

# ROBERT IRVINE

MAGAZINE

DECEMBER 2017

*Nothing is Impossible*

GET A JUMP  
START ON YOUR  
NEW YEAR'S  
RESOLUTIONS

OUR  
2017  
GIFT  
GUIDE

2018 WINTER OLYMPICS:  
INTERVIEW WITH US SKI  
JUMPER ABBY RINQUIST

ROBERT'S ULTIMATE HOLIDAY RECIPES

# ROBERT IRVINE MAGAZINE

Nothing is Impossible

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MAGAZINE

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# ONWARD AND UPWARD FROM 2017

Looking back one last time so we can move ahead.

Welcome to the final edition of Robert Irvine Magazine in 2017. I want to thank all of the loyal readers who have kept us going the past two years and to the growing number of new fans who have recently found us.

The end of the year is an opportunity to take stock and that's what we'll be doing in the coming days. Keep your eyes peeled to my Facebook and Twitter feeds as we'll be posting all of the best interviews, recipes, workouts, and other content you may have missed throughout the year.

We have a few special things for you this month: First off is my traditional holiday meal, which begins on Pg. 21. There you'll find my recipes for chestnut soup, Yorkshire pudding, rib roast, and a rather unique dessert—bourbon-spiked hot chocolate. If you still haven't figured out what to gift to get for the people in your life, our 2017 Gift Guide begins on Pg. 26. We also cast an eye toward the 2018 Winter Olympics in PyeongChang, South Korea, with contributing writer SJ McShane interviewing U.S. ski jumper Abby Ringquist. Elsewhere in the issue, contributor Heather Quinlan writes about how less



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# ROBERT'S LETTER



is often more and how to quiet your mind during the holiday season, our Gym section shows you how to make the most of the extra calories you might consume around the holidays, and last but not certainly not least, my wife Gail takes you on a tour of her hometown of Toronto.

When you're done making your way through the issue, I urge you to flip to the back of the magazine. On the final page of this issue—where we usually post multiple inspirational quotes that coalesce around a theme—you'll find a single quote from Shawn Perine. Many of you may not

know him, but he was an influential voice in the fitness community, the editorial director of *Muscle & Fitness*, *Muscle & Fitness Hers*, *FLEX*, and *Men's Fitness*, magazines. Shawn recently passed away as a result of lung cancer, a cruel twist of fate for a man who never smoked, rarely drank, and was committed to maintaining peak physical condition year-round. Shawn was immensely talented and he was also a friend of mine, allowing me to share my voice as a columnist for *Muscle & Fitness* for five years. I will miss Shawn greatly, and if you don't know him I encourage you read

some of the life and fitness wisdom he's been dispensing over the years at *M&F*. (Click [HERE](#))

As I say my goodbyes to Shawn I say the same to 2017. Let's all take stock of the year that was, learn what we can, and look for bigger and brighter things in 2018.

Yours in Health,



# HOME SWEET HOME

Toronto is my home and it hasn't lost a bit of its charm over the years. Here's what to see if you're headed north. /// BY GAIL KIM-IRVINE



The Grafton Inn in winter. The inn has hosted literary greats such as Ralph Waldo Emerson and Rudyard Kipling, as well as Presidents Woodrow Wilson and Ulysses S. Grant.

Going to my hometown recently for the first time in over a year, made me realize just how truly amazing Toronto is. The Canadian city is bustling, so ethnically diverse and has so much to do for locals and tourists alike. I couldn't pick just one restaurant or hotel or spot to go, so I decided to give you my top 10 things to do or see because there really is so much going on all the time.

1. [CN TOWER](#)

The signature icon of the Toronto Skyline is a must see for tourists, has an observatory deck and has a revolving restaurant called The 360 where you can eat, drink and take in the spectacular views.

2. [KENSINGTON MARKET](#)

Located in downtown Toronto, this neighborhood was always

considered the “hipster” area. Unique shops and boutiques mixed with cafes, restaurants and bars line the streets. The market has cheese shops, bakeries and specialty foods for all the foodies.

3. [CHINATOWN](#)

Chinatown has always been a well frequented and popular spot by locals. Located next to



A winter view of Nathan Phillips Square in Toronto, where tourists and locals alike gather to ice skate and enjoy a boisterous New Year's Eve countdown.

downtown, there are shopping and food markets in an open air atmosphere. It was also always a consistent stop for all of us after work bartending late. Open late and always fast, you have options from Chinese, Japanese, Thai to Vietnamese.

#### 4. [LAKE SHORE BLVD.](#)

For outdoor fitness enthusiasts, the Lake Shore Boulevard runs along Lake Ontario and you will see runners all year round. I remember rollerblading as a teenager miles during the summer. You get a spectacular view while getting fit!

#### 5. [LITTLE ITALY](#)

Located just outside of downtown, Little Italy on College Street is frequented by students, hipsters and locals alike. With all the authentic Italian restaurants and shops, it's hard to choose where to go. This is a popular spot for locals with its bars and nightlife.

#### 6. [YORKVILLE](#)

Considered the more luxurious area of Toronto, Yorkville has designer brand shops along the Mink Mile (Bloor Street) and luxury residences and hotels mixed with a vast array of

restaurants and cafes. I would definitely recommend a lot of the restaurants. I haven't tried a bad one yet. If you want to really splurge, The Four Seasons is an impeccable hotel with a happening bar on the weekends (get there early) and Cafe Boulud, famous for their roasted chicken. Robert raves about it.

#### 7. [SPORTS VENUES](#)

Sports seasons never end in Toronto. Catch a Blue Jays game at the Rogers Center in the summer or catch the Raptors or the Maple Leafs at the Air Canada Center. It's hard to get hockey tickets,



# GAIL'S CORNER



Clockwise from left: Toronto's answer to Times Square, Yonge-Dundas Square; a festival in Little Italy; the Maple Leafs are a top draw, with tickets sold out months in advance.

so plan to spend some money with a scalper or get them way in advance. Real hockey fans also won't want to miss a visit to the [Hockey Hall of Fame](#).

## 8. [GREEKTOWN](#)

Located on Danforth Ave., this part of Toronto brings back so many fond memories of fun late nights, great desserts, and huge feasts with close friends. So many great restaurants to choose from, and a wide variety of cafes, bars, and shops make The Danforth a lively hotspot. If you're lucky to be there in August, they have the annual Taste

of the Danforth. Over two days long, you can sample not only Greek cuisine but other ethnic flavors. It has grown to over 1.5 million visitors in some years. I also recommend Mezes. It's been around from my youth and still tops everyone's list as one of the favorite places to eat.

## 9. [YONGE-DUNDAS SQUARE](#)

Toronto's version of Times Square, is located right in the heart of downtown. A popular area for shopping not only along the streets, but the Eaton Center has been a central shopping staple for as long as I can remem-

ber. I actually got my first part time job there in the cineplex movie theater.

## 10. [NATHAN PHILIPS SQUARE](#)

Located right next to the Eaton Center in the heart of downtown, Nathan Philips Square is a special place during the winter months. Residents and tourists alike flock here to enjoy the famous outdoor rink, which is known for being the go-to spot for the New Year's Eve countdown. So bundle up and get there early.

*Follow Gail Kim-Irvine on [Twitter](#) and [Instagram](#).*



# MEMORY RUSH

As you make new memories, here's how you can keep them.

This time of year, we all have memories of celebrations and the beautiful feelings they bring us. I love getting together with family and friends to share holiday cheer and creating memories that make us happy. Walking in the kitchen and smelling the foods that my mother would make brings me back to my childhood. Photos help us to remember and relive those moments but there are things one can do to improve one's memory.

One of the ways we can improve our memory is exercise. Exercise increases focus and promotes new nerve growth. It will improve your mood and helps you sleep better. You need more exercise than just walking but the specific amount needed is the subject of a lot of debate and study.

Sleep helps us to retain our memories. The National Institute of Health reports that sleep before learning sets the stage for us to remember helps set those memories in place. The many stages of sleep have different functions in remembering things. The deeper stages of sleep help memories become more stable and REM sleep helps us sort the memories. A full night's sleep is one important thing we can all do to improve memory. This is as important for students as it is for seniors. Better sleep is one potential target to improve memory.

Some foods may also improve memory. These include:

- Fresh fruit and vegetables especially blueberries, which contain a boatload



of antioxidants.

- Fish rich in omega 3 fatty acids such as salmon and mackerel

- Avocado
- Nuts and seeds
- Whole grains and beans
- Dark chocolate
- Tea

You also need to get a good breakfast to get your brain energy to do its job. A cup of coffee is not sufficient.

Dehydration can lead to confusion and impair memory, so stay well hydrated.

You can also use memory aids. As a resident, I had to be able to discuss the details of all the patients on service every week when I made rounds with the chief of the service. I could not remember the details of 40 people who I had just met so I would make

a list of each patient with the relevant details of their care. Dr Irwin, the chief, would remark about how I used my “peripheral brain”. I still use this today when I ask patients to make a list of their questions to bring in when we discuss their problems. It helps us to be more focused and efficient during our office visit to ensure each question is answered and that the patient understands what is happening.

Memory is important practically and emotionally. There is no magic bullet to preserve memory or recover it. There are simple lifestyle choices that can help up maintain them. I just have to remind my wife that chocolate is good for me.

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

# HEAVY DUTY

Do all the heavy lifting you can during these winter months.  
Your summer body will thank you.



Welcome to December, the fitness world's version of hibernation. The heavier foods of the season—and the sweaters and sweatshirts that hide your physique—can lull even the best of us into a sense of complacency. It feels good right now, so we do it—and we don't think of the consequences. An extra piece of bread here, another cookie there... it all adds up, and not in a figurative sense. Make a habit of this and it will pile around your waistline and your pants will be feeling pretty tight in January.

But there is an upshot to the extra

calories you might consume in the coming weeks. A calorie surplus primes your body to build muscle. The more muscle you carry, the more calories you'll burn. Of course, that means you must first do the work to build that muscle—and that means you have some harder training days and heavier weights in front of you.

The “big four” lifts benefit the most from a few extra calories consumed: bench press, deadlift, squat, and military press. With your muscle full of glycogen, they can move heavier loads and last a bit longer

than they would if you're following a more strict diet. Turn the page to see our workout of the month, which incorporates these four lifts to make maximum use of your more liberal holiday diet.

And remember: this isn't a license to engage in a month-long free-for-all. They say there's no way to out-train a bad diet, and that's the honest truth. But since now's also not a great time to get on a strict diet, you might as well make the best use of what you are eating. So happy holidays and happy lifting. It's time to bulk up (within reason).



# IN THE GYM: WORKOUT OF THE MONTH



## SLOW AND STEADY

An old-school plan for adding muscle in winter.

**DIRECTIONS:** Do each of the following workouts once per week. Add 1-2 days of cardio or active rest, such as recreational sports. Your main lift for the day is your first lift. Warm up properly before lifting and work up to a weight that is challenging for five reps. Do not count any warmup sets that it takes to get to your working weight. Add 3-4 abdominal exercises to the beginning or end of each workout. Tri-sets are done with no rest between exercises. Rest only after the third exercise.

### WORKOUT I

EXERCISE	SETS	REPS
Squat	5	5
Walking Lunge	3	20
<b>TRI-SET</b>		
Leg Curl	4	10
Leg Extension	4	10
Calf Raise	4	20

# IN THE GYM: WORKOUT OF THE MONTH

## WORKOUT II

EXERCISE	SETS	REPS
Bench Press	5	8
Incline Dumbbell Bench	3	10
<b>TRI-SET</b>		
Pec Flye	4	10
Skull Crusher	4	10
Triceps Pressdown	4	10

## WORKOUT III

EXERCISE	SETS	REPS
Deadlift	5	5
Bentover Barbell Row	3	10
<b>TRI-SET</b>		
Barbell Curl	4	10
Lat Pulldown	4	10
Hammer Curl	4	10

## WORKOUT IV

EXERCISE	SETS	REPS
Military Press	5	5
Arnold Press	3	10
<b>TRI-SET</b>		
Lateral Raise	4	10
Upright Row	4	10
Rear Delt Flye	4	10

## SAMPLE ABS WORKOUT (To be added after each workout)

EXERCISE	SETS	REPS
Leg Raise	3	20
Russian Twist	3	20
Cable Twist	3	10 each side
Side Plank	3	30 secs. each
Plank	3	90 secs.





# THE CLASSIC CUBAN

A little taste of Havana.

**SERVES 4**

**YOU'LL NEED**

4 tbsp unsalted butter  
Two 12- to 14-inch French baguettes, cut in half lengthwise  
4 tbsp Dijon mustard  
1 lb pulled pork, plain (not glazed or barbeque)  
10-12 pickle slices  
8-10 oz ham, sliced  
8 slices Swiss cheese  
2 tbsp grapeseed oil

**MAKE IT**

1) Butter top and bottom interior side of each baguette and place in a skillet over medium heat to brown and crisp the bread.  
2) Once browned, remove the baguettes from the skillet and begin to layer each sandwich with 1 tablespoon mustard, 4 ounces pulled pork, 2 slices pickle, 2 to 3 ounces ham and 2 slices Swiss cheese.  
3) After stacking the sandwiches, return the skillet to the stove over medium heat and warm with the oil. Add the sandwiches in batches

and weigh down with a heavy skillet. Grill until crisp on the exterior, 1 to 2 minutes.

4) Flip and repeat the process on the second side. Once cooked on both sides, remove and repeat with the remaining sandwiches, then serve. Cut each in half and serve.

**THE MACROS**

CALORIES: 627

PROTEIN: 45 G

FAT: 38 G

CARBS: 18 G





## FISH TACOS WITH CORN SALSA

Quite the catch.

### SERVES 6

#### YOU'LL NEED

##### FOR THE CORN SALSA

1 cup small diced red tomatoes  
1/2 cup roasted corn kernels  
1/4 cup thinly sliced green onion  
1/4 cup small diced yellow onion  
1/4 cup cilantro leaves, minced  
1/4 cup red wine vinegar  
3 oz vegetable juice, such as V8  
2 jalapenos, seeded, small diced  
Salt and pepper

##### FOR THE TACOS

1 lb halibut or firm white fish, cut

into 3 by 1/2-inch pieces  
18 six-inch corn or flour tortillas  
2 cups romaine lettuce, thinly  
shredded, 1/4-inch thick  
1 lemon

#### MAKE IT

1) Make the corn salsa: In a bowl, blend the tomatoes, corn, green onions, yellow onions, cilantro, vinegar, juice, jalapenos and salt and pepper to taste, mixing well. Refrigerate for 30-60 minutes.  
2) Make the tacos: Preheat a grill to 350 degrees F. Sprinkle the fish with salt and pepper and grill for 3 to 4

minutes. Flip the fish over and grill for 3 to 4 minutes. Remove the fish from the grill and keep warm.  
3) Grill the tortillas on each side for 1 minute. Be careful not to scorch the tortillas. Divide the lettuce evenly on each tortilla. Top each tortilla with the fish, squeeze of lemon juice and 1 to 2 tablespoons of the corn salsa and serve.

#### THE MACROS

CALORIES: 353  
PROTEIN: 39 G  
FAT: 5 G  
CARBS: 39 G





# ABBY RINGQUIST

In February 2018, Abby Ringquist will represent Team USA at the Winter Olympics in PyeongChang, South Korea. We spoke to the 28 year-old Park City, UT native about how she's getting ready for competition and the major challenges she's faced along the way.

INTERVIEW by SJ McSHANE  
PHOTOS by BEN PIEPER

# ABBY RINGQUIST

**ROBERT IRVINE MAGAZINE:**  
**When did you start skiing competitively?**

ABBY RINGQUIST: My first international competition was in 2004 when I was 15 years old.

**RI: What age did you know this was your calling? What was that moment like?**

AR: I had my “Ah ha!” moment when I was about 11. I had my first pretty-far jump and it was a feeling like no other. I couldn’t wait to get back to the top of the hill and do it again.

**RI: Who has been your biggest supporter in your athletic career?**

AR: My parents for sure and my older brother; he started jumping and I wanted to be just like him, and that’s why I started. My brother has always been my role model and he has always been one of my biggest fans.

**RI: What are your top three exercises that you feel benefit your sport performance?**

AR: Deep core exercises, like single leg lowers or V-ups with a Swiss ball. Counter movement squat jumps and any hip exercises.

**RI: What is your favorite pre-competition meal?**

AR: I don’t really like to eat much before competing. In ski jumping you want to be lighter,

so it doesn’t feel good to have a heavy meal. If I need something, I’ll usually grab a yogurt with fruit/granola/flax seeds/maca powder. But I love meat and need protein in the morning. I love eggs on toast with jam, juice, fruit and Bulletproof Coffee (black with about a tablespoon of butter) It helps keep me going throughout the day.

**RI: What obstacles have you encountered along the way?**

AR: Tons of obstacles. Where to begin?

Women’s ski jumping wasn’t included into the Olympics until 2014 after a decade of lawsuits and persistent battles with the International Ski Federation (FIS) and the International Olympic

Committee (IOC). We are still working towards a higher level of equality in our sport. Women only have one event in the Olympics whereas the men have three, as well as World Cup prize money. Women make one third of what the men’s world cup receives and we only have one third the number of events as them per winter.

Funding is another major issue. Ski jumping isn’t a popular sport in our country, which means funding and sponsorships are hard to come by. I’ve had to fundraise and pay my way to compete for the last four years. Working three jobs while trying to train for the Olympics is pretty exhausting. Luckily I was introduced to the founder of 1,000 Dreams Fund





# ABBY RINGQUIST



Abby stares down the ski jump ramp during a recent competition. Follow Abby on [Twitter](#) and watch her during the Winter Olympics, airing Feb 5-25 on NBC.

this summer and they are helping with some of the financial stress this year while I pursue my Olympic dream.

Motivation to train is also an obstacle that I've dealt with. After hearing "No" for so long—for the inclusion of our sport and for funding, it can really get inside your head and you second-guess what you are doing with your life. It's hard to not give up because sometimes I thought I wanted to. Once I started working with Dr. Jim Stray-Gundersen and his wife Hollie and their blood flow restrictive band training system called B Strong, it was almost like

a new gear was discovered in me and they have really given me the tool to get to my optimal potential physically.

I had a big love/hate relationship with food and it is also a huge obstacle when dealing with a weight sport. I dealt with an eating disorder for five years and was able to beat it and heal by learning to love food and understand what and how different food groups fuel my body. I learned how to get rid of the voice in my head that told me I was fat and ugly, and I learned to listen to my body and give it what it needs. Now I eat what I want, when I want. I don't

think I've ever loved myself more than I have this past year.

**RI: Sports, particularly solo pursuits, are so mental. What are some of the ways you keep your mind in the game?**

AR: I have a routine before every jump, and I'm pretty sure I do it on autopilot now. But if I focus on my technique too much, I usually don't perform the way I want to. So for me, focusing on my breathing and keeping it simple is huge when I'm warming up and getting ready. Also, if I find myself in a downward spiral mentally or I'm frustrated, I remind myself

# ABBY RINGQUIST



The view from the top of the ski jump in PyeongChang, South Korea, where Abby will be competing in February 2018.

that I do this sport because it's so much fun and I that love everything about it. I'll take a moment to look around and see all of the other athletes, many whom are some of my best friends, girls who all love the same thing that I love. Taking a moment to appreciate all of the great things this sport has brought to my life.

**RI: Outside of skiing what are your hobbies or interests?**

AR: I am currently in the pro-

cess of an art major through Westminster College in Salt Lake City. I'm hoping that when I'm finished with jumping, I'll become a preschool teacher and I'll make a coloring/story book for kids. I love drawing, painting, crafting, anything of the sort. I also have a mini ranch with three dogs, two dwarf goats and nine chickens that I love to spend time with. And I love backcountry skiing with my husband and dogs.

**RI: How did you come to partner with the 1,000 Dreams Fund?**

AR: This summer I was fortunate enough to be introduced to 1,000 Dreams Fund through another client of Dr. Jim and Holli's where I do my B Strong physical training. I chatted with Christie Garton, the founder, and miraculously my story stood out to her and her team. I am so extremely grateful that our paths crossed.



# ABBY RINGQUIST

**RI: Has funding been an issue for you in your sports' career? How so?**

AR: I think there is always a lack of funding when it specifically comes to women's athletics. For me, it's been stressful to not know how I'm going to be able to get to the next competition and it actually is a major reason why I missed making the team for 2014. We didn't have enough funding to get to some qualifying competitions in Russia and because of that I missed crucial events and my spot slid and I missed the qualification by one spot.

**RI: What advice do you have for younger athletes dealing**

**with funding issues?**

AR: If there is a will, there is a way. Everything always works out in one way or another. If you believe in yourself, there's a good chance others do too, and they'll want to help you. Online fundraising platforms are great and can be spread all over the world. Apply for grants, and see if 1,000 Dreams Fund can help you too!

**RI: What's the best advice you can give another athlete who is trying to make it on a professional level?**

AR: Never give up on yourself. Love yourself and respect yourself.

**RI: What has been your biggest**

**accomplishment in your athletic career?**

AR: There is no one defining moment in my career, it's the accumulative moments that have happened of the past 21 years that are leading me to my dream of hopefully representing my country in the Olympics and the fact that I can be a role model to young girls.

**RI: What's your favorite motivational quote?**

AR: No rain, no rainbows.

*SJ McShane is a fitness author, trainer, and nutritionist. Follow her on [Twitter](#) and [Facebook](#) and visit her [website](#).*





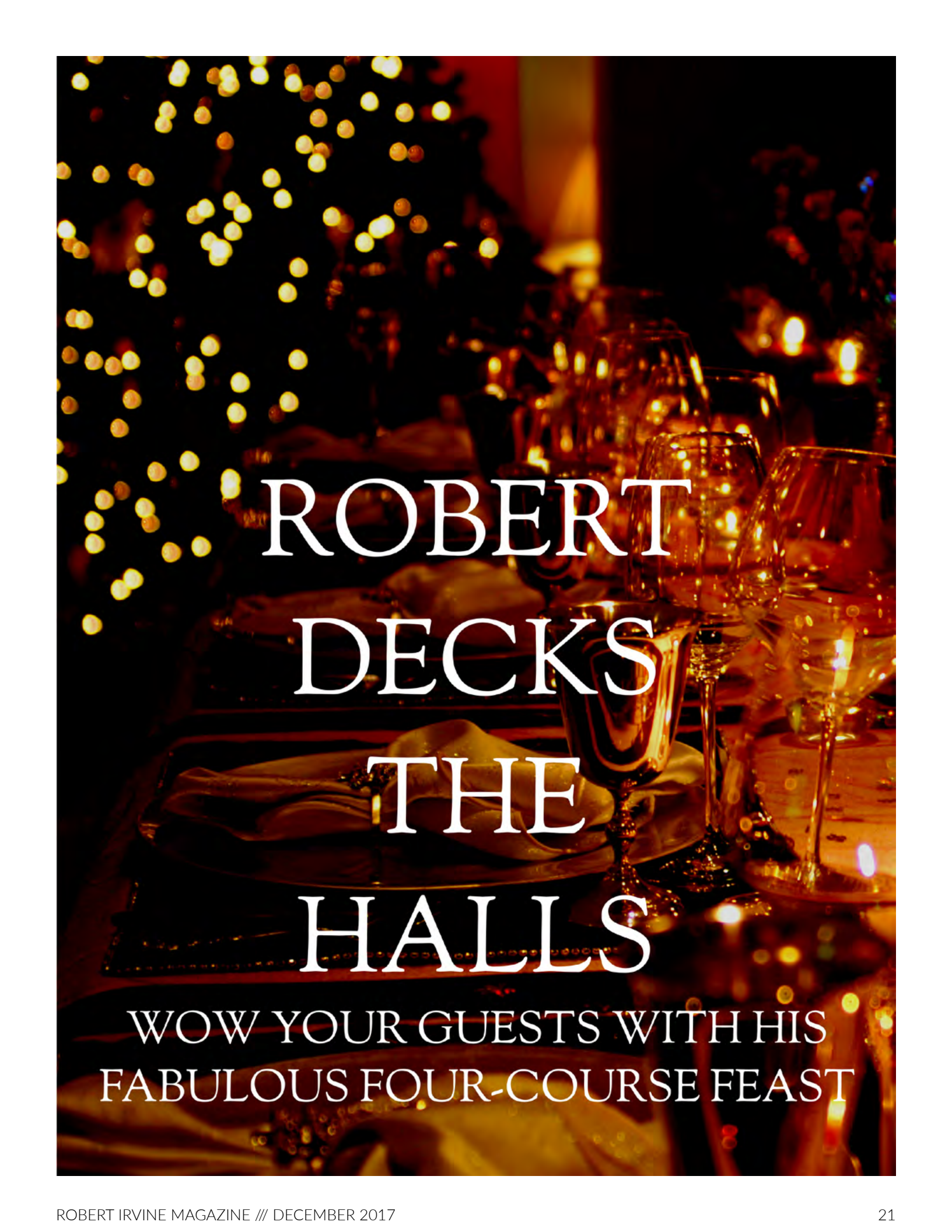
## THE 1,000 DREAMS FUND

Christie Garton is the founder of the 1,000 Dreams Fund, a non-profit organization that aims to empower young women through scholarships and advice to achieve their career goals and dreams. Learn more [HERE](#).

### **Robert Irvine Magazine: Why did you choose Abby Ringquist as your first athlete partner for the 1,000 Dreams Fund?**

Christie Garton: I happened to meet Abby while visiting one of our board of directors in Park City, Utah, this summer and was instantly struck by her story. Here is this elite athlete with this huge goal of competing in the Olympics - and she is already qualified. However, she still has to fund her journey and all the associated travel expenses to remain qualified at over \$30,000. So she works three jobs on top of being a college student because she needs to also worry about life post ski jumping. To me, Abby's story represents all 1,000 Dreams Fund girls' stories - young women working hard towards a dream with huge obstacles and limited funds. I knew she would be an inspiration to these young women. Abby's story also spotlights the sad fact that female athletes remain under-funded as opposed to the men, as they still are in many professional fields. Bottom line: Abby's passion and commitment to her dream made her the perfect athlete for 1DF to not only help raise awareness for the importance of women's sports but also someone we could work to help financially support, too. It is the perfect synergy.





# ROBERT DECKS THE HALLS

WOW YOUR GUESTS WITH HIS  
FABULOUS FOUR-COURSE FEAST



## CHESTNUT SOUP

**SERVES 8**

**YOU'LL NEED**

2 yellow onions, caramelized  
1 stalk celery  
½ lb bacon  
1 qt toasted Chestnuts  
2 sprigs sage  
1 gallon pork stock  
1 qt heavy cream  
Salt and pepper to taste  
3 tbsp unsalted butter (browned)

**MAKE IT**

- 1) Small dice celery and onion.
- 2) In a medium soup pot, over medium heat, melt butter, add onion and celery.
- 3) Cook bacon strips in a separate pan and reserve.
- 4) Cook until butter begins to brown (about 10 minutes) then add chopped chestnuts.
- 5) Once you can smell the toasted walnut, add sage and pork stock.
- 6) Let Simmer for 20-30 minutes, stirring every few minutes to ensure the walnuts do not stick to the bottom.
- 7) Add cream in the last 5 minutes of cooking.
- 8) Crumble bacon strips over top when you serve.



## YORKSHIRE PUDDING

Serves 6

### YOU'LL NEED

$\frac{3}{4}$  cup All purpose flour  
3 eggs  
1 egg yolk  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cup rendered beef fat

### MAKE IT

- 1) Preheat oven and ceramic mold you are going to cook the pudding in, to 450 degrees
- 2) In a large mixing bowl add milk, eggs, whisk together for approximately 3 minutes
- 3) Add flour and mix together enough to incorporate,
- 4) Finish by adding rendered beef fat
- 5) Place 2 oz of batter to a 4 oz ramekin that has been pre-heating in the oven, before adding batter spray with pam non stick spray.







## RIB ROAST

**SERVES 5**

### YOU'LL NEED FOR THE ENTREE

3 lb rib roast  
2 tbsp kosher salt  
2 tbsp black pepper  
2 sprigs rosemary  
3 garlic cloves  
2 tbsp red wine

### FOR THE HORSERADISH SAUCE

½ cup sour cream  
1 cup mayonnaise  
2 tbsp horse radish  
Salt and white pepper

### MAKE IT ENTREE

- 1) Pull rib from refrigerator and allow to come to room temperature.
- 2) In a food processor add salt, rosemary, garlic, black pepper, and red wine.
- 3) Take salt and rosemary mixture spread all over rib roast.
- 4) Pre-heat oven to 500 degrees.
- 5) Cook at 500 degrees for 45 minutes.
- 6) Lower the oven to 325 degrees and cook for another 25 minutes.
- 7) Finish the rib roast and 400 degrees for 15 to 30 minutes.

8) Internal temperature should be 125 degrees allow to rest for approximately 20 minutes.

### HORSERADISH SAUCE

- 1) In a large mixing bowl add sour cream, mayonnaise, horse radish mix with a whisk.
- 2) Season with salt and pepper .



# BOURBON-SPIKED HOT CHOCOLATE

SERVES 2

### YOU'LL NEED

3 cups whole milk  
3 cinnamon sticks  
10 oz semi sweet chocolate finely chopped  
3 tbsp granulated sugar  
1 pinch kosher salt  
2 oz bourbon  
Marshmallows

### MAKE IT

1) In a small sauce pot, add milk, sugar, and cinnamon bring to a simmer.  
2) Using a whisk add chocolate.  
3) Strain, add 2 ounces bourbon, serve in mugs and top with marshmallows. Drizzle melted chocolate over top if desired.







# HOLIDAY GIFT GUIDE 2017

FIND SOMETHING  
FOR EVERYONE



## GIFT GUIDE

# FOR THE KITCHEN



### **AUTOMATIC CRAFT BEER BREWING SYSTEM**

Brew mini kegs of craft beer on your countertop in as little as one week with this all-in-one brewing system. Order brew packs of carefully measured ingredients online and insert the packs in the front of the machine, which immediately recognizes the recipe. Start the brew process and you'll soon be sipping on the freshest beer you've ever had—without turning your kitchen into a laboratory.

[\\$799.95, hammacher.com](http://$799.95, hammacher.com)

### **HIMALAYAN SALT & GRATER**

Freshly grate Himalayan salt with this elegant statement piece. Season while you cook and then place this beauty on the table for your dinner guests. Himalayan salt packs a wallop of health benefits—and can help regulate blood sugar—not contained in conventional table salt.

[\\$35, uncommongoods.com](http://$35, uncommongoods.com)



### **NOTHING IS IMPOSSIBLE APRON**

Robert lives by this motto and you should too. Remind yourself and the people in your life that the impossible becomes possible every day with this high-quality chef's apron emblazoned with perhaps the most powerful three words in the English language.

[\\$25, chefirvine.com](http://$25, chefirvine.com)



## FOR THE HOME

### SMART SENSING ULTRASONIC HUMIDIFIER

Regular humidifiers need to be watched to ensure you're not oversaturating a room with moisture. This smart-sensing digital humidifier turns on and off based on the amount of humidity you set on the unit. Transform the ultra-dry winter air in any room into a comfortable space. Uses a high-frequency oscillator to create ultra-fine mist.

[\\$129.99, \*sharperimage.com\*](#)



### LONG DISTANCE TOUCH LAMP

Keep one and give the other to a loved one, and wherever that person is in the country, whenever you turn on your lamp, theirs will turn on too, all thanks to the magic of wi-fi. It's actually a touching (no-pun intended) way to let someone know you're thinking of them and to set a pleasant mood all at the same time.

[\\$150 per set, \*uncommongoods.com\*](#)

### PERSONALIZED CHARGING STATION

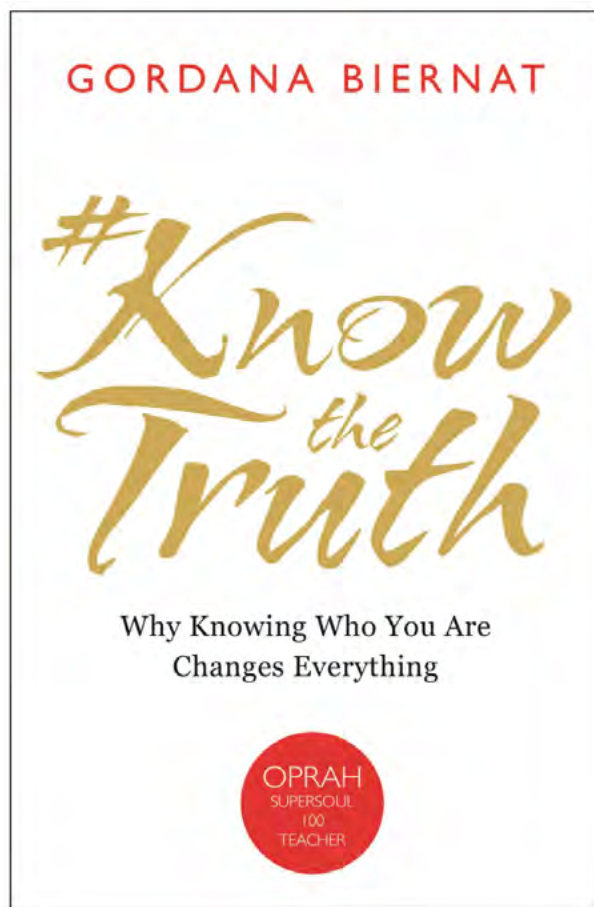
Engrave this handy bamboo phone and tablet charging station with any name—and banish unsightly wires and clutter at the same time. Each of these is handmade to order. The larger back slot even fits some laptop computers.

[\\$31.50, \*etsy.com\*](#)





# FOR THE READER



## #KNOWTHETRUTH

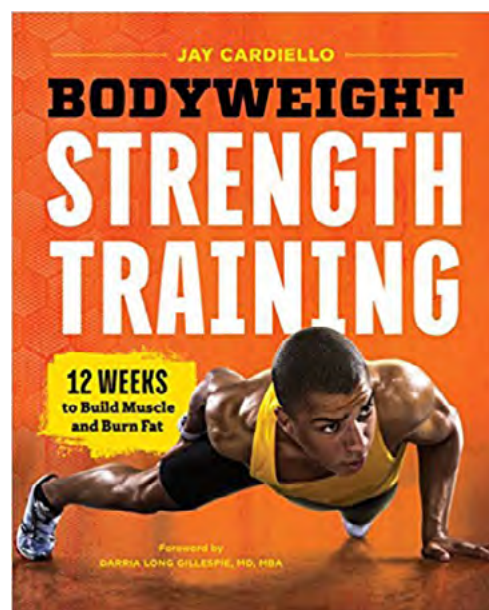
We interviewed Gordana Biernat back in our May 2017 issue and her thoughts were an inspiring revelation. (You can read that [HERE](#)). Her book *#KnowTheTruth: Why Knowing Who You Are Changes Everything* is a tour de force of life-changing wisdom. One of the great empowering beliefs espoused in this book is the concept that whatever is standing in the way of your joy and fulfillment are obstacles inside your own head—and you put them there, or at least allowed them in. By accepting responsibility as the ultimate creator of your reality, you immediately gain the power to move down a new path. In *#KnowTheTruth*, you'll learn that all thoughts are creative forces, and Gordana will show you how to populate your mind with thoughts that produce joy.

[\\$10.95, amazon.com](#)

## BODYWEIGHT STRENGTH TRAINING

Trainer to the stars (50 Cent, J-Lo and others) Jay Cardiello has put together a powerful tome that can change your body and your life. *Bodyweight Strength Training: 12 Weeks To Build Muscle And Burn Fat* is packed with illustrated workout guides that will transform your body in brief, intense workouts that you can do at home with no equipment. Twelve bucks to hit the reset button and make lasting change. How you can you say no to that?

[\\$11.59, amazon.com](#)



# FOR THE GYM



## VYPER RECOVERY ROLLER

Foam rollers are high density foam tubes that help break up adhesions, or knots, and increase blood flow when you roll across them. So if it's just a foam tube, why does this one cost 200 bucks? Because the motor inside the Hyperice VYPER is so powerful it could rattle the fillings out of your teeth—seriously, the third power setting is insane. Turn it on to make it vibrate and get a poor man's deep tissue massage as your roll your soreness away.

[\\$179, Amazon.com](#)



## GARMIN VIVOSMART ACTIVITY TRACKER + HR

Track calories burned, steps taken, stairs climbed, distance traveled, and hours slept. Get notifications from your phone. Compatible with iOS and Android devices. LCD display makes it easy to read. If you haven't taken the plunge on activity trackers, this is as affordable as it gets for this much functionality.

[\\$79.99, bestbuy.com](#)



## COMPLEX WIRELESS E-STIM DEVICE ▲

Recover faster and awaken dormant muscle fibers on injured body parts with this physical therapy-grade e-stim device. No, it's not a shortcut to abs, but it is a shockingly (no pun intended) effective fitness tool.

[\\$649, betterbraces.com](#)



# FOR THE FILM BUFF



## DC GALLERY BAT-SIGNAL MOVIE PROP

This Bat-signal lamp from DC Collectibles is pretty big—nearly 13 inches tall, 9 inches wide, and 8 inches deep—and powerful too, projecting a perfect Bat-signal onto any wall or ceiling up to 8 feet away. Powered by an AC adapter or 3 AA batteries, this will effectively set the mood for movie night in any den or man cave.

[\\$300.00, dccomics.com](#)



## GODFATHER TRILOGY OMERTA EDITION

To celebrate The Godfather's 45th anniversary, Paramount is making a limited run of 45,000 copies of this Godfather Trilogy Omerta Edition box set. This four-disc set comes with all three films mastered in high definition plus a bounty of extras, including quote cards, trivia cards, character portraits, and more. [\\$30.00, amazon.com](#)



## MIRACLE ON 34TH ST ▲

This 70-year-old holiday classic looks better than ever thanks to the magic of HD remastering. Does it really look that much better than a DVD? Might sound silly but you'll be a believer when you see it. And don't be fooled by the colorized artwork on the box; only the black and white version of the film is included—as it should be.

[\\$11.99, amazon.com](#)

## JUST FOR FUN



### XBOX ONE X

The new Xbox One X is exponentially more powerful than the Xbox One that debuted in 2013 and many steps ahead of the One S that came out in 2016, offering visual and performance upgrades for just about every game that it plays. Even if you're not a hardcore gamer, the 4K video and 4K Blu-ray player are enticing. For the asking price, you get to future-proof your entertainment center for at least a few years.

[\\$499, xbox.com](#)



### GAME OF PHONES

Game of Phones turns your trusty cellular companion into the subject of a scavenger hunt between you and your friends. Just gather your friends and their smart phones (sorry, flip phone users, you're not invited), draw a prompt card, and see who can use their phones the fastest to create an emoji masterpiece, show off the last photo you took, or find the weirdest Google Image result for your name. Collect the most points to win. Only the fastest and funniest will survive.

[\\$20, uncommongoods.com](#)



### FOUNDERS CANADIAN BREAKFAST STOUT

It's not a once-in-a-lifetime release, but for craft beer aficionados, it might as well be. The last time Founders Brewing Company released Canadian Breakfast Stout (a version of their popular Breakfast Stout aged in maple syrup barrels) was 2011. Now get down to your local beer distributor and grab as many as you can. Even if you're not into it you can make a killing on eBay next year.

[MSRP \\$26, at local distributors](#)



# KEEP IT SIMPLE

## WHEN LESS REALLY IS MORE

Holiday happiness doesn't come from a store.

BY HEATHER QUINLAN



We live in a culture where we are constantly taught to crave more. Advertisers figure out how to tantalize us and the global economy gives us access to things our parents never dreamed of. From an early age, the fire of consumption is lit beneath us, and unless you pause and choose to remove yourself from the heat, it will totally consume you. As author Gordana Biernat put it, we are meant to be collectors of experiences, but we've become collectors of things.

You don't need to look far to see the negative consequences. Black Friday shopping was one thing. Now people will push back from the Thanksgiving dinner table, say goodbye to their families, and go shopping that very night. Not only are material goods antithetical to real fulfillment, constant consumption only creates more need. No matter how big your home is, how

fast your car can go, how full your closet or toy chest is, it will never be enough. As the lack of fulfillment-increased need cycle perpetuates, it drives you toward a breakdown that you never see coming.

In such an environment, it's hard to remember that sometimes doing less and having less actually gives you more. It sounds so counter-intuitive to what we are very well trained to think our lives should be. Think of it. It's always, run further, push harder, get promoted, acquire more stuff, be involved and be a perfect human while achieving all of it. I see it all the time in my yoga room. Students pushing so hard, as if their life depended on it and they can't maintain the posture long enough to get any benefit. I always say don't chase the posture, let the posture come to you. It's a hard pill to swallow and it's such a mirror for what we do with our lives.

The fancy car and big house

come with the bigger price tag, which means at some point you are working more to get that and, quite frankly, living less. If your schedule is so jam packed and you are always on to the next thing, your mind can never be on the present, enjoying fully whatever is in front of you. You are constantly anticipating the next thing and it probably leaves you feeling like your life is a speeding train with no destination in sight. This holiday season give the gift of time. Plan to meet an old friend for coffee, bake cookies with your kids, get a massage.

Or, quite simply, unplug and be alone with your thoughts. You might be surprised by how much you appreciate your own company. And you might just realize that everything you need isn't out there. It's already in here.

*Heather Quinlan is a fitness author and certified Bikram Yoga instructor. Follow her on [Twitter](#) and [Facebook](#).*

# WHAT'S COOKING

A look at what's new with Robert this month.

**CHEF**  
**ROBERT IRVINE'S**  
**WORKOUT<sup>®</sup>tea**  
PERFORMANCE + RECOVERY

PLANT-POWERED PATENTED INGREDIENT

CLINICALLY PROVEN TO:

- + REDUCE MUSCLE SORENESS
- + IMPROVE PERFORMANCE
- + REDUCE RECOVERY TIME



### ROBERT IRVINE'S WORKOUT

Robert just released a new product called Robert Irvine's Workout Tea. The concept behind it is some very exciting research that's gone into black tea extract, which can have a great mitigating effect on delayed onset muscle soreness, or DOMS. Anyone who ever limped around for two days after a hard leg session knows how rough that can be. Anything that can help you recover faster is something that makes you more effective in the gym and in life. It's also low in calories—just 70

per bottle—and rich in polyphenols. Currently available in three flavors: Raspberry, Lemon, and Peach Mango Green Tea. Learn more by visiting: [drinkworkout.com](http://drinkworkout.com)

### FESTIVAL CENTRAL

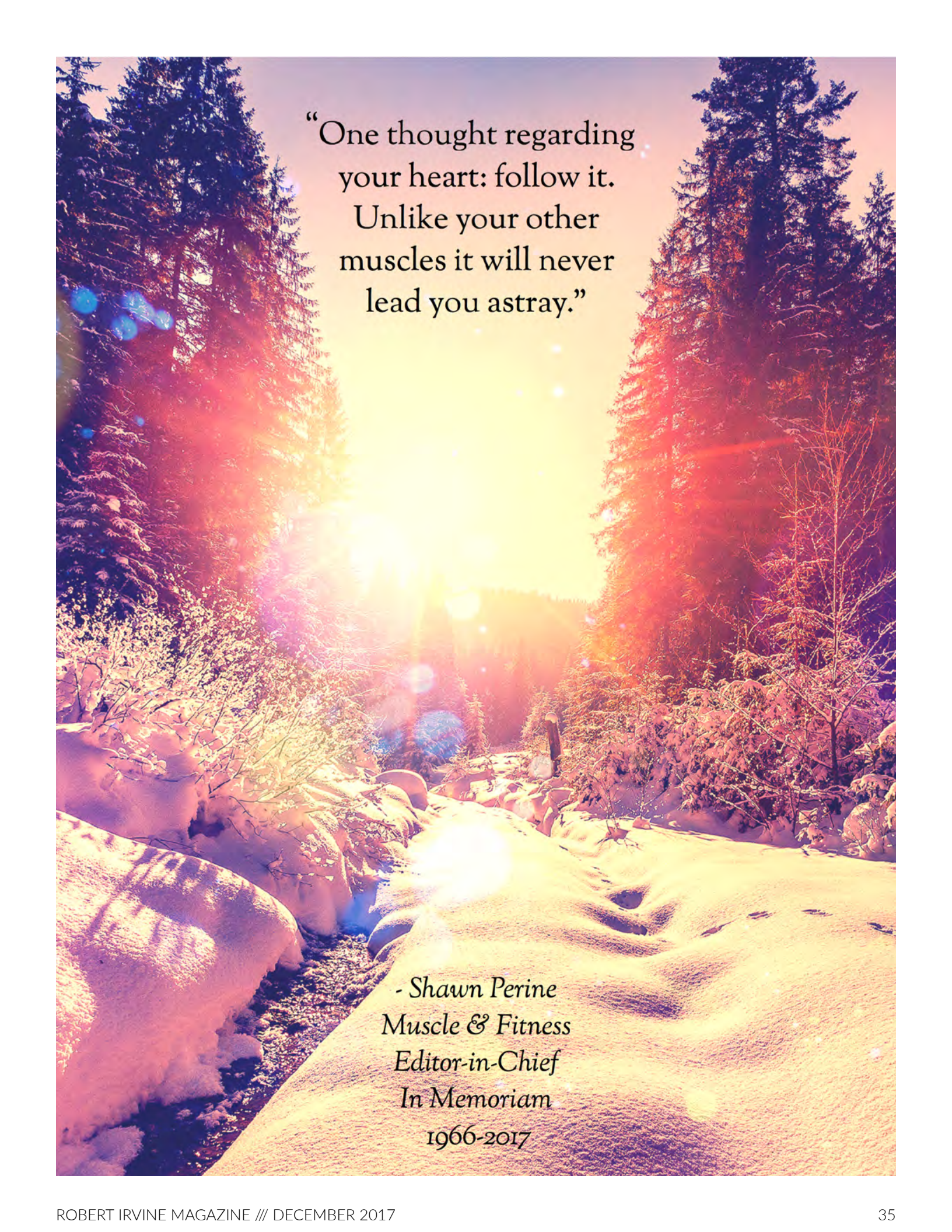
Robert will be making appearances at the [Palm Beach Food and Wine Festival](#) from December 14-17. The following week, he and Gail will depart for another USO tour of the Middle East and come home a few days after Christmas. It will be the second consecutive Christmas that

Robert and Gail have spent with troops deployed overseas.

### NEW FITCRUNCH FLAVOR

Robert's continually expanding line of protein bars recently added a new flavor, Caramel Peanut, to the existing lineup of Cookies & Cream, Peanut Butter, Birthday Cake, and Chocolate Chip Cookie Dough. Each one packs 30 grams of quality protein. FitCrunch Brownies, which are microwaveable, are also available. Buy online at [FitCrunchBars.com](http://FitCrunchBars.com).





“One thought regarding  
your heart: follow it.  
Unlike your other  
muscles it will never  
lead you astray.”

- Shawn Perine  
Muscle & Fitness  
Editor-in-Chief  
In Memoriam  
1966-2017