

ROBERT IRVINE

MAGAZINE

MAY 2018

Nothing is Impossible

**ON
THE
ROAD
AGAIN**

**AROUND
THE
WORLD
WITH
THE USO**

TRAIN SMARTER
**WORKOUTS THAT BURN
FAT AND SAVE TIME**

EAT FRESH: NEW SEASONAL RECIPES



ROBERT IRVINE MAGAZINE

Nothing is Impossible

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FOR MY MOM

She didn't just bring me into this world,
she set me on a path to leave an impact on it.

There's one story about my mother that comes up again and again. In every interview when a reporter asks me about my training routine and what got me into lifting weights, I tell them the short answer: fitness magazines piqued my interest, and my mother did the rest, buying me my first weight set.

The long answer, and the part I don't often have time to tell, involves the fact that she didn't exactly have the money to get me that weight set. We lived in a simple council flat in Crumpsall Manchester, England. Walter, my father, was a painter. Pat, my mother, was a bartender. We were not destitute by any means but we certainly didn't indulge in luxury purchases. Since my parents grew up in an era when weightlifting was an alien concept, they could have easily told me to find another habit and move on. There was just no need for me to have it.

But I was blessed with a mother who paid close attention to me; she saw that my interest in weight lifting wasn't a passing fancy and that it had ignited my imagination and motivated me in a healthy way. So she scoured the



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ROBERT'S LETTER



WEIGHT IN GOLD: A vintage Weider weight set like the one Robert's mother bought him as a kid. It's nothing fancy, but it's clearly effective.

classified ads, found a used weight set, scraped together what she could, and made the sacrifice to buy her son what he wanted.

I'll never forget coming home from school one day and finding the gold set of Weider weights and doing a double-take. I screamed, "Are you kidding me?!" I got straight to work and haven't stopped since.

It humbles me to no end to think back to her sacrifice and the seismic impact it had on my life and career. I've written a

fitness book, continue to share new workouts every month in this magazine, and am the proud owner of a line of protein supplements and healthy food. I'm able to share my love and motivation and help others achieve their goals and it's all because I had a mother who cared, who put the wants of her children above her own.

On this Mother's Day, I want to say thank you, mom. I hope you never forget that everything you did for me, great and small, made

me the man I am today. I love you.

To all the moms out there who put their children first, have a happy and blessed Mother's Day. You've earned it.

Yours in health,

A handwritten signature in black ink, which appears to be 'R. Irvine'.

THE HEAT IS ON

Why you need to get smart about sun exposure this summer.

The days are getting longer and the temperatures are warming. I live at the Jersey shore and look forward to getting outside to the beach, pool, and out on a boat. The sun feels great on a beautiful day, and not just because we've been cooped up all winter; Vitamin D is produced from UV light exposure and can almost instantly improve our energy levels. While you can get some Vitamin D through dietary sources, the amount pales (no pun intended) to the amount you get via sun exposure.

Yet sun exposure comes with a host of concerns. The UV light in sunshine can break down the collagen and elastin in your skin and cause wrinkles. That concern, of course, falls on the minor end of the spectrum. On the serious end of the spectrum you find sunburn, skin cancers, and melanoma.

Skin cancer is the most common cancer in humans and UV light is the biggest risk factor. There are 3 types main types of skin cancer, squamous cell cancer, basal cell cancer, and melanoma. The first 2 types are the most common types of cancer and strongly related to sun exposure. These cancers are frequently found in areas that receive the most sun exposure, such as the head, ears, and neck. Usually they are less aggressive and respond to local therapy when found early. Melanoma can be a much more aggressive cancer that can be found on any area of the body.

Risk factors for skin cancer include:



Lighter skin color, amily or personal history of skin cancer, sun exposure, prior sunburns—especially at a young age, indoor tanning, skin that burns easily or has many freckles, blue or green eyes, blonde or red hair color, and a large numbers of moles.

The protection from cancer and wrinkles begins with avoiding sun exposure. A hat, umbrella, sunglasses and spending time in the shade are important. Consider long sleeves and pants if you are going to be out for prolonged periods. Staying out of the sun from 10 am to 4 pm avoids the most intense rays. Think about a broad brimmed hat to protect your neck and ears. And don't let cooler temps lull you into a false sense of security. One of the worst sunburns I ever had was skiing in Colorado in April with the high sun angle and reflection of the sunlight off the snow. I applied sunscreen but it was not

complete and the uncovered areas were badly burned.

Sunscreen is very important. Sun protection factor (SPF) 15 sunscreen blocks 93 % of the UV radiation. You want a sunscreen that blocks both UVA and UVB radiation. Higher SPF increases the protection slightly so use at least 15. Remember to reapply liberally to make sure it is effective.

Look at your skin and get an idea of the moles and freckles you have. If you see any changes or new moles, contact your physician.

Like everyone else, I love going outside to enjoy a sunny beautiful day. Riding my bicycle, going to the beach or boardwalk or paddling a kayak are so much fun. You just need to be smart about. Luckily, it's easy if you take the time.

Dr. Michael Schutz is a urologist practicing at the Jersey Urology Group in Somers Point, NJ.

JUST GET THERE

There are always days when you don't want to go to the gym. Luckily, overcoming the impulse to kick back is easier than you think.

Excuses for skipping the gym are as numerous as the stars in the sky, and there will always be more excuses than reasons for going.

You're sore. You're tired. You didn't sleep well last night. You need more time to prepare for that presentation. You'll make up the training time tomorrow. It's too hot out. (And just a couple of weeks ago it was too cold, wasn't it?)

So if your excuses are always ganging up on you and threatening to derail your health and fitness goals, how do you regain control and stop them from winning? In short: by tricking yourself. When the thought of going to the gym makes you want to draw the shades and crawl back under the covers, just do this: commit to going to the gym for 10-15 minutes. Tell yourself that just a brief stretch and walk on the treadmill is better than nothing, then go to the gym to do exactly that.

What happens then is amazing:



you'll feel great and you'll want to do more. Objects in motion tend to stay in motion. That's why getting started is so much harder than simply continuing along the same path. It's why Monday mornings at work seem so daunting and Thursday afternoons feel like you're coasting on Easy Street.

The beauty of employing this, dare we say, One Weird Trick, is that, if after 10-15 minutes of walking and stretching you still

really want/need to go home and hide from the world, you're welcome to do that. There will be days when it doesn't work. But what you told yourself to get there is still true: those 10-15 minutes of activity really were better than nothing.

And the more you use this tactic and get yourself on a serious roll, you won't have to employ it as much. You'll be dying to get to the gym because you know how good it can instantly make you feel.

IN THE GYM: WORKOUT OF THE MONTH



COMBO CRUSHER

Burn fat and build muscle with this powerful one-two punch.

DIRECTIONS: After a 5-minute general warmup, set a timer for 12 minutes. Perform all exercises in Circuit 1, resting only in the time it takes you to move from station to station, in continuous rounds until time is up. Reset the timer for 12 minutes and do the same with Circuit 2. Cool down for 5-10 minutes.

CIRCUIT 1

EXERCISE	REPS
Bodyweight Squat	15
Run/Jog	60 seconds
Walking Lunge	20
Run/Jog	60 seconds
Leg Extension Machine	15
Leg Curl Machine	15
Calf Raise Machine	20
Run/Jog	60 seconds
Plank	60 seconds

CIRCUIT 2

EXERCISE	REPS
Pushup	10
Overhead Press	10
Dumbbell Row	10
Lateral Raise	10
Run/Jog	90 seconds
Lat Pulldown	15
Rope Curl	15
French Curl	15
Spread Eagle Situp	10

IN THE GYM: WORKOUT OF THE MONTH

THE EXERCISES

BODYWEIGHT SQUAT: Stand with your feet slightly wider than shoulder-width apart and both hands in front of you or behind your head. Squat low to the ground, making sure your thighs get at least parallel to the floor. Engage your glutes as you stand back up.

OVERHEAD PRESS: Load a barbell at about shoulder height in a squat rack or power rack. Grab the bar with a shoulder-width grip and step back to hold the bar in the “rack” position, with the bar crossing just on top of your clavicles. Without flaring your elbows, drive the bar upward using your triceps. Lock the bar out to full extension overhead, pushing your head forward slightly when the bar is in the topmost position. Lower the bar slowly and under control to return to the rack position.

DUMBBELL ROW: Set your right knee on a bench with your left foot kicked out wide to create a stable base. Set your right hand on the bench to create a flat table with your back, and hold the dumbbell in your left hand. Row the weight to your shoulder, pulling with your back and biceps. The move is finished when you’ve rowed it to your shoulder. Pinch it there for one second, then slowly return your arm to a fully extended position. Repeat for the prescribed number of reps on your left arm, then switch and immediately do the same number of reps with your right arm.

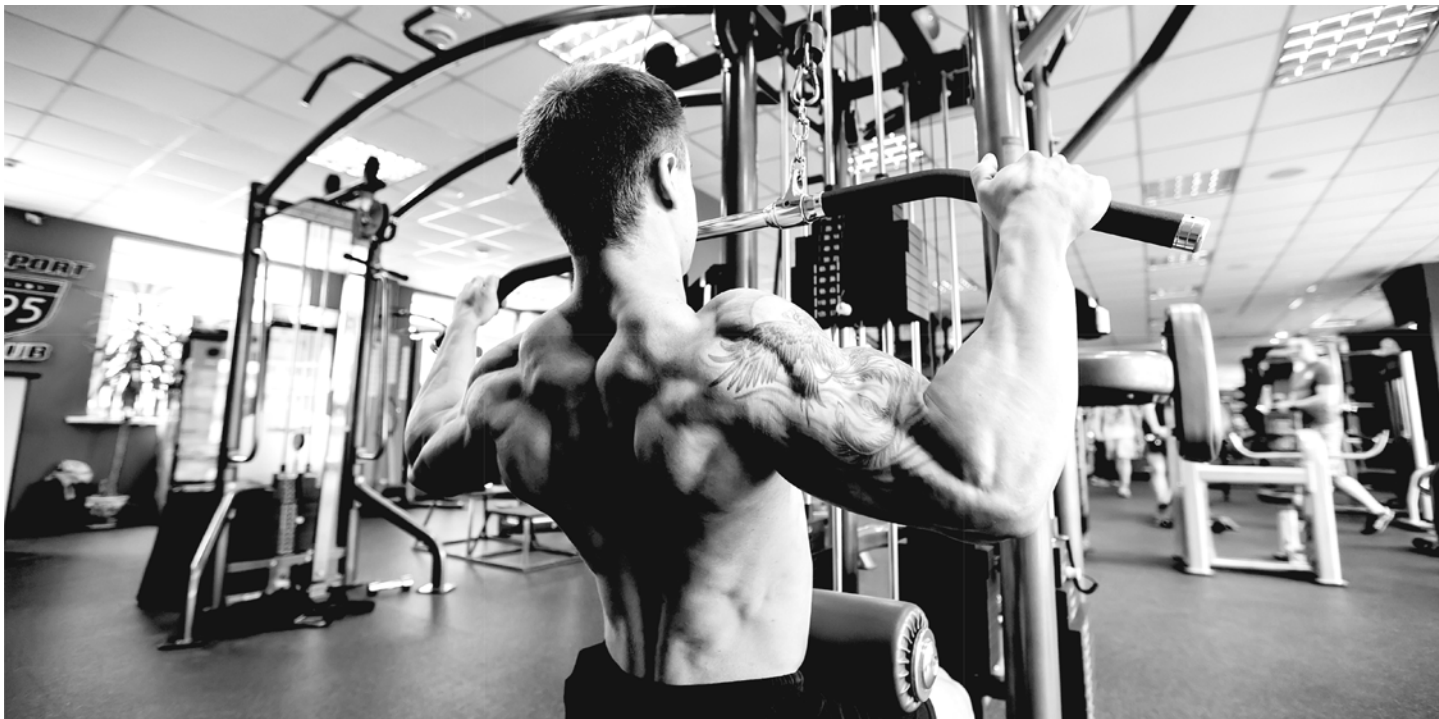
ROPE PRESSDOWN: Clip a rope



Above: a machine leg curl. Below: a machine leg extension. Hit these machines back-to-back without rest and keep moving. Both moves are excellent active recovery.



IN THE GYM: WORKOUT OF THE MONTH



When doing a lat pulldown—or any pulling motion—initiate the pull from your shoulder blades. Imagine your back muscles as the motor of a crane; your arms are just part of the cable.

attachment to a high pulley at a cable station and grip it with both hands at either end. Keeping your elbows at your sides (imagine they're bolted to your ribs) press down, extending and contracting your triceps hard. Flare your hands out at the bottom of the movement, hold for a second, then slowly return to the start.

PLANK: Lie face-down on the floor and prop yourself up on your forearms, elbows, and toes. Brace your core and keep your body in a straight line from your ankles to your shoulders, holding for time.

WALKING LUNGE: Hold a pair of dumbbells in your hands and step forward with one foot, taking a long stride, then slowly drop your back knee to the floor. Stand back up while taking another step forward, driving

through the heel of the forward foot. Continue for an equal number of reps on each leg.

LATERAL RAISE: Hold a pair of dumbbells at your sides. Keeping your elbows fully extended, lift the weights straight out to your sides, forming a T with your arms and torso. Hold the top position for one second, then slowly return to the start position.

LAT PULLDOWN: Sit facing the weight stack at a lat pulldown station, with your knees secured comfortably underneath the knee pads. Grab the bar with a wide grip, and pull the bar down with your lats, initiating the pull with your shoulder blades.

ROPE CURL: Clip a rope attachment to a cable pulley, and set the pulley on the lowest setting

near the floor. Stand close to the pulley, hold both ends of the rope attachment and curl it up to your shoulders, squeezing your biceps in the top position, then slowly lowering the weight.

FRENCH CURL: Hold a single dumbbell overhead with your hands in a diamond shape supporting the underside of the top bell (the dumbbell should be vertical, perpendicular to the floor). Bend your elbows to lower the weight behind your head. Engage your triceps to press the weight back overhead.

SPREAD EAGLE SITUP: Sit on the floor and spread your legs as far as you can. Keeping your back flat, lower your torso to the floor under control. Sit all the way up, again making sure to keep your back flat. Keep your abs contracted in the top position.

PRODUCT SPOTLIGHT

OUTSIDE THE BOX

Two cutting-edge picks you won't find just anywhere.

UNCLE ANDY'S JERKY

This isn't the kind of beef jerky you see in grocery and convenience stores. Uncle Andy's is small-batch craft jerky with exotic flavors. The pieces are tender and flavorful, and thanks to the personal attention that goes into each batch, you won't bite into anything that could be confused with shoe leather. A few years ago, Uncle Andy's turned heads with flavors like spicy coffee, mushroom blue cheese, and maple bourbon. Now, Uncle Andy's is relaunching and expanding. New products include Ginger Habanero Turkey, Sweet Cider Pork, Honey Balsamic Beef, Apricot Sour Rosemary Pork, and more. Even elk jerky is in the works. Click [HERE](#) to buy and take part in their new Kickstarter, which will entitle you to discounts and all sorts of other goodies.

Uncle-Andys-Jerky.com



THE GO PILL

Most energy drinks will leave you bloated, over-caf-feinated, and floating on a short-lived sugar high right before you plummet back to Earth. Now you can forget all that. The Go Pill combines quality-sourced taurine for maximal oxygen uptake, taurine to metabolize fat, pyruvic acid to reduce fatigue, and beta-alanine for muscle strength. Also includes efficacious doses of electrolytes, ginkgo leaf extract, caffeine anhydrous, and creatine magnapower, which is creatine bonded to magnesium rather than water for better absorption in the body. After you experience the steady increase of energy and mental focus you'll want to have it handy for every test of athletic and mental strength.

Learn more and purchase at TheGoLife.com



IN THE KITCHEN: RECIPE



BEEF BRISKET

Slow and steady is the only way to win this race.

SERVES 12

YOU'LL NEED FOR THE BRISKET

5 lbs whole raw brisket
2 oz ground espresso
6 oz dark brown sugar
3 oz kosher salt
1 dash ground cumin
2 dashes garlic powder
3 dashes ground pepper
1 dash cayenne
2 dashes ground cinnamon

FOR THE HORSE RADISH AIOLI

1 oz prepared horseradish, drained and squeezed
3 oz mayo
2 oz sour cream
Salt and pepper to taste

FOR SANDWICHES (OPTIONAL)

For Crispy Pickled Jalapeno:

½ cup canned sliced pickled jalapenos
1 cup corn starch
Fry oil, as needed

FOR SANDWICHES (OPTIONAL)

12 Slices Taleggio Cheese (if not available, substitute Fontina or another semi-soft pungent cheese)
1 tbsp grapeseed oil
2 cups onions, julienned
12 sandwich rolls

MAKE IT

1) Mix all ingredients for horseradish aioli and hold in fridge.
2) Mix all of the ingredients for the espresso rub.
3) Heavily rub the whole brisket and smoke at 225 for 14 to 16 hours until the internal temperature reaches 185 degrees. Hold brisket at 180 degrees until ready to serve.
4) Immediately prior to serving

preheat fryer to 350 degrees. Drain jalapenos and pat dry, toss in corn starch, shake of excess corn starch and fry until crispy. Allow jalapenos to drain on a paper towel to absorb excess grease.

FOR SANDWICHES

1) Sauté julienned onions in grapeseed oil until soft and golden brown. Set aside.
2) Spread 2 tbsp of aioli on each hoagie roll, followed by sliced cheese, followed by warm brisket, then crispy jalapenos, and finally, sautéed onions.

THE MACROS

CALORIES: 499
PROTEIN: 56 g
FAT: 25 g
CARBS: 9 g

BRUSSELS SPROUTS with BACON

One of Robert's biggest fan favorites.

SERVES 8

YOU'LL NEED

10 cups water
Salt
4 lbs Brussels sprouts
5 or 6 pieces bacon, minced
1 red onion, medium dice
4 tbsp butter, divided
¼ cup red wine vinegar
2 tbsp brown sugar
1 cup fresh or dried cranberries
Freshly ground black pepper

MAKE IT

1) In a large pot, over high heat, bring the water to a boil.

2) Generously salt the water and add the Brussels sprouts. Cook the sprouts until medium tenderness has been reached, about 8 to 10 minutes.

3) In a large sauce pan over medium heat, fry the bacon until crisp, stirring occasionally. Remove bacon from the pan to a plate lined with a paper towel. Crumble the bacon and set aside.

4) Leave the bacon fat in the pan and add the red onions and 3 tablespoons of the butter. Saute until the onions are translucent, about 2 to 3 minutes. Stir in the red wine vinegar and brown sugar and cook until

the liquid is slightly reduced, about 5 minutes.

5) Drain the Brussels sprouts from water and add to pan with the onions. Stir to coat and add the remaining 1 tablespoon of butter.

6) Stir in the reserved bacon and cranberries. Season with salt and freshly cracked black pepper, to taste, and transfer to a serving bowl to serve.

THE MACROS

CALORIES: 222

PROTEIN: 9 g

FAT: 8 g

CARBS: 34 g



IN THE KITCHEN: GEAR

CLASSIC CONVENIENCE

Old-school flair with modern functionality.

NOSTALGIA ELECTRICS BACON EXPRESS

Evenly cook bacon in just six minutes with the Bacon Express from Nostalgia Electrics Inspired by the design of a vintage toaster, the Bacon Express drains grease as it cooks, and cleanup is easy thanks to a pullout drawer at the bottom of the machine. Lest you think this machine's uses are too narrow, try heating up cold cuts of any kind for unique breakfasts, sandwiches, and more.

\$29.99, at BedBathAndBeyond.com



KITCHENAID PRECISE HEAT BOWL

The classic KitchenAid stand mixer gets a significant upgrade with heat induction perfect for making soups, fondue, dough proofing, and more. For any recipe that requires melted or softened ingredients incorporated into dough, this gadget is a godsend. (Ever try mixing cold butter straight from the fridge into cookie dough or other concoctions?) Adjustable from 77 to 222 degrees with a timer that will hold the selected temp for up to 10 hours.

\$249.99, crateandbarrel.com



ON THE ROAD AGAIN

Robert recently took part in the annual Vice Chairman of the Joint Chiefs of Staff's USO Tour and joined forces with comedian Jon Stewart, UFC fighters Paige VanZant and Max Holloway, and NBA legend Rip Hamilton to entertain our troops around the world, from South Korea to Kandahar.

USO TOUR



Robert feeds olive oil to Jon Stewart during an onstage cooking demonstration at Yokota Air Base, Japan on April 22. The two were part of the Vice Chairman of the Joint Chiefs of Staff USO tour. The USO's mission is strengthening America's service members by keeping them connected to family, home and country throughout their service to the nation.



Robert stops his cooking demonstration at Yokota Air Base to challenge a volunteer to a pushup contest.

USO TOUR



Robert shares a moment with Jon Stewart onstage at Yokota Air Base in Japan.

USO TOUR



Robert greets members of the 374th Medical Support Squadron as they display how they receive and stage wounded warriors for Entertainers visiting Yokota Air Base, Japan; the first stop on the annual Vice Chairman's USO Tour, April 22, 2018.



Robert gets the crowd fired up and on its feet during a USO variety show at Yokota Air Base, Japan.

USO TOUR



Jon Stewart asks some questions from a child during a USO variety show at Yokota Air Base, Japan; the first stop on the annual Vice Chairman's USO Tour, April 22, 2018.

USO TOUR



Professional fighter Paige VanZant watches as members of the 374th Medical Support Squadron display how they receive and stage wounded warriors for Entertainers visiting Yokota Air Base, Japan.



Celebrity Chef Robert Irvine poses for a photo with a member of the 374th Medical Support Squadron at Yokota Air Base.

USO TOUR



Clockwise from top left: VanZant and Holloway meet a furry friend on tour; Rip Hamilton greets a couple of GIs; Holloway emcees as VanZant and a soldier pretend to square off; Stewart works the crowd.



EAT FRESH

Robert cooks up four new recipes that make the most of the season. Dig in!





ASIAN KALE SALAD

SERVES 4

YOU'LL NEED FOR THE DRESSING

2 tbsp Dijon mustard
1 tbsp Soy sauce
2 tbsp Sesame oil
2 tbsp honey
1 cup grapeseed oil

FOR THE SALAD

3 cups Tuscan kale, rough chopped
1 cup chickpeas, cooked
¼ Spanish onion, medium diced
4 cremini mushrooms, quartered
1 cup broccoli, cut into small florets
10 Brussels sprouts, halved
2 tbsp kimchi
1 tbsp grape seed oil

MAKE IT DRESSING

1. In a bowl combine mustard, soy sauce, and honey.
2. Using a whisk, slowly add sesame oil, creating an emulsion, then slowly add grapeseed oil. Finish by seasoning with salt and pepper.

SALAD

1. In sauté pan, add grapeseed oil, broccoli, Brussels sprouts, and mushrooms. Cook over high heat for approximately 4 minutes.
2. Next add chickpeas, season with salt and pepper, mix ingredients and allow to cook for another 2 minutes.
3. In a bowl add chopped kale,

kimchi, and mushroom and chick pea mixture.

4. Toss with salt, pepper and soy sauce vinaigrette.

5. A perfect addition to this salad will be a piece of fish or a chicken breast.

THE MACROS

CALORIES: 479

PROTEIN: 16

FAT: 23

CARBS: 46

CHORIZO AVOCADO BURRITO

SERVES 3

YOU'LL NEED

6 oz chorizo, finely ground
9 eggs
½ white onion, small dice
1 avocado, medium dice
1 cup black beans
3 flour tortillas
1 cup shredded cheddar cheese

MAKE IT

1. In a hot sauté pan add chorizo. Allow to cook for about 5 minutes over medium heat.
2. Add white onion and cook for another 3 minutes.
3. In a mixing bowl, add eggs and whisk, then add to the chorizo and onion mixture.
4. Using a rubber spatula, stir egg and chorizo mixture over medium heat.

5. Lay the tortillas flat and construct burritos, adding black beans, cheese, egg, chorizo mixture, and avocado.

THE MACROS

CALORIES: 706

PROTEIN: 45

FAT: 35

CARBS: 46





PEANUT BUTTER & JELLY PIE

SERVES 16

YOU'LL NEED

FOR THE FILLING

3 cups Peanut butter
2 cups Cream cheese
½ cup Confectionary sugar
½ cup Grape jam

FOR THE CRUST

½ lb butter, cubed
2 cups flour
1 tbsp sugar
½ cup very cold shortening
½ cup ice water

MAKE IT THE CRUST

1) Combine flour, salt and sugar into a food processor with the blade attachment.
2) Pulse butter and shortening into

the flour mixture.

3) Incorporate ice cold water to the mixture.

4) Wrap in plastic wrap and place in refrigerator for an hour.

5) Using a rolling pin and a liberal amount of flour, roll dough into a circle that fits into your pie pan. Place dough in pan. Poke small holes in the dough.

6) Place a piece of parchment paper in the center of pie crust, weigh down dough with dried beans.

7) Bake crust at 375 degrees for approximately 20 minutes.

8) Remove pie dough from the oven and lift out paper weight. Using a fork, poke small holes in the pie dough to avoid dough bubbling.

9) Place dough back into oven and cook for another 20 minutes, and chill.

THE FILLING

1) In a stand-up mixer, whip peanut butter and cream cheese and mix on medium for approximately two minutes.

2) Add confectionary sugar to the mixture and lower the speed until incorporated.

3) Take filling and place in chilled baked pie dough.

4) Refrigerate for 2 or more hours, then cut pie into eight equal slices. Spoon a small amount of grape jam on each slice and serve with ice cold milk.

THE MACROS

CALORIES: 550

PROTEIN: 15 g

FAT: 38 g

CARBS: 29 g

STRAWBERRY-KIWI COCKTAIL

SERVES 3

YOU'LL NEED

3 kiwis peeled and sliced
12 strawberries, quartered
2 tbsp super fine granulated sugar
8 oz Patron Silver tequila
3 oz Grand Marnier

MAKE IT

1) In a blender place all ingredients including ½ cup of ice.
2) Blend until smooth.
3) If you would like to rim the glass with salt, lightly wet the rim of the glass and dip it into kosher salt.
4) Garnish with sliced kiwis and strawberries.

THE MACROS

CALORIES: 102
PROTEIN: 1 g
FAT: 1 g
CARBS: 25 g



ASK US ANYTHING

MAKE CHANGE THAT LASTS

Consistency and mindset are more important than sets and reps.

Q: *"I'm pretty much a fitness marketer's dream: I've tried every trendy diet and workout you could imagine. I'm not in bad shape, but after years of trying everything, I still have about 20 pounds to lose to feel comfortable in a bikini. I'm in my late 40s and after having three kids I'm starting to think this is just me and I should happy, but I'm not... Do I keep trying new things until I find the one that sticks? Or am I better off accepting that my bikini days are behind me?"*

- Sarah K, via Facebook



Step one in making lasting progress: banish the term "bikini body" from your vocabulary. It's a loaded term that has unfairly become synonymous with perfection. Just how pervasive are unrealistic body standards for women? The Shutterstock caption on this image of a very thin woman pinching a small amount of healthy fat on her midsection began with the words "Overweight woman..."

A: Sarah, you're definitely not alone! Diet and exercise requirements can change as you age, but that does not mean that you can't reach your goals! Unfortunately, making sudden and extreme changes in diet and exercise at any age can make it harder to lose weight and can even lead to injury. The key for you is to settle on a diet and exercise regimen that you can sustain to the point that it becomes a lifestyle choice. For example, from an exercise perspective, really ask yourself what you love to do. Do you enjoy the outdoors, or would you prefer to

dance to great music in a studio? Pick something you look forward to doing, and consider choosing activities that feel good to your body rather than punishing. You will WANT to do them all the time, and your body will absolutely respond to the consistency.

I want to talk about one more thing — the "bikini body." Sadly, that term has often meant the "perfect body," or in other words a body that lacks flaws, cellulite, or wrinkles. I'm not even sure that exists without retouching! To me, having a body that allows me to do what I love every day — which for

me means feeling strong and moving the way I choose to move— leads me to think differently about it. I am driven to use and challenge it more. And it looks better as a result, which is amazing. I encourage you to think of your body first as an instrument that can accomplish so many of your goals. And once you see it working well for you, I promise you will WANT to flaunt it. Not just in a bikini.

- Mahri Relin, Owner,
Body Conceptions by Mahri, Ltd
Web: BodyConceptions.com
Twitter: [@bodyconceptions](https://twitter.com/bodyconceptions)
Instagram: [@bodyconceptions](https://www.instagram.com/bodyconceptions)



TIME TO GET REAL

It's summer, which means eating fresh and healthy is actually easier—and cheaper—than the alternative.

BY HEATHER QUINLAN

What do the next 24 hours look like for you? Does it involve running out the front door to work with some sorry excuse for breakfast in your hand? Maybe something powdered that becomes a shake and takes the place of a meal? Something with a million unpronounceable ingredients that sound illegal, never mind edible?

Why are you doing this to yourself? Another glorious summer season is upon us and sea-

sonal eating at its finest is here! Say sayonara to factory-built food and get your flip-flopped feet a little dusty at your local farm stand.

It's that time of year to have watermelon juice drip from your elbows with reckless abandon and eat so many perfectly ripened tomatoes that you start wondering if there is such thing as TA (tomatoes anonymous). I know. I'm getting ahead of myself. Those are both later season

crops but I have been counting down the days since I had my last locally grown watermelon last September; and if you don't know about Anderson's Farm stand in Riverhead, NY, well, now you know.

In the meantime you can overindulge in the cooler season crops that come on first: lettuces, snap peas, cucumber, radishes, spinach, rhubarb, or beets. There's truly nothing as tasty as a radish dusted off on your pant

KEEP IT SIMPLE

leg and eaten plain. It's crisp, it's flavorful and it knocks the socks off any snack that comes in a bag.

Next up is everyone's favorite: strawberry season. It's a quick one so don't miss it. Turn them into jams, preserves, pies, breads or just freeze them so you have a stock once they've gone out of season. I have a strict rule to never buy store-bought strawberries. There's something a little lackluster and a little less sweet about the lab-modified giants they call strawberries in the super market. Scientists may have had pure intentions, trying to

make the little guys more durable for cross-country travel, but in the process they lost the soul and flavor of the fruit, as always seems to be the case.

After that we are well into June and the flood gates of Mother Nature's bounty really open up. Broccoli, asparagus, eggplant, peppers, a plethora of herbs, squashes of all shapes and sizes, corn, carrots, blueberries, and peaches all hit their peak. Get em while they're fresh and don't forget to check Robert's website for recipe ideas.

Time and again we've proven that we can't do better than what

Mother Nature intended. (Yet, we keep trying.) Anything fresh from the farm stand or fresh from your garden requires little seasoning or preparation other than some slicing, herbs, sea salt and a drizzle of olive oil. It just doesn't get better than that. Don't forget to make time to kick back and enjoy those simple pleasures. Have a happy and healthy summer.

Heather Quinlan is a certified Bikram Yoga instructor and the owner of [Bikram Yoga Burlington](#), in Massachusetts. Follow her on [Facebook](#) and [Instagram](#).



Who says it's too expensive to eat healthy? Hit up your local farm stand or farmer's market and walk away with a bevy of fresh, nutrient-dense options on the cheap.

FEEL THE BEAT

There's still time to get tickets to Robert's unique marriage of food and music. Best of all, it benefits a good cause.



Beats 'n Eats, A Food & Music Event, hosted by Chef Robert Irvine and presented by Live Nation and Comcast Business, is an immersive, one-of-a-kind food and music experience designed to increase opportunities for our veterans and members of the military. Held Monday, May 21, 2018 at The Fillmore Philadelphia, the event features a family style, seven-course meal prepared by local and celebrity chefs with live music performances from both established and emerging artists between each course. Proceeds from the event

benefit the Robert Irvine Foundation. Sponsored by Live Nation and Comcast Business. Get your tickets today at BeatsNEats.co

FITCRUNCH SNACK SIZES

By popular demand, FitCrunch snack sized bars have arrived, and are now available at FitCrunchBars.com and at Amazon. Available in the same flavors you've come to love, snack size bars pack 15 grams of protein and only 190 calories per bar, as opposed to the standard 380 calorie meal replacement bar. Perfect for on-the-go nutrition.

THE SHAWN PERINE

FOUNDATION has been created in honor of Muscle & Fitness editor-in-chief Shawn Perine, who died in December of 2017 after a battle with lung cancer. Perine was the picture of health, fitness, and positivity, and a friend of Robert's. Shawn was passionate about helping disadvantaged kids and preserving the environment. His foundation will disperse 100% of all donations to charities proven to support these causes. You can learn more and make a donation by clicking [HERE](#).

WORDS TO LIVE BY

“Here’s a funny paradox
of time.

In every NOW moment
you are creating your:

PRESENT
with what you
BELIEVE.

PAST
with what you
REMEMBER.

FUTURE
with what you
IMAGINE.

So, NOW is
your point of power.

And you know what?
It is always NOW.”

- Gordana Biernat
[@MyPowerTalk](#)