technology is so named because it can make you feel like you're floating through the miles, rather than trudging through them. Designed for distance runs, the Floatride is critically acclaimed, delivering on its lofty promise of providing premium comfort, breathability, and support. Available for men and women.

[\\$150, reebok.com](http://$150, reebok.com)



TRX DUO TRAINER

The classic TRX Training strap makes the next evolution with the Duo Trainer. Two separate anchor points means that you can now add pullups, dips, and muscle-ups much more easily to your regimen. And all the classic TRX moves are still on the table.

[\\$179, trxtraining.com](http://$179, trxtraining.com)



ORANGE WHIP SWING TRAINER

Looking to get your golf swing in shape before hitting the links this summer? Try the orange whip swing trainer. This 1.7-pound ultra-flexible club helps you develop an ideal swing path while also training core flexibility and strength.

82.49, dickssporting-goods.com



MUSSELS MARINARA

Mussels on top of mussels.

Serves 6

YOU'LL NEED

3 tbsp olive oil
1 small white onion,
finely chopped
4 large cloves garlic,
finely chopped
1 cup white wine
2 to 3 cans chopped
plum tomatoes (32 to 48
ounces total)
1 tbsp fresh chopped
oregano leaves
1 tbsp fresh chopped
parsley leaves
4 lbs fresh mussels, de-
bearded, scrubbed and
rinsed
Salt and pepper
1 tbsp fresh chopped
basil leaves
Pasta, as an accompani-
ment, or bruschetta for
dipping



MAKE IT

1) Heat the oil in a large saute pan over medium heat. Add the onion and garlic and saute until cooked. Add the wine and reduce it by half, then add the plum tomatoes, oregano and parsley. Add the mussels to the pan and allow to cook for about 10 minutes until all the mussels are open. Transfer mussels to a platter.

(Discard any mussels that do not open.)

2) You can mound some pasta in the center of the plate surrounded by the mussels or have some bruschetta handy for dipping into the sauce.

3) Adjust the seasoning for the sauce with salt and pepper, as necessary. Coat the mussels with the sauce and sprinkle with fresh chopped basil just before serving.

THE MACROS

CALORIES: 535
PROTEIN: 38 g
FAT: 7 g
CARBS: 72 g

SCOTCH EGGS



A classic perfected.

Serves 6

YOU'LL NEED

8 large eggs
2 tbsp distilled white vinegar
1 lb bulk pork sausage
2 tbsp chopped fresh parsley
2 tbsp chopped fresh tarragon
Grapeseed oil, for frying
1 cup all-purpose flour
Kosher salt and ground pepper
¼ cup milk
1 cup panko breadcrumbs
½ cup low-fat mayonnaise
3 tbsp stone-ground mustard
Juice of 1 lemon

MAKE IT

1) Place 6 eggs in a medium saucepan and cover with cold water. Add the vinegar and bring to a boil, then remove from the heat, cover and set aside 4 minutes.

2) Fill a bowl with ice water. Using a slotted spoon, remove the eggs and immediately plunge into the ice water to stop the cooking; let sit 2 minutes. Peel the eggs and set aside.
3) Combine the sausage, herbs and one of the remaining eggs in a stand mixer fitted with the paddle attachment. Mix on medium speed until combined, about 3 minutes. With moistened hands, mold the sausage mixture around the cooked eggs to completely cover.
4) Preheat the oven to 350 degrees. Heat about 3 inches of grapeseed oil in a small high-sided saucepan over medium-high heat until a deep-fry thermometer reads 325 degrees (or until a pinch of panko sizzles in the oil). Season the flour with 1/2 teaspoon each salt and pepper in a shallow dish. Beat the remaining

egg with the milk in another shallow dish. Put the panko in a third shallow dish.
5) Roll the sausage-covered eggs in the seasoned flour, shaking off the excess. Transfer to the egg-milk mixture and coat. Let the excess egg drip off, then roll in the panko.
6) Fry the eggs until golden brown, about 3 minutes. Remove to a baking sheet, transfer to the oven and bake until the sausage is cooked through, 10 to 12 minutes. Mix the mayonnaise, mustard and lemon juice in a small bowl. Serve with the Scotch eggs.

THE MACROS

CALORIES: 430
PROTEIN: 18 g
FAT: 30 g
CARBS: 22 g

IN THE KITCHEN: GEAR

FAST FIXES

These gadgets are fast and efficient and don't sacrifice quality.



BREVILLE MILK CAFE FROTHER

The secret to a good cappuccino or steamed milk isn't just the heat, but the silk smooth froth. This milk frother from Breville uses a patented rotating disk at the bottom of the carafe to produce thousands of tiny bubbles for a rich, silky froth. Induction heating from the base unit ensures even heating and no burn. Add your favorite cocoa mix for the best cup of hot chocolate you've ever had.

[\\$129.95, amazon.com](#)



SPIRALIZER VEGETABLE SLICER

Veggie pasta has never been easier to make. The Spiralizer 5-Blade Vegetable Slicer makes short work of squash, zucchini, beets, and more, transforming dense veggies into long strands of "pasta" as an alternative to salad or a replacement for the real deal. Can even be used to make homemade curly fries. Makes for a fun way to feed a typically fussy young eater. Durable and components dismantle easily for quick cleanup.

[\\$29.99, amazon.com](#)



AVOCADO HUGGERS

Use half an avocado for a salad, sandwich, or recipe, and you want to save the other half. Problem is, a Tupperware container still leaves the flesh exposed to the air, which leads to a quick browning of the naturally bright green-yellow flesh. On the other hand, plastic wrap is a mess and still doesn't create a proper seal. Enter these avocado huggers. The set of two fits large and small avocados and creates a tight seal around the pit and flesh to keep the second half as fresh as the first. For under eight bucks, they're a steal.

[\\$7.95, uncommongoods.com](#)



A VETERAN'S BEST FRIEND



Center: Carol Lansford with Valor Service Dog Huey. Back row, from left to right, her husband, veteran Justin Lansford, and Valor ambassadors Ben Burgher, and Kyle Platzke

PTSD and suicide are plaguing America's veterans,
but Valor Service Dogs is fighting back by training
and placing companion animals that can really
make a difference.
BY PAUL ROBERTS

VALOR SERVICE DOGS

For some soldiers who come home, the war never ends. Post traumatic stress disorder affects somewhere between 11 and 20 percent of veterans of the wars in Iraq and Afghanistan. These men and women—who witness horrific acts of violence and survive life-threatening situations—often suffer from nightmares or flashbacks, are easily triggered to extreme anger, have trouble relating to others, and experience severe anxiety that makes it difficult to lead a normal life.

PTSD is categorized as a mental condition, but it has serious physical symptoms, as well. Someone suffering from PTSD might experience high blood pressure, increased heart rate, and rapid breathing. They might also fidget with their hands uncontrollably, nervously tap their feet, or experience muscle tension, nausea, and diarrhea.

Veterans who suffer from PTSD often try to fight this battle alone, and because those around them don't know the signs to look for, the problem often goes untreated and exacerbates. It is a major reason why 22 veterans take their own lives every day.

But what if a veteran had a constant companion who knew exactly what to look for? What if he or she could rely on this friend to not only recognize the symptoms, but to soothe the anxiety in an instant? And what if this friend never took a day off and never left their side?

It might seem hard to believe, but there are such friends in the world. They just aren't human.



Huey is named after the Bell UH-1 helicopter which saw extensive service in Vietnam, transporting troops, doing medical evacuations, and running air assault missions. The Valor website says, "They had a wide range of responsibilities as will our very own Huey."

Valor Service Dogs is a non-profit charity that trains and places mobility assistance and PTSD service dogs with post-9/11 veterans in need. Led by executive director Carol Lansford, Valor trains golden retrievers to not only be able to physically help wounded vets get around in day-to-day life, but to interrupt episodes of anxiety and provide comfort.

According to Carol, training the

dogs for physical assistance is the easy part.

"Picking things up and bringing them to you is in their bloodline," Carol says. "They are pathological retrievers."

Once Carol has trained a dog, it can do everything from fetch a remote control to a prosthetic that a veteran left in another part of the house. Trained dogs can also offer their bodies as props to a disabled

VALOR SERVICE DOGS

vet lying on the floor who needs help getting up.

Getting a dog to recognize nervous tics and respond is trickier, but accomplished by positive reinforcement.

“Everything we do is positively based so we can teach them things that aren’t natural to them because we make it so fun to learn and they want to try harder,” Carol says.

“They get treats when they try hard. We also don’t train with any physical corrections for the reason that

they might be going to someone who is paralyzed or without limbs, so having control over your dog with a leash or a physical correction doesn’t work if the next owner can’t give that correction. Everything we do is a verbal command and we don’t use any type of hand signals.”

In all, Carol says dogs learn about 80 commands, like opening the refrigerator, pulling shoes and socks off, and even unzipping a jacket and taking it for a veteran who doesn’t have use of his hands.

Carol is a psychology graduate with a certificate in canine behavior psychology. Her husband Justin served in the 82nd airborne and was injured in Afghanistan on April 12, 2012 when an IED blew up under the rear axle of his vehicle. The truck flipped and Justin was pinned underneath, losing his left leg as a result.

Carol moved to Washington to be near Walter Reed Army Medical Center during her husband’s recovery. There she became a government-contracted service dog training instructor, one of only four in the nation. Two years later at the end of Justin’s physical therapy, they moved to Florida where she founded Valor Service Dogs to continue the work she started in Bethesda.

Justin explained the dogs’ ability to intervene with veterans suffering from PTSD: “If you’re tapping your leg really hard they’ll come and punch you on the leg. If you’re fiddling with your hands, they’ll break your hands apart. If you’re rubbing your face – they learn to interrupt those stress cues.”

In January, the Robert Irvine Foundation issued a \$20,000 grant to Valor Service Dogs. Buying the dogs from a breeder and paying for supplies and veterinary care to last through training is expensive, about \$10,000 to \$12,000 per dog, meaning the grant will just about cover the costs associated with two dogs.

“The work that Carol and the rest of her team are doing is phenomenal,” Robert said. “When I learned what these dogs can do—that



Robert gives a few pointers to Justin Lansford of Valor Service Dogs during the Gold's Gym Largo grand opening in January. Earlier this year, the Robert Irvine Foundation presented Valor Service Dogs with a check for \$20,000.

VALOR SERVICE DOGS

they've actually been able to prevent suicide—I had to support them. If we could get one of these amazing, highly trained dogs into the homes of all veterans who need them, can you imagine what that might do for the suicide rate? We need to support all efforts like this.”

Valor took part in the grand opening of Robert's Gold's Gym in Largo, FL, to help raise awareness for their mission. Carol and Justin were on hand with volunteers Kyle Platzke and Ben Burgher. Burgher's foster dog Huey also made an appearance.

Platzke is a veteran who was injured in late December of 2012 while on patrol. The vehicle he was riding in rolled over; he was ejected from the vehicle and pinned underneath it, suffering a crushed pelvis and other injuries.

After three years of rehab at Walter Reed, he's moving well with some assistance from experimental leg brace.

“A lot of guys wear them,” Platzke says. “It gets them back into running, it's kind of the last step before a prosthetic. It allows you to keep your leg, keep things intact and stay active.”

Platzke doesn't use a dog himself but has spent a lot of time

around Carol and her training and has seen what the dogs can do. He says beyond specific assistance, the dogs are in instant morale booster. “They never have a bad day and that immediately makes your day better,” Platzke says.

After seven years of active duty, Burgher left the Air Force, went back to school, and now works in the Hillsborough County Sheriff's Department. He got to know Justin and Carol as neighbors and immediately appreciated the work they were doing. He volunteered as a puppy coach and raised Huey, who will one day go to a veteran. His work with the Sheriff's Department also helps him raise awareness for service dogs by bringing Huey to meet local businesses, not all of whom know how to deal with

service dogs. Justin says restaurants in particular are often flustered, sticking him and his service dog in a far corner of the dining room.

“We advocate a lot for service dogs and the veterans who have them,” Burgher says. “We're answering questions and putting out all this information for the veterans who can have a dog so they can just be a regular dude. Just go through society. We want them to know how they should act around a dog, (don't pet it). Stores and restaurants are sometimes hesitant.”

Judging from the smiles Huey brought to the members at Gold's Largo, Valor Service Dogs earned a few more supporters that day.

To support Valor Service Dogs and learn more about their mission, visit:
www.valorservicedogs.org.



The Valor Service Dog team and the Robert Irvine Foundation huddle up with Huey, who will eventually make his way to the home of a veteran in need.

RESTAURANT: IMPOSSIBLE

FACING THE MUSIC



From terrible service to haphazard book keeping to microwaved food, Gigi's Music Café found itself on the brink of disaster.

Even Robert wasn't optimistic in his initial assessment. But with a few changes—behind-the-scenes and aesthetics—Gigi's is thriving today. Here's how Robert helped make it happen.

BY MATT TUTHILL

RESTAURANT: IMPOSSIBLE

Looking back at the Gigi's Music Café episode of *Restaurant: Impossible* and the first thing that jumps out is the fact that from the opening scene, Robert is not a happy camper. As owner Gigi Brown and her daughter, Semone Brown-Mobley, spilled details on their operation, Robert's mood worsens. It's not hard to understand why: not only were Gigi and Semone were losing money when he came to visit them in 2015, but they didn't even know their food costs, and they had expanded their business before knowing if they could sustain the larger space. What's worse, the restaurant was a part-time interest for Gigi; her full-time gig was as an accountant, yet she didn't keep the books at her own restaurant. "This frustrates the living day-lights out of me," Robert said. Gigi remained upbeat during the initial meeting, telling Robert and Semone, "It's gonna work out." Robert snapped, "How do you know it's going to work out? It hasn't worked out in three years. Do you have a crystal ball?" "I wouldn't say I was upset," Semone says today. "I would say at this point that I appreciated his attitude and his anger, because that's what we needed. I think we needed a reality check and that's what he was giving us."



Top: Robert casts a disapproving eye on Caesar's antics. Bottom: Getting a handle on the financial situation with Gigi, far right, and Semone.

SERVICE FAILURE

As Robert took a closer look at Gigi's, he decided not to sit for a service and try the food the way he normally would. In this case, he didn't need to. The biggest problem facing Gigi's was glaring: service was abysmal. One server named Caesar took orders from all of his tables

on one trip through the dining room, then dumped those orders on the kitchen at the same time. Chaos ensued. Hot food wouldn't make it out of the kitchen in a timely fashion, either, and would require the server to microwave it before it went out to the tables. Robert reprimanded Caesar and got

RESTAURANT: IMPOSSIBLE



The Strong Arm of the Law: Robert has it out with the staff of Gigi's for being disorganized. Semone (back) says she has completely turned over the staff, leaving only one cook in place since Robert's visit.

pushback. By the end of the episode, Caesar gave the appearance of having changed, but he's no longer with Gigi's.

"Terrence, one of my cooks, is the only one still here," Semone says. "We fired 10 to 12 people since Robert was here. I think me and Gigi learned to stop giving so many second chances. ... We had to start hiring and firing when it wasn't working."

RENOVATIONS

Robert's designer immediately took issue with the vibe at Gigi's. The stage for live music was a good idea, but the exposed wires and plywood were a bad look. As was the chintzy "VIP" lounge and the graffiti on the walls. The bar and countertop were the

center of the room, but lacked any compelling features. Among other key changes, Robert's builder Tom Bury got to work on a distinctive wooden wine rack that would live behind the bar and reach up to the ceiling.

According to Semone, the restaurant is unchanged since Robert and the R:I crew left town.

"We genuinely loved everything they did," she says. "The restaurant is pretty much the same since they left. There have been some very minor changes, Gigi might have hung up a picture or two here or there, but that's it."

MENU CHANGES

Robert didn't consider Ter-

rence a bad cook, but with speed being a prohibitive factor at Gigi's Music Café, he introduced a slew of menu items that would take less time to move from the kitchen to the table, like thin cut pork chops that cook faster, and other assorted comfort foods like meatloaf and macaroni and cheese. Sides like string beans would be pre-blanching to cut down on cooking time as well. And Robert's biggest pet peeve, the microwave, was banned from regular use.

"We only got rid of two things that I can think of," Semone says. "We did a menu review with Sysco maybe six to eight months after Robert left and we got rid of some of the things that just weren't selling and put back

RESTAURANT: IMPOSSIBLE

on some of Gigi's favorites, like chicken wings, that we had before. Otherwise, we pretty much kept everything Robert had showed us with the same recipe and cooked the same way."

EMOTIONS

With the unique challenges facing Robert and his crew came some uncomfortable conversations. At the time of filming, Semone wasn't being paid a salary for her work; her mother was simply paying her bills as compensation. When Robert broke down Semone's hours versus the amount Gigi was compensating, it worked out to a paltry six bucks and change per hour.

"I do get a salary now," Semone says. "I don't work hourly; I couldn't even tell you how many hours I work, but I do get a salary and I'm happy with that."

To illustrate the number of problems facing the restaurant and the amount of pressure that Gigi was placing on her daughter by leaving full day-to-day operations in her hands, Robert conducted a unique exercise. He put Semone and Gigi in a row boat which Tom Bury had drilled full of holes and plugged with wine corks. He then floated mother and daughter out into a nearby stream and told them what each cork represented: buying a restaurant with no experience; expanding the business before it was ready; not know food costs; using a mi-



Top: Robert introduces Semone and Gigi to their new restaurant. Center: the old Gigi's Music Cafe. Bottom: The new layout adds a slick equalizer look on the wallpaper and several rows of speakers. The old graffiti is gone, so are the purple curtains and the chintzy VIP area.

RESTAURANT: IMPOSSIBLE

crowave in the kitchen, and so forth. He then instructed Gigi and Semone to remove the corks one by one. As the boat took on water and began to sink, they got the picture: until every issue was addressed, they wouldn't be going anywhere. Robert was stern to both of them throughout the episode, and the tears flowed.

"In the episode, I obviously cry like ten times," Semone says. "But I cry not because of anger but because I didn't want to hear anyone upsetting my mother. Him talking to me like that was okay. I could deal with that. But

then when it came to my mother it was like I wanted to slap him for talking to her like that you know? As much as she's my mother, she's supposed to protect me, I always want to protect her too."

By the end, they were both crying, but not out of sadness. The new restaurant and perspective that Robert delivered was beyond anything they had expected. Had Robert not answered the call to come to Gigi's, Semone says it's unlikely they'd still be in business.

"I don't think we'd be here," she says.

What's more, Gigi says they've not only been able to sustain the initial surge of new customers that came in—as is typical after an episode of *Restaurant: Impossible*—but they've been able to build on that momentum. She says the immediate influx was a 10% increase in revenue, but today they generate 20% more income than before they did the show.

"I think if we were still in business it wouldn't be a good situation," Semone says. "It was definitely a great experience. It was eye-opening. It was a reality check. It was life changing."



Gigi embraces Semone during one of the many emotional moments of the episode. Two years after Robert's visit, revenue is up 20%. "It was a life-changing experience," Semone says.

GOTHAM CHOPRA



He's made critically-acclaimed sport documentaries about Kobe Bryant, David Ortiz, and Victor Cruz. His new documentary series, *Religion of Sports*, delves into the power of faith that surround our passions as fans and athletes. Here, Gotham Chopra shares insight into Season One, what's in store for Season Two, and talks about what it was like growing up in the shadow of his father, world-renown spiritual guru Deepak Chopra.

BY MATT TUTHILL

INTERVIEW: GOTHAM CHOPRA

Robert Irvine Magazine: At what point in your life did you fall in love with sports? Then at what point did you start to find this deeper meaning in them?

Gotham Chopra: Well, if I can pinpoint it, and I have thought about this, I think I was 11 years old. I grew up in Boston and I went to watch the Celtics playing the Bulls. I was huge a Celtics fan and Michael Jordan scored 63 points in the double overtime loss, the Bulls lost to the Celtics. Afterwards, Larry Bird said about Michael Jordan, "That wasn't a basketball player. That was God disguised as a basketball player." I think that really resonated with me. I was blown away. Then ever since I've always been fascinated by sports.

Obviously I grew up in a world in which my father, his spiritual life was always around us and evolving. I think a lot of things I started to hear him talk about—I started to see and feel the importance. So I think that's probably the earliest time and it evolved from there.

RI: With everything you've filmed so far in *The Religion of Sports*, what is the most surprising thing that you've encountered?

GC: In hindsight it's not surprising, but when we were doing Season One, it was actually the first episode that we filmed. It was down in the south where we did the NASCAR episode. We shot it in, maybe August; it was the

heart of the political season. And the guy who was an essential character, a 29-year-old former marine who grew up in the south—frankly, he had very conservative values. He was the stereotype. He was the Southern Redneck and I was the Northeastern-er Yankee. We had nothing in common politically and to some extent culturally. But we had sports, and we really bonded over that.

And I had never really been to a NASCAR race but I could still appreciate it. That's what sports is. You see the deep divisions we have in so many areas right now, especially in this country, and yet we come together around this shared faith, which is sports. You see it in the ratings. You see it in the revenues. You see it in the attendance. Sports matter to us. I think that's really kind of surprising considering how deep our other division are.

RI: I was surprised to see that you included eSports in season one. I'm a big gamer myself and I know that competitive gaming has a massive and loyal following. But, certainly they've got a very long way to go in terms of true mainstream acceptance. Most people wouldn't be aware of how grueling the training for that really is. How these people have to practice almost non-stop. Were you taken aback by how fierce that competition really is?

GC: Yeah, I think that was part of it. I was also surprised at the scale of it. I knew, because I hear about it all the time. But I think when you really look into it and you see how many people are watching, how many people are participating, how fast these arenas are selling out. Whether it's in Seoul or in Los Angeles or in Toronto or whatever. I was surprised at the scale of it.



Episode Three of *Religion of Sports* follows female MMA star Cat Zingano on her comeback trail to UFC 200, her first fight after devastating personal and professional losses.

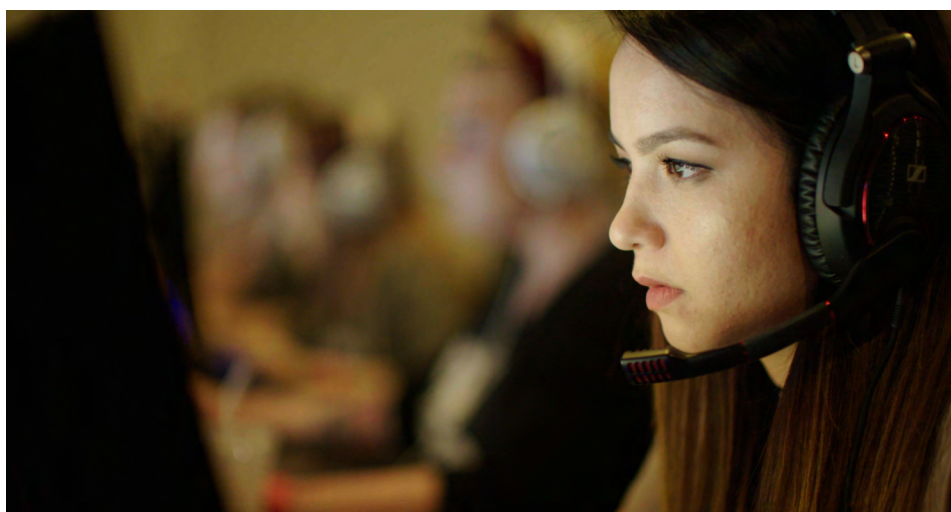
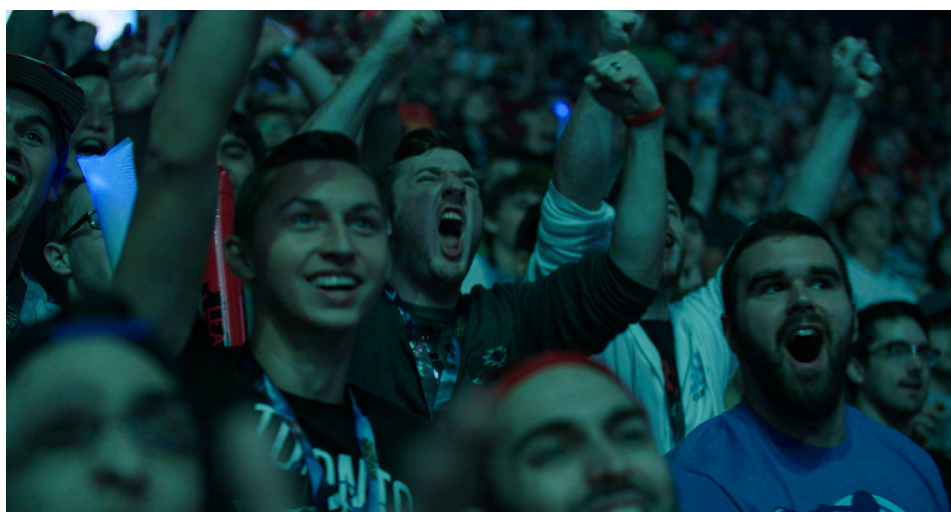
INTERVIEW: GOTHAM CHOPRA

This is not some recreational activity. It's a full-time job for some of them—or it's their mission to make it a full-time job. Then again if you look at the amount of money some of them are making, the sponsorship... like other athletes in other sports, that isn't luck. They're practicing is fairly grueling in a very different way but very similar in terms of the time utility, the focus, the discipline.

It was also surprising to me to see their physical activity because I think there's a stereotype of gamers where people complain all the time that there's no physical activity and they're sitting around on beanbags all day. That's not the case. You now have these professional gamers where they have disciplined nutrition, exercise, sleep. The same thing that Kobe Bryant or Tom Brady practice, these guys are practicing.

RI: You're a die-hard Patriots fan and you worked on this with not just with Tom Brady but also Michael Strahan. Those two guys were involved in the greatest Super Bowl upset of all time. Bringing two people who fought so fiercely against each other on the grandest of stages—I imagine there's a story there.

GC: While they were rivals on the field, they had enormous respect off of it. Tom's obviously going to be a Hall of Famer. Michael is a Hall of Famer. I think Tom has enormous respect for Michael in terms of what he's accomplished off of the field. That being said, they're still rivals. Every time they're on a call



Episode Five of *Religion of Sports* delves into esports, highly competitive video game leagues with rabid fans, superstars, and plenty of money on the line. "I was surprised at the scale of it," Gotham Chopra says.

INTERVIEW: GOTHAM CHOPRA

together or every time we meet together, Michael will definitely remind Tom about those two Super Bowls—one that he participated in and the other one that the Giants won without him. They're competitors, they can't help it.

RI: What topics will you tackle in Season Two?

GC: We're developing and researching and budgeting everything right now. I would say from the first season that our audience was drawn to some of these smaller niche sports. It's very hard in the NFL or NBA to tell an impactful story unless you have a unique way in to tell original stories or if you have an enormous budget. Yet on the other hand, with some of these more niche sports or endurance sports like ultra-running, surfing, or free diving, you have people who are really eager to tell their stories and to share their stories, and the access is much easier.

Those are areas that I think we're really exploring. I also think obviously as a creator, I love the stories I don't know much about. So we're looking into New Zealand right now around the All Blacks, which is one of the most successful sporting franchises in the history of sports. And yet it's so far away from the mainstream in the US, that I don't think many westerners really understand. That's one of them. I think soccer is a perennial

area of interest because it's like the global faith. It's like the one true religion that people pretty much on every continent believe in. So I think part of every season is going to have a soccer story in it.

RI: If you don't have Direct TV or AT&T, do you see this series eventually migrating to a service like Netflix or Amazon?

GC: I think that Audience Network and Direct TV and AT&T have all sorts of ambitions. They just launched a new OTT (over-the-top, not requiring cable) platform themselves. It's called Direct TV Now, and I think there will be other ways to get it. Right now AT&T is going through the massive acquisition of Time Warner and that means that HBO and all the stuff from the Turner Family will

now be part of the AT&T family. I don't really know what that means for us. I think one can look into the future and see all of that becoming integrated. Finally, specifically to the Netflix question you asked, I'm a huge Netflix consumer, but we are hopefully going to ensure that people internationally can see our show, because the DNA of our show is international. And so we are exploring partnership with Netflix on the international front.

RI: You've talked about how sports—not just the major professional sports on television—but that local sports in schools really bring us. Having played high school and college sports myself and then covering local sports for a daily newspaper, I also saw a great number of negatives with



Episode Two tackles the Calgary Rodeo, where the last vestiges of the Old West fight to survive in a rapidly changing world.

INTERVIEW: GOTHAM CHOPRA



Episode One, *God in the Machine*, explores the world of NASCAR, following an injured Marine-turned-driver who has a unique perspective on the concept of melding man and machine. You can stream Episode One for free by clicking here: religion-of-sports.com/episodes/

the intensity of sport at that local level. The biggest problem has to be parents living vicariously through the athletic endeavors of their children. The book *Friday Night Lights* did a great job with insight into that, and so did the documentary *Trophy Kids*. How do you reconcile that dark side as you extol the greater virtues of sports?

GC: That's a great question, and I think ... Listen, it is the religion of sports and every religion has scandals. And as religion itself has a very dark side, I think that is definitely the case with sports. I think that will increase in some of the stories we tell in Season Two

and beyond. We're going to bring some attention to that. I think you also, not unlike religion, the heart has a sort of truth to it. I think you need to talk about performance enhancing drugs, the money involved, and in the NCAA you see all the exploitation of athletes and stuff like that. I mean these are real issues.

But it's sort of like the interpretation of the faith as opposed to the faith itself. I mean I continue to believe in the religion of sports, and at their heart, sports is about human potential and it's about competition, and it's about achievement, and pushing yourself. Those are all very admirable

and aspirational qualities. But I see the negatives too. I'm the parent of a nine year old and I go to games and I'm like, "Wow." I mean I love my kid and I'm proud of what he is doing, but he is not ... I don't think going to be a professional player. Ninety-nine percent of kids don't and yet you see parents pushing, pushing, pushing. It bothers me as a parent, but nothing is perfect in life. I definitely recognize that shadow side and I do think it's important to acknowledge and even talk about that in the context of the show. But I also think at the end of the day that sports have a sort of truth to them which continues to inspire me.

INTERVIEW: GOTHAM CHOPRA

RI: Your father, he's known the world over. He has millions of fans who look to him with incredible reverence. How would you even begin to describe the process of making your own name for yourself and going out into the world and not directly following in his footsteps? How difficult is that to do? Because I would imagine many of the people you meet, many of the interviews you do, people often would expect you to act or sound like him, or kind of be directly involved with his philosophy. How do you get out of that box and how do you make your own path?

GC: Sure. I mean I think you sort of answered it in your question. Those are other people's expectations and while there may have been a time in my life when I was younger where I may have got caught up in that, or I may have been more conscious of that, now I'm not. I do what I love, which is exactly a quality I've learned from my father. Which is, you do what you love and you do what brings you fulfillment every day. And you don't worry about the rest. Yes, my dad has millions of admirers, but he's also got millions of detractors and critics and stuff like that.

I don't think my father nor myself really worry about that. I don't get caught up in other people's expectations. I think that probably for me, it's been also an evolution and a maturity that I've gained. And it's not just professionally, it's personally. It's like when you become a parent, you realize, "Oh that's my priority in life." Right now especially what I'm doing

"You see the deep divisions we have in so many areas right now, especially in this country, and yet we come together around this shared faith, which is sports. You see it in the ratings. You see it in the revenues. You see it in the attendance. Sports matter to us."

with the show and all the other stuff, I do it because I love it. Not because it seems like the evolution of his brand or something like that. And I have to say my dad is my biggest supporter in that respect. I probably shouldn't use the word preach with him but he sort of advocated that my whole life: Do what you love and that's where you'll be happy.

RI: Your documentary, *Decoding Deepak*, showed your dad as a human with flaws, and laid bare a lot of moments where his guard was down, moments most people would consider embarrassing. With now a couple of years of distance from that film, has your relationship evolved since it had time to sink in?

GC: Well I think first of all people watched that movie, myself included, they're like, "Wow there's a tension there." I mean I watch, I'm like, "This is like really snarky." And it's true, and that definitely comes across. But there was no rift. We were working together on other projects. We are really close. I mean, if anything I've realized now that movie is could be called *Decoding Gotham*.

Looking back now, my kid is much older. I've learned a lot in terms of what it's like to be a dad and the

challenges that come with that. If anything I've probably gained a little bit more admiration and understanding for my father. So yeah. I'll see my dad later tonight. We talk all the time and he's a really supportive. I also have enormous respect for him independent of being his son, in terms of what he's accomplished and how hard he works 24/7.

INTERVIEW: GOTHAM CHOPRA



Gotham Chopra, flanked by NFL legends Michael Strahan and Tom Brady, who serve as Executive Producers on *Religion of Sports*. “Every time we’re on a call together, Michael will definitely remind Tom about those two Super Bowls [that the Giants won],” Gotham says. Follow Gotham on [Twitter](#) and [Instagram](#).

RI: Aside from you father, who in the field of spirituality do you admire? Do you read other people?

GC: Well, right now my father is in the practice of working with a lot of great minds. His newest book is called *You Are The Universe*, which he wrote working with a quantum physicist. He’s turned me and others onto the scientific community—many of these amazing minds who are, in a way, talking about the same thing he’s talking about, but more through scientific language. I also admire Don Miguel Ruiz and Marianne Williamson. A lot of these people frankly, I’ve known for

years. I’ve obviously had good fortune and I have enormous respect for them. Eckhart Tolle is another person. I’m like a lot of other people. I’m an explorer. I read the stuff. I’m not a devotee necessarily but I think they have incredible wisdom.

RI: You’re fit and healthy yourself and you’ve also got a tremendous spiritual side. What is a piece of advice that you would offer to one of our readers who might be stuck? Who can’t put it together as they struggle to reach their goals?

GC: Find as much balance as you can and identify those things in your life that are taking away from that and make incremental steps.

What is in your diet that you can’t shake? By no means am I perfect at this, but I try to find balance through good sleep, consistent exercise, a good diet—which doesn’t mean a perfect diet—and healthy relationships. I mean nobody’s perfect. I think I see it in my own life when I’m good at balancing those four things I’m just a happier, more productive person. When I get away from one of those things, I get too far out of balance. Those four things are never quite in balance, but when they are too far out of balance, I can feel it. I can feel it affecting my life and I just try to get back on the path.

PUB GRUB



We all deserve a chance to indulge, but the bar food we crave doesn't have to derail our diets. With better ingredients—and portion control—Robert shows there's a better way to enjoy the high life.

SOFT PRETZELS

SERVES 6

YOU'LL NEED

1.5 cups warm water
1 TBS sugar
2 TSP kosher salt
2 ¼ tsp active dry yeast
4 1/2 cups all-purpose flour,
2 oz unsalted butter, melted
10 cups water
2/3 cup baking soda
1 large egg yolk beaten with 1 table-
spoon water
Pretzel salt

MAKE IT

1) In a stand mixer add water,
sugar, salt and yeast. Allow to sit for
approximately 5 to 10 minutes or

until mixture starts to foam

2) With the dough hook attach-
ment mix add water yeast mixture,
add flour and begin to mix on low
after all flour is incorporated turn
the mixer to medium speed and
continue to knead.

3) Pull dough out of mixer and
knead into a ball, lightly oil mixing
bowl and add dough back to bowl
and cover with plastic wrap

4) Place dough into a warm place
and allow dough to rise for ap-
proximately 40 minutes or until
dough has doubled in size

5) Divide the dough into 6 equal
balls, roll each ball into long rope
roll the dough into a pretzel shape

6) Place a pot 10 cups of water and

baking soda and bring to a boil

7) Place pretzel dough into water
and cook for approximately 30
seconds

8) Next place dough on to a bak-
ing sheet coat with egg wash and
pretzel salt

9) Bake in a 450 degree oven for
approximately 10 minutes

THE MACROS

CALORIES: 398

PROTEIN: 11 g

FAT: 6 g

CARBS: 74 g



BBQ SPARE RIBS

Serves 12

YOU'LL NEED

For the BBQ Sauce:

2 cups ketchup
2 cups apple cider vinegar
1 cup Dijon mustard
1 cup brown sugar
2 tbsp cayenne pepper
2 tbsp kosher salt
1 tbsp black pepper

For the Spice Rub:

½ cup kosher salt
¼ cup ground mustard
¼ cup paprika
¼ cup black pepper
¼ cup cayenne pepper
¼ cup ground white pepper
¼ cup seafood seasoning
2 tbsp ground cumin

Ribs:

4 full racks St. Louis ribs

MAKE IT

For the BBQ sauce:

Mix the ketchup, vinegar, Dijon mustard, brown sugar, cayenne pepper, salt and black pepper in a bowl. Transfer to a thick-bottomed saucepot over medium-low heat. Allow the sauce to warm, and mix over the heat for 10 to 15 minutes, stirring throughout the time. Remove and cool.



They take all day—and they're totally worth it.

For the spice rub:

In a bowl, mix the salt, ground mustard, paprika, black pepper, cayenne pepper, white pepper, seafood seasoning and cumin together with a spoon. After mixing, keep dry and covered.

To prep the ribs:

Remove the silver skin from the bottom side of the ribs. Then evenly rub each rack with 1/4 cup of the spice rub on top and bottom. Wrap each rack in plastic wrap and keep overnight in the refrigerator or cooler.

To smoke the ribs:

Heat a smoker with pecan or other fruit wood, bringing the smoker or pit to 165 degrees F and maintaining temperature. Once the temperature is obtained, remove the plastic and place the ribs in the smoker for 4 hours, keeping for doneness at this point. The ribs should be cooked, but not falling off the bone.

To glaze the ribs:

Remove them from the pit and glaze each rack with 1/2 cup of the BBQ sauce. Then return to the

pit for 30 to 40 minutes. Again, remove and glaze with additional 1/2 cup sauce and finish for a final 20 minutes in the pit. After the second glaze and final cooking, remove the ribs from the pit. Allow to rest for 5 minutes, and then cut into single or double bone sections and serve.

THE MACROS

CALORIES: 594
PROTEIN: 35 g
FAT: 36 g
CARBS: 29 g

LAMB BURGER

Serves 2

YOU'LL NEED

8 oz ground lamb (80% to 20%)
1 brioche bun
2 tbsp pet tit munster
1 tbsp shallot, diced
2 tsp salt
Choice of cheese (optional)

MAKE IT

- 1) Season the burger salt and pepper .
- 2) Cook lamb patty to medium rare in a cast iron skillet.
- 3) Toast bun to golden brown.
- 4) Apply cheese to top and bottom bun.
- 5) After the burger rests for 2 minutes, put on bun with shallots and enjoy!

THE MACROS

CALORIES: 387
PROTEIN: 27 g
FAT: 24 g
CARBS: 14 g



WHISKEY CRANBERRY SLUSHES



Serves 4

YOU'LL NEED

2 cups whiskey, preferably Crown Royal
6 cups cranberry juice
4 1/2 cups pomegranate juice
2 cups orange juice
Juice of 2 limes
1 cup sugar
1 cup fresh cranberries, diced
Mint leaves, for garnish

MAKE IT

1) Combine the whiskey, 3 cups cranberry juice, the pomegranate juice, orange juice, lime juice, sugar and 1/2 cup water in a large, shallow freezer-safe container. Stir well, then cover and freeze until the mixture is icy, stirring every 20 to 30 minutes, 4 to 5 hours.

2) Scrape the frozen mixture with a spoon and divide among glasses, filling them three-quarters of the way.

3) Divide the remaining 3 cups cranberry juice among the glasses and top with the diced cranberries; stir until slushy and garnish with mint.

VEGGIE BURGER

SERVES 2

YOU'LL NEED

¼ cup long grain brown rice
¼ cup black beans cooked
1 clove of garlic
2 turnips bulb fennel
½ onion
1 cup rice flour

MAKE IT

1) Cook rice in a pot with 3 qts of water. Add rice to pot after water

has boiled, allow rice to cook for about 10 minutes. Cool rice on sheet tray when done.

2) Combine turnips, garlic, fennel, and onion in robocoupe, pulse until minced

3) Roast the vegetables until tender, in a 350 degree oven. season with salt and pepper

4) Puree beans in a robocoupe or in a blender until smooth

5) Mix all ingredients in a bowl by hand, add rice flour to mixture

should be able to be formed into patties.

6) Portion into 2 patties.

THE MACROS

CALORIES: 443

PROTEIN: 10 g

FAT: 2 g

CARBS: 95 g





BUFFALO CHICKEN WINGS

YOU'LL NEED FOR THE WINGS

2 lbs chicken wings
2 tbsp grapeseed oil
1 tbsp salt and pepper, equal blend

FOR THE SAUCE

1 stick (1/4 pound) butter, softened
1/4 cup hot pepper sauce, such as Frank's
2 tbsp honey
1 tsp celery seed
1 tsp kosher salt
Cayenne Pepper (optional for additional heat)

MAKE IT FOR THE WINGS

1) Preheat the oven to 375 degrees.
2) Toss the wings with the oil and the salt and pepper blend. Place on a sheet pan.
3) Cook for 20-30 minutes. After cooking, remove the wings from the oven and cool for 10 minutes or more.

FOR THE SAUCE

1) For the sauce: In mixing bowl, blend the butter, hot sauce, honey, celery seed and salt until well mixed.

THE MACROS

CALORIES: 513
PROTEIN: 29 g
FAT: 39 g
CARBS: 6 g

AS TIME GOES BY

The years pass with alarming speed. It's up to you if you'll look back in regret or amazement.

BY HEATHER QUINLAN

Can you remember 2007 like it was yesterday? I can. And if you're like most people over 30, it takes you a few minutes to realize... "Whoa. That was 10 years ago." That's a lot of time, and yet somehow you blink and you're 10 years further into your career, your kids have gone from toddlers to teenagers, your new car isn't so new anymore and, of course, you're 10 years older. "Where does the time go?" you ask. A better question is: "Did you make your life happen in those 10 years? Or did life happen to you?"

If you fit more into the life happens to you category, resolve right now to make the next 10 years different. Creating a plan for the next 10 years of your life sounds like a huge undertaking, but it doesn't have to be complicated. Living your best life is completely within your control. Much in the same way you would plan before going grocery shopping—looking through the fridge and cabinets



You can't create a long-term plan until you take stock of your life and decide what needs to be eliminated. Take the time to do this right—and be honest with yourself.

and taking note of what you need to get more of and what needs to be tossed—you're going to take stock of your life.

Sit quietly and be honest with yourself. Make a list of things that didn't work for you or kept you stagnant—these could be bad habits like procrastinating, spending too much

time on social media, spending time around friends who drag you down, or failing to move yourself out of a dead-end job. These are the things you'll toss from your cupboard. Next make a list of the things you did accomplish and be grateful for them. These are experiences you'll want to "shop" for more of.

KEEP IT SIMPLE



No dream is too big. Set your sights high, then create a detailed plan of action to get there.

Finally, write down what you would do today if failure were not possible. Whatever it is you're passionate about, write it down without any judgment, fear, or doubt. That's what you're chasing now.

Next, based on your list, decide what small task you can do daily to chip away at your goal. We are living in an incredible time in terms of technology. The amount of information and convenience available at your fingertips is truly amazing. Take advantage of that. Use it for something other than checking in on your friends. Enroll in a program online to learn

a new skill for your profession or just to make your life richer. Look up people who have done what you want to do in life. Study their paths and figure out what you can emulate. Try to contact them! One of the marvels of modern technology is that no one on the planet is more than an e-mail away.

Consistent execution is the key. Identify action steps you can take immediately and start today. It took Michelangelo four years to complete the painting on the ceiling of the Sistine Chapel. Is there a better model for consistent action? Of not being overwhelmed by, lit-

erally, the big picture and instead focusing on each step of each day? Applying that kind of discipline, do you know what you could create in a year? In 10 years?

To be certain, 10 years from today you're going to look back in astonishment at how fast the time went. It's up to you if you'll look back in regret at what might have been—or in amazement at how much you were able to accomplish.

[Heather Quinlan](#) is a certified Bikram Yoga instructor and a health and wellness coach. Contact her at: haquinlan@gmail.com

GO TIME

Doing our best to keep up with Robert.

MILITARY GALAS

On April 19, Robert will be cooking a very special dinner for the anniversary gala celebrating the 30th anniversary of Special Operation Command at MacDill Air Force Base in Tampa, FL. Three days later on April 22, he'll be cooking up another gala feast this one for the Walmart Congressional Medal of Honor dinner.

TORCH

On April 27, Robert will be at the Nirvana Food and Wine Festival in Scottsdale, AZ. He's hosting the opening ceremony, a special event called Torch, which is a Polynesian-inspired cocktail competition. Says Robert, "A cocktail competition with a theme is a really kinetic way to kick off a festival weekend. It's so specific it will not only be really challenging, but I think yield some pretty incredible, unique results."

ROBERT IRVINE LIVE

Tickets for an RI Live in Hinckley, Minnesota on May 13 are on sale now. Click [HERE](#) to buy. What is RI Live? It's not a cooking demo



Robert catches a workout with Eric The Trainer at Golds Gym in Largo, FL. No matter how busy his schedule, Robert always finds time to train.

and it's not scripted. In short, it showcases Robert's gift for improvisation. You'll see him enter the theater with no idea of what he is about to face, and then cook his way through a series of audience-generated challenges. And if you've got a ticket, you should be prepared to get on-stage yourself.

FITCRUNCH BROWNIES

Robert's continually expanding line of protein bars recently

added a new product, microwaveable protein brownies. Following the high standard set by the FitCrunch bars, the brownies are made from high quality whey protein and make it easy to forgo sugary, fatty treats. The brownies can be eaten hot or cold. Each one packs 15 grams of protein, and they are available in two flavors, chocolate or cookie dough. You can purchase them at Sam's Clubs and online through [Amazon](#).

IT
ALWAYS
»» SEEMS ««
IMPOSSIBLE
UNTIL
it is
DONE

★ NELSON MANDELA ★