

ROBERT IRVINE

MAGAZINE

APRIL 2019

NOTHING IS IMPOSSIBLE

FRESH EATS!

Robert Delivers Unique Recipes That Satisfy

- Mac & Cheese
- Chicken Thighs
- Crab Bisque

SHANNON MILLER

The Olympic Legend Turned Child Abuse Advocate

THE WAR AT HOME

Nathan Mikeska: One Veteran on a Mission to Battle PTSD



**MAKE
NOW!**

Microwave
Cake Cups

ROBERT IRVINE MAGAZINE

Nothing is Impossible

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WE CAN ALWAYS DO MORE

The transition from military to civilian life is never easy. This month, we're proud to spotlight a veteran who's fighting to make that transition a little smoother.

On page 16 of this issue, you'll find a story about retired Air Force veteran Nathan Mikeska. Like so many veterans who return home from combat, Mikeska felt lost. His loneliness and uncertainty brought him down several dead ends before he finally found his way out. It's not spoiling his story to let you know that he won the battle; I think you'll be thrilled to read how he did and how he discovered his current mission—[Brotherhood Coaching](#)—which aims to help other veterans navigate out of the rocky waters that Mikeska knows all too well.

It's impossible to put too fine a point on what's happening with our veterans: They are in crisis. Twenty-two veterans commit suicide every day. And since we owe our freedom and security to these brave men and women, it is not their burden alone—we all must bear it as a nation. If a man of considerable talents and determination like Mikeska can feel lost and out of place in this world, then it's no wonder why we face the current epidemic in



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

ROBERT'S LETTER



the veteran community.

I urge you to do everything you can to raise awareness for veterans' issues. Contribute to worthy veteran causes in whatever way you can. When you see our men and women in uniform—at airports, in restaurants, filling up at the gas station—take a moment thank them for their service. If you're in front of them in line at Starbucks, buy their coffee. If you're ever fortunate enough to fly business or first class, offer

them your seat. And, if you know a veteran who isn't sure what direction to take his or her life now they're out of the military, maybe tell them about Nathan Mikeska and Brotherhood Coaching.

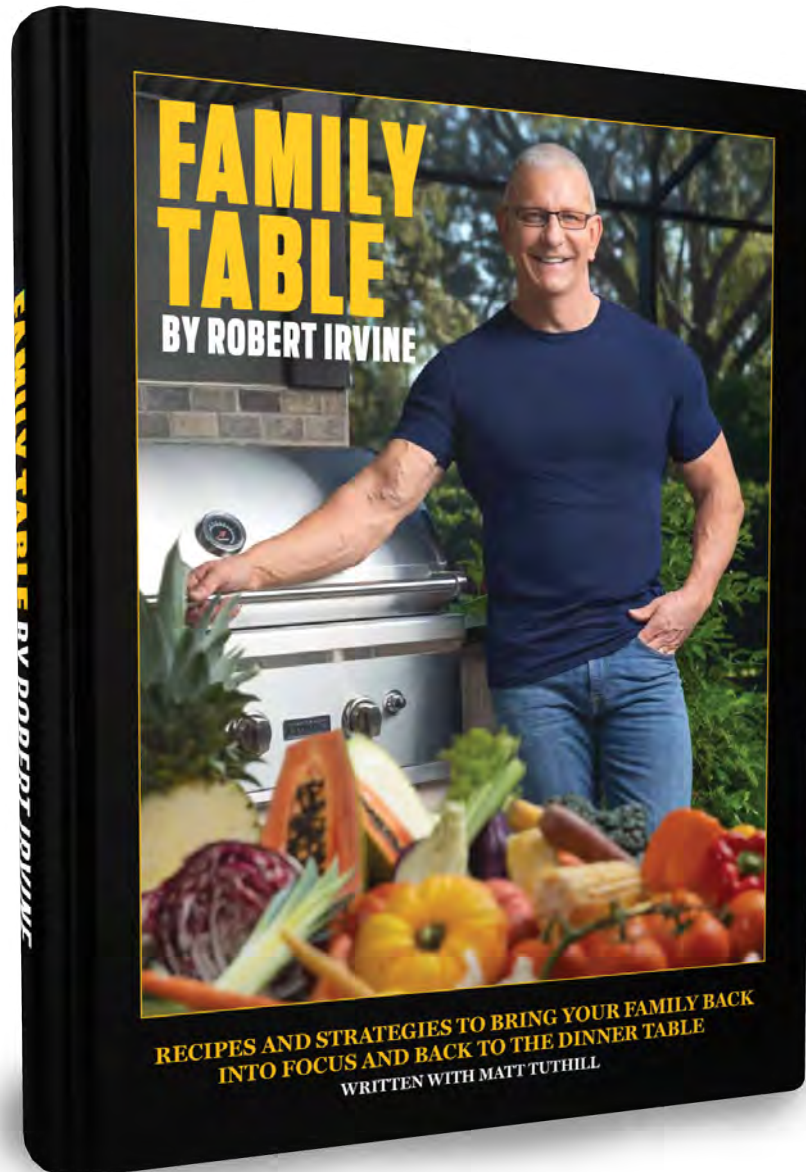
I do everything I can by touring with the USO and raising money through [The Robert Irvine Foundation](#), but I've seen how far we still have to go and how many veterans we're still not reaching. As my great friend and veteran advocate Gary Sinise is fond of

saying, however much we do for our veterans, we can always do a little more.

Yours in health,

FAMILY TABLE

THE NEW COOKBOOK BY ROBERT IRVINE



72 EASY-TO-MAKE FAMILY-STYLE RECIPES
20 ESSAYS OUTLINING ROBERT'S STRATEGIES FOR A HEALTHY FAMILY
HARDCOVER WITH BEAUTIFUL FULL COLOR PHOTOS THROUGHOUT

GET YOUR COPY AT FAMILYTABLEBOOK.COM

ALSO AVAILABLE AT AMAZON.COM

THE RIGHT TO BARE ARMS

Wanting to show off a pair of well-defined arms isn't just for the guys anymore. Luckily, both men and women can apply the same rules to their arm training.



The idea that men need to lift one way and women need to lift another is a myth grounded in the stereotype that getting “big” is desirable for men that getting “toned” is desirable for women. In truth, the size and shape of muscle is dictated by a number of factors including diet, genetics, and hormones. Meaning, men tend to have a leg up in the getting-big department on account of having more testosterone, not really because they chose a different workout.

Human muscle tissue responds

to resistance, plain and simple. The same exercises, volumes, and rep ranges work just as well for men as they do for women. Will men—not as a rule, in general—lift a bit heavier? Sure. But conceptually, men and women can work from the same blueprint. That's true for most training methodologies, and it's certainly the case when it comes to something as simple as arm training. Men and women looking to go sleeveless or just look good in a T-shirt can use this arm workout.

The key is simply to pick weights

that are challenging for the given rep range. When you see a rep range of 8-12, that means getting 8 reps should be difficult and that getting 12 should be very difficult. If it's easy to get into that rep range, then you've chosen a weight that's too light. Go heavier. And remember that you can't get big or cut or affect any other kind of change to your physique if you're not eating to produce that particular outcome. So don't worry too much about it. Just be honest with yourself and put in the work.

GUN SHOW

The sun's out... and you know the rest.



SPRING TRAINING ARMS WORKOUT

EXERCISE	SETS	REPS
Barbell Curl	4	10-12
SUPERSET WITH Skull Crusher	4	10-12
Hammer Curl	3	8-12
SUPERSET WITH Dumbbell Kickback	3	8-12
Rope Curl	4	12-15
SUPERSET WITH Rope Pressdown	4	12-15

DIRECTIONS: Do the following workout 1-2 times per week. Where indicated with the words **SUPERSET WITH**, perform exercises back-to-back without rest.

EXERCISE DESCRIPTIONS

Barbell Curl: Load a barbell—or use a fixed barbell—and stand up straight, holding the bar with an underhand, shoulder-width grip. Squeeze your biceps to curl the weight all the way up. Squeeze for a second in the top position, then slowly return to the start.

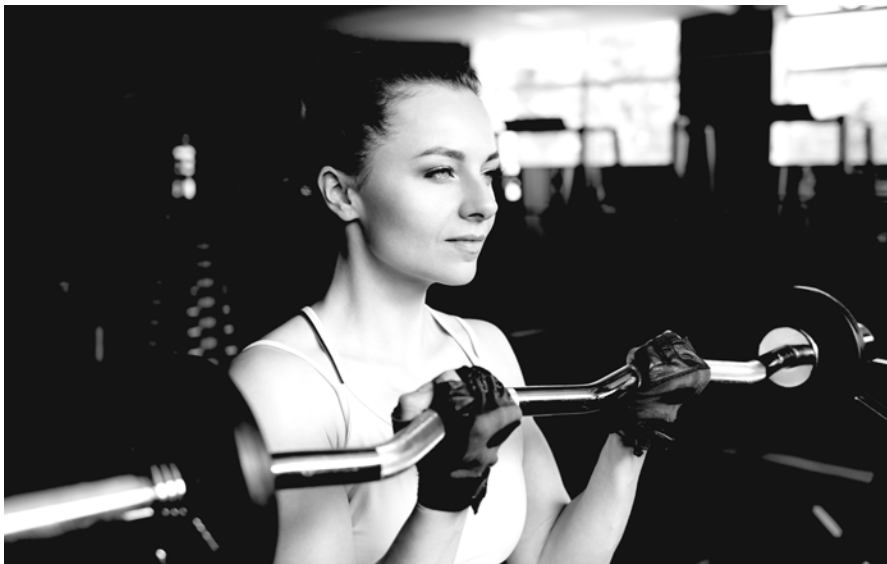
Skull Crusher: Load an EZ-curl bar and lie on

IN THE GYM: WORKOUT



your back on a bench with the bar pressed straight up. Keeping your elbows pointed toward the ceiling, bend your arms to lower the weight toward your forehead. Squeeze your triceps to push the weight back to the starting position.

Hammer Curl: Hold a dumbbell in each hand and, without using any momentum, curl the weight up to chest level, stopping just shy of your shoulder. Squeeze your biceps at the peak of the movement, then slowly return to the start position.



Dumbbell Kickback: Hold a dumbbell in one hand and rest your opposite hand and knee on a bench. Keeping your back flat and your working elbow glued to your side, extend your arm and squeeze your triceps hard in the top position before slowly returning to the start. Repeat for an equal number of reps on each side.

Rope Curl: Attach a rope attachment to a pulley in the bottom position. Hold the rope with both hands at the ends, with your hands in an underhand position, then curl it up to your chest. Raise and lower the weight under control; don't use momentum.



Top: the two phases of a triceps kickback (be sure to squeeze hard in the top position). Middle: the top position of a barbell or EZ bar curl. Bottom: a standard triceps rope extension or pressdown.

Rope Extension: Attach a rope attachment to a pulley in the top position. Hold the rope with both hands at the ends, with your hands in an overhand position, then press it down until your elbows are fully extended. Raise and lower the weight under control; don't use momentum.

IN THE GYM: GEAR

SPRING ESSENTIALS

Everything you need to start training for beach season.

NIKE METCON 4 XD X CHALKBOARD ▶

Designed to roll with the punches whether you're running, lifting, climbing rope, or doing anything else in today's circuit-training-focused fitness world, these Nike Metcon kicks are built to withstand the punishment while supporting you and keeping you comfortable. The cool bonus with these: a chalk board on the heel that lets you scribble motivational quotes to yourself.

\$130, [Nike](#)

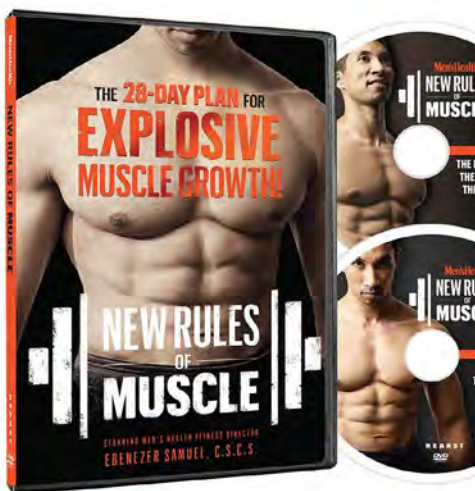
(Men's available, women's shown)



THE 28-DAY PLAN FOR EXPLOSIVE MUSCLE GROWTH

Men's Health training director Ebenezer Samuel shares the training program that transformed him from skinny to buff. He streamlined what he learned into this 28-day program, available on this two-DVD set. The program is entered not around lifting super-heavy or around a huge amount of volume like bodybuilders do, but on time-under-tension principles. Get your training dialed in just in time for summer.

\$28, [Amazon](#) ▶



STACKABLE RESISTANCE BANDS ▼

Four bands, a door anchor, a pair of handles, and a system that allows you stack as many bands together as you'd like for maximum resistance. A full gym it isn't. But for the ability to carry an easily portable workout with you wherever you go, you really can't beat the price.

\$25, [ProSourceFit](#)



IN THE KITCHEN: RECIPE



CLASSIC MAC & CHEESE

Cheesy, crunchy, and oh-so-satisfying.

SERVES 8

YOU'LL NEED

16 oz elbow macaroni
½ cup butter (1 stick)
1 cup white onion, chopped
½ cup all-purpose flour (or as needed)
½ to 1 cup chicken broth, as needed
½ cup heavy cream
2 cups yellow cheddar cheese, shredded
Salt and white pepper
¼ cup cheddar crackers, crushed, with a few left whole for garnish (recommended: Pepperidge Farm Goldfish)

MAKE IT

1) Boil the pasta until al dente and drain well.
2) Preheat oven to 350 degrees.
3) Melt the butter in a large saucepan over medium heat, and add the onion, cooking until translucent.
4) Add the flour a little at a time to make a roux. Do this gradually.
5) Incorporate enough of the chicken broth a little at a time to form a smooth sauce.
6) Simmer for a least 10 minutes to allow the flour to “cook out.”
7) Add the heavy cream and Cheddar, then season with salt and white pepper, to taste.

8) Fold in as much pasta as you need to acquire the desired consistency.
9) Transfer to a 3-quart baking dish and sprinkle with crushed crackers.
10) Heat in oven for about five minutes to toast the crackers. (Keep a close eye on it.) Garnish with the reserved whole crackers and serve.

THE MACROS

CALORIES: 503
PROTEIN: 16 g
FAT: 29 g
CARBS: 48 g

IN THE KITCHEN: RECIPE

SHE-CRAB BISQUE

Robert's take on the Southern classic.

SERVES: 12

YOU'LL NEED

½ lb unsalted butter, divided
½ cup carrots, medium diced
½ cup celery, medium diced
½ cup onion, medium diced
½ tbsp garlic, minced
1 cup sherry
½ cup all-purpose flour
½ qt crab or lobster stock
1 ½ qts heavy cream
1 tbsp crab boil seasoning (such as Old Bay)
1 oz crab roe, or sea urchin roe (uni)
¼ cup fresh parsley, minced
1 lbs crab meat

MAKE IT

In heavy saucepan or stock pot over medium-high heat, add three sticks of butter, carrots, celery, onions, and garlic and cook until the vegetables have begun to brown, 10 to 12 minutes.

Deglaze with the sherry, and stir and scrape up any bits. Once deglazed, add the flour and stir into the butter to create a roux.

Once well mixed, add the stock and cream, reduce the heat to medium-low, and cook for 25 minutes, stirring throughout to ensure the soup does not scorch.

Pulse the soup with a hand mixer

to mince the vegetables. Add the crab boil seasoning, crab roe, and parsley and continue to cook for 10 minutes. Remove the soup from heat, whisk in the remaining stick of butter, and stir in the crab meat.

THE MACROS

CALORIES: 586

PROTEIN: 10 g

FAT: 55 g

CARBS: 3 g

This recipe uses crab or sea urchin roe; roe is a mass of fish eggs rich in nutrients and omega-3 fatty acids. Unlike caviar, roe has not been aged. If you can't find it in your area, it can be ordered [online](#).



TO SHAKE OR STIR

The choice you make to this age-old question will have a dramatic effect on your cocktails.

BY JAMES CLELAND, Mixologist for Boardroom Spirits

“Can I tell you what’s messed up about James Bond? Shaken not stirred will get you cold water with a dash of gin and dry vermouth. The reason you stir it with a special spoon is so not to chip the ice. James is ordering a weak martini and being snooty about it.” -- President Bartlett, West Wing (Martin Sheen)

When should you shake a cocktail and when should you stir it?

One of the most common misconceptions is that shaking and stirring a cocktail are interchangeable techniques. The reality is that there’s a time and place for each. Here’s how to tell the difference.

Shaking should be used in one of two scenarios. The first is when liquids have with drastically different viscosities such as egg whites, oils, or pretty much anything that is opaque. In this scenario, shaking allows the cocktail ingredients to better emulsify. The second is

when the cocktail uses a citrus or juice of pretty much any type. In this scenario, shaking adds aeration, emulsification, and agitation.

Stirring, on the other hand, is a gentler process that allows similar liquids (in this case alcohols and sugars) to meld together in a more harmonious fashion. While this sounds like fancy mixologist theory, it’s easy for anyone to tell the difference when you compare the

two techniques side by side.

Shaking is a much more violent technique than stirring. When shaking vigorously, you’re breaking down more ice and create a higher rate of dilution. When applied in the right scenario, shaking can thin out the texture of a drink, evenly incorporate the flavors, and add more complexity and brightness. On the other hand, if used in the wrong application, it can



IN THE KITCHEN: MIXOLOGY



The team at the Boardroom Spirits tasting room in Lansdale, PA takes their cocktails seriously. When it comes to shaking or stirring, mixologist James Cleland explains there's a time and place for each technique.

dull and unbalance a cocktail and make the texture unpleasant.

Stirring when applied to the right scenario of spirit forward cocktails, like the martini, Manhattan, or old fashioned, will create a more flavorful and brighter cocktail because this technique does not dull the aromas and the flavors of the alcohol as much as shaking. The dilution of the ice is more gently and less rapidly incorporated into the cocktail. For example, you generally shake a cocktail for 8-10 seconds while stirring for 20-30 seconds. However, much like shaking, when applied in the wrong scenario stirring can create an unbalanced cocktail that may be overly sweet and bland.

WHEN TO SHAKE, WHEN TO STIR

While these rules are good practices that does not mean they are unbreakable. Small amounts of citrus (generally less than $\frac{1}{4}$ oz) can be stirred without damaging integrity. Sometimes, various viscous liqueurs might need the thinning, dulling effect of shaking. The most important point to remember is that no "rule" in cocktails is law; it's more of a guideline. If you think the flavor is right but the texture is wrong, try changing the preparation.

Try both stirred and shaken cocktails in the recipes below and see the difference yourself.

CLASSIC GIN MARTINI

2 oz London dry gin (Beefeater)
1 oz dry vermouth (Dolin Dry)
1 dash orange bitters (Reagan's No. 5)
Lemon twist
Stirred, served up

GIMLET

2 oz London dry gin (Beefeater)
1 oz fresh lime juice
 $\frac{3}{4}$ oz simple syrup (1:1 sugar:water)
Lime wheel
Shaken and strained, served up

James Cleland is a mixologist "responsible for customer delight" at the Boardroom Spirits distillery in Lansdale, PA. Boardroom Spirits is devoted to making high-quality hand-crafted spirits in a sustainable manner. To learn more, click [HERE](#).

SPRING AHEAD

To everything there is a season. This spring, it's time to get some awesome new kitchen gadgets that will blow your guests away.

CUSTOM BOURBON BARREL LAZY SUSAN

The perfect serving tray for a patio cocktail hour gets a significant—and customizable—upgrade with this piece, fashioned from the top of a bourbon barrel. Add an inspirational quote, the name of a loved one, or a significant date. It's eye-catching enough where it would be a conversation piece on its own; depending on what you add to it, you'll be recalling a happy story to your guests for years to come.

\$150, at [Uncommon Goods](#)



BLOOMING TEA

This clear tea pot comes with three varieties of green tea—peach, jasmine, and chrysanthemum—packed in a steeping pouch that allows them to “bloom” into beautiful flowers when you add hot water, turning an afternoon ritual into a work of art.

\$21, [Uncommon Goods](#)



THE WAR BACK HOME

He returned from the Middle East with no safety net and a headful of nightmare images. Now retired from the Air Force, Nathan Mikeska is on a mission to pull veterans out of the same hole from which he escaped.

BY MATT TUTHILL



Twenty-two veterans a day commit suicide; veteran Nathan Mikeska hopes to give combat veterans from all eras a chance to find a new direction in life—and a reason to live. *Image by Shutterstock*

NATHAN MIKESKA

One night in 2010, three years after his honorable discharge from the Air Force, Nathan Mikeska found himself speeding around Savannah, GA, after a few too many drinks. A cop pulled him over, and since Mikeska's inebriation was obvious, he was certain to go to jail. Only that didn't happen.

Mikeska looked at the officer who pulled him over and for whatever reason, let it all spill out: the images of grim death that he couldn't get out of his head, the adrenaline that backed up in his bloodstream after living life on the edge during three deployments to Iraq, the total lack of direction he now felt. He had nowhere to go and no idea what to do.

Whether the cop was a veteran himself or had family or friends who struggled with the same things, Mikeska doesn't know. He just knows the officer took pity on him, giving him a ride home in the squad car without so much as a speeding ticket.

"That night changed my whole mindset," Mikeska says. "I knew that was my one freebie and that I had to get my act together."

Today, Mikeska wants to give other



Lacking direction upon leaving the military in 2007, Nathan Mikeska has become a life coach for combat veterans, and is the founder of [Brotherhood Coaching](#). When necessary, he can work in conjunction with mental health professionals (or defer cases if necessary). But helping veterans find purpose—and employment—often stops problems before they begin.

veterans the support and direction he often lacked upon leaving the military. He is the founder of Brotherhood Coaching, a new, one-on-one life coaching service designed specifically for military veterans. A personal trainer with a degree in nutrition and professional certified coach through Wellcoaches and the International Coach Federation, Mikeska can guide veterans with all aspects of their lives, helping them set personal and professional goals for the short- and long-term. Though Brotherhood is

just a few months old, his client roster stretches from coast to coast, with coaching sessions taking place via Skype or phone call.

"We vision plan and help veterans find their compass—giving them the tools to get to where they want to go," Mikeska says. "We want to see these men and women beat the odds of PTSD; instead of focusing on the post-traumatic stress, we focus on the post-traumatic growth."

Whether Mikeska himself suffered from clinical post-traumatic stress

NATHAN MIKESKA



At left, Mikeska during one of his three deployments to Iraq. Above, with his mother Holly, who was murdered in 2009.

disorder is an open question, but only because he, like too many veterans, never sought psychiatric help when he returned home from the Middle East. But as he describes the feelings he had and the images he'll never forget, there's no doubt the man has struggled with aftershocks. A member of the Air Force's elite Security Forces unit, the 820th, Mikeska's job forced him to come face to face with the brutal reality of the war. In military parlance, his job was given the mundane label of security and transport. But behind the bureaucratic coldness of that terminology was a ghastly truth: Mikeska was responsible for the transport of dead Iraqi insurgents to a morgue in

downtown Baghdad.

"Dealing with those images and trying to get them out of my head—to stop seeing them and smelling them every day—that's something I still struggle with," Mikeska says, recalling the bodies loaded into a cargo truck with a tarp drawn over the top. "It's always going to be there. But today, I'm happy to say I have more good days than bad."

Mikeska enlisted in the Air Force straight out of high school in 2003, and served until he was discharged in 2007. Like all veterans who served in combat zones—especially in the early days of the Iraq war—he lived under an omnipresent threat of mortar attack, which insurgents

could land right on the base where service men and women slept in cloth tents.

As part of a contingency force, Mikeska also spent a lot of time off-base. He delivered supplies from Baghdad to Kirkuk in the northern part of the country, and took part in combat patrols searching for insurgents and weapons caches. Walking through prisons where U.S. forces detained insurgents, he saw even greater horrors, like men who would gather small bits of stone or broken glass so they could cut themselves scrawl Arabic lettering or pornographic images in blood—possibly out of boredom or madness—on their cell walls.

NATHAN MIKESKA

He lost friends to IEDs, and like many veterans, lost friends to suicide. In 2005, he was deployed Stateside, but his stint in post-Katrina New Orleans offered no respite from the carnage.

"It was as bad as any deployment overseas," Mikeska says. "This was before they were using the stadium to house people; they were just putting all these displaced people in a fenced-in area like farm animals, giving them a snack and a bottle of water... People were dying because they were stuck on their roofs for days and they would drink the contaminated water from the basin."

During that deployment at a crowd control checkpoint, Mikeska earned an Air Force achievement medal for suppressing a would-be looter who was wielding a knife.

By any measure, his military career was a success, but when initially searching for the same in the civilian world, he struck out.

One of the tragic misconceptions surrounding combat veterans is the notion that transitioning back to civilian life might only be difficult if they suffer from PTSD—that they would have to have been mortally wounded or witnessed extreme, close-up destruction to suffer from it. Then, the cliché goes, the soldier comes home, where they face night terrors, flashbacks, and retreat under a desk at every loud bang. The ter-

rifying truth of PTSD is that it can work in subtler ways, and stem from events that, on paper, might not seem fantastic enough to a layperson to cause serious mental anguish.

Beyond the imagery of war, Mikeska describes the hardest part of his transition as a simple yet inescapable problem of pace.

"You're coming from a situation where you have all this adrenaline in

"Ultimately, the client is in charge of their destination. I'm there to act as a guide... I've been to hell and back. I know the way out and I want to share it."

a high-stress situation, and you suddenly return to the mundane," Mikeska says. "So you're going from very high-speed to low-speed, and you're going from being part of a brotherhood—being able to trust everyone around you with your life—to having a much smaller circle and not being certain of who you can count on."

This hit Mikeska hard when he moved to Savannah, GA (he grew up in Kittanning, PA) without knowing anyone, fueling a sense of loneliness

and the loss of a safety net of squad mates. More significantly, he lost his mother, Holly Painter, to murder-suicide at the hands of her second husband in an alcohol-fueled incident in 2009. This, and the loss of a close friend and fellow veteran in 2013 to alcohol-related suicide, prompted Mikeska to give up booze for good.

"I saw what it did to my mother, what it was doing to me, and realized it was a time bomb," he says.

Alcohol, drugs, and other risky behaviors like gambling as well as sex addiction, are common coping mechanisms in the veteran community, Mikeska says, a side-effect of warriors without a mission. His coaching service aims to get veterans on track before idle hands turn them to vice. After an initial consult, Mikeska immediately gets into vision planning.

"We use a lot of open-ended inquiry," Mikeska says. "Where do they want to go? What do they want to see happen?

What tools do they need? How do we utilize your military skills? Using these motivational interviewing skills, you can get some deep, effective conversations to get their minds working. It gets them realizing they do have the skills and realizing they can do whatever they set their minds to. Being in the military, it makes you great at so many things an employer would love to have: leadership, attention to detail, structure, punctuality, respect, discipline, following the

NATHAN MIKESKA



With Katherine on their wedding day in 2013, Mikeska's wife has been instrumental in stabilizing his post-military life. He's now offering other veterans to find that stability before issues arise.

chain of command, communication. They already have the skills they need to transition. A lot of them just don't know it yet."

Once the long-term goals for the next nine to 12 months are set, Mikeska walks it back to a stepping-stone goal of three months. That stepping-stone goal is then broken into weekly goals, all of which follow the SMART acronym, which stands for Specific, Measurable, Action-oriented, Realistic, and Time-bound.

"We touch base every two weeks with SMART weekly goals," Mikeska says. "They experience a little taste of success or a win off that. I'm not there to see them fail, which would only create more anxiety. These goals give them relief. It builds confidence. And ultimately, the client is in charge of their destination. I'm there to co-create the conversation and act as a guide."

His own journey from loneliness and lacking direction to veteran life coach was aided by his wife, Katherine, whom he met in 2012 and married in 2013. Little by little, the details of

his deployments tumbled out, and the more he shared with her, the more relief he felt. Katherine is a devout Christian, and though Mikeska grew up religious, he drifted away from his faith over the years. With Katherine at his side, he went back to church and found solace there, as well.

Mikeska's close friend Mike Gittleson, with whom he shared a pair of deployments overseas, has also been an instrumental sounding board.

"He's been one of my closest friends for 16 years," Gittleson says. "We might not live close to each other anymore [Gittleson lives in Massachusetts], but we tell each other everything, and we know each other inside and out. When we first got out, we thought all our issues were the norm and we were trained to deal with it, so we didn't talk about it. Today we do talk about it. We say, 'Hey, this is bothering me.' We communicate."

Gittleson says Mikeska is ideally suited for the task of helping wayward vets rediscover their life's purpose.

"What Nate is doing—it's not some-

thing you can just wake up, put on a shirt and tie, punch in at the office, and do it," Gittleson says. "This is a role where he's gonna make himself available to people all the time. I think he's suited for this because people gravitate toward him. He puts people at ease and I think that's one of the reasons we became great friends.

"But more than that, he's an incredibly hard worker and he doesn't give up on the mission. He wanted to become Airborne and people doubted him because of his stature. He worked out day and night and got it... I'm older than Nate, I was in the service before him, but I've always looked up to him."

For his part, Mikeska says the ultimate value he delivers comes from having walked the path ahead of the men he's now coaching.

"I've been to hell and back," he says. "I know the way out and I want to share it."

Mikeska offers a free 30-minute phone consult to all prospective clients. Learn more [HERE](#). You can e-mail him by clicking [HERE](#), or call him directly at: 912-227-2292



MAKE IT FRESH

Leap into spring with these all-new recipes, including a pair of keto-friendly options.



SPICY TUNA BOWL

SERVES 8

YOU'LL NEED

Rice

6 cups short grain sushi style rice

9 cups water

½ cup rice wine vinegar

1 tbsp super fine sugar

1 tbsp grapeseed oil

Spicy Tuna Sauce

1 cup mayonnaise

½ cup sriracha

2 tbsp lemon juice

Spicy Tuna

1 lbs fresh grade A tuna, cut into small cubes

1 tbsp sesame oil

1 tbsp rice wine vinegar

1 tbsp Ponzu

½ avocado, cut into small cubes

3 green onions, sliced

1 tsp sesame seeds

MAKE IT

1) Using a strainer or colander, rinse rice with cold water until it runs clear, about 3 minutes.

2) Combine rice with 9 cups water in a medium sauce pot. Bring to a boil then reduce to simmer. Cover and cook for about 20 minutes.

The water should be completely absorbed and the rice should be tender.

3) Allow to cool. Season with rice wine vinegar, sugar, and grapeseed oil. Stir.

4) In a mixing bowl, add sriracha, mayonnaise, and lemon juice. Mix with a whisk. Season with salt and pepper.

5) In another mixing bowl, add tuna, sesame oil, rice wine vinegar, Ponzu, avocado, and green onions. Season with salt and pepper. Mix gently.

6) Divide room-temperature rice into serving bowls. Portion tuna mixture on top. Finish with spicy tuna sauce and sesame seeds.

THE MACROS

CALORIES: 621

PROTEIN: 19 g

FAT: 27 g

CARBS: 98 g

MAKE IT FRESH

CRISPY CHICKEN THIGHS with FENNEL & RADDISH

SERVES 4

YOU'LL NEED

4 bone-in, skin-on chicken thighs
Salt and pepper
1 bunch red radishes (about 12)
halved
Zest of ½ lemon
1 tsp ground coriander
1 tsp smoked paprika
1 tbsp avocado oil
1 fennel bulb, thinly sliced
2 cups curly baby kale, chopped
3 tbsp extra virgin olive oil
2 tbsp apple cider vinegar

MAKE IT

1) Preheat oven to 350 degrees.
2) Season chicken thighs with salt and pepper on both sides.
3) In a large sauté pan over high heat, add chicken thighs, skin side down. Cook for about 6 minutes on each side. Place on a sheet pan (use parchment paper to avoid sticking and making a mess) and finish in oven until chicken reaches an internal temperature of 160 degrees, about 15 minutes.
4) In a mixing bowl, add radishes, lemon zest, coriander, smoked paprika, and avocado oil. Toss and season with salt and pepper. Place

radishes on a sheet pan and cook for about 15 minutes until radishes are cooked through and light brown in color.

5) In another mixing bowl, add kale and sliced fennel. Add hot radishes to kale and mix. The radishes should slightly wilt the kale.
6) Add olive oil, lemon juice, salt, and pepper. Serve with chicken.

THE MACROS

CALORIES: 431

PROTEIN: 16 g

FAT: 39 g

CARBS: 6 g



MAKE IT FRESH

CUMIN-SPICED PORK CHOP

SERVES 4

YOU'LL NEED

4 bone-in pork chops
1 tbsp cumin
1 tbsp curry powder
1 tbsp kosher salt
2 tbsp avocado oil
2 cups sliced bacon, cut into quarter-inch pieces
5 cups rainbow Swiss chard, chopped
½ white Spanish onion
1 cup chicken stock
1 tbsp butter
Juice of ½ lemon

MAKE IT

1) Preheat oven to 350 degrees.
2) In a small mixing bowl, add salt, cumin, and curry powder.
3) Cover each pork chop with mixture. (This can be done 24 hours prior to cooking.)
4) In a large sauté pan over high heat, add avocado oil and pork chops. (If pan is too small for all 4 chops, cook 2 at a time.)
5) Cook for about 4 minutes on each side. Chops should get dark brown.
6) Place seared pork chops on a sheet pan (add parchment paper to avoid sticking and a messy cleanup) and finish in oven until they reach an internal temperature of 135 degrees, about 12 minutes.

7) In a medium sauce pot, add bacon and render over medium heat—bacon should be light brown in color. Add onions and Swiss chard. Cover and allow to cook for two minutes. Uncover and stir. Add chicken stock and cook for another 8 minutes, stirring occasionally. Season with salt and pepper.
8) Remove from heat and stir in butter and lemon juice. Serve with pork chop on top of Swiss chard. Top with jus.

THE MACROS

CALORIES: 549

PROTEIN: 52 g

FAT: 35 g

CARBS: 7 g





MICROWAVE CAKE CUPS

SERVES 3

YOU'LL NEED

1 cup almond flour
4 tbsp cocoa powder
1 tbsp shredded coconut
1 tsp baking powder
1 tsp salt
8 tbsp sugar
1 cup milk
½ cup canola oil
3 tbsp mini chocolate chips
3 tbsp espresso or coffee beans

MAKE IT

1) In a mixing bowl, add flour, cocoa powder, coconut, baking

powder, salt, and sugar.

2) In a separate bowl, add the milk and oil together. Then add liquid ingredients to the dry ingredients. Use a whisk until there are no lumps.

3) Add batter to microwave-safe coffee cups. Fill ¾ of the way to the top. Add 1 tbsp of chocolate chips and 1 tbsp espresso or coffee beans to each coffee cup and stir in.

4) Place one coffee cup at a time into the microwave and cook on high for 1 minute and 20 seconds.

5) Dip a knife or spoon into the center of the cup to make sure the

batter is cooked through. If part of the cake is still uncooked, add cook time, 20 seconds at a time, until cooked through.

6) Serve with a scoop of vanilla ice cream or whipped cream if desired.

THE MACROS

CALORIES: 564

PROTEIN: 10 g

FAT: 20 g

CARBS: 62 g

RI MAG INTERVIEW: SHANNON MILLER



The legendary Olympic champion has her sights set on achieving an even bigger goal: making the world safe for young athletes.

BY SJ McSHANE

INTERVIEW: SHANNON MILLER

Olympic gymnast Shannon Miller medaled seven times for the United States, including two golds. She is also the only female athlete to be inducted into the US Olympic Hall of Fame twice, once as an individual (2006) and another time in the team category (2008). Today, Miller isn't resting on her considerable laurels—or her pile of medals. She's offering young athletes something bigger than a shot at glory: the tools to combat all forms of abuse.

Miller, part of the “Magnificent Seven” US team that won gold in 1996, says she was not a victim of the horrific abuse scandal perpetrated by team doctor Larry Nassar. Miller, however, has become an outspoken advocate since Nassar was found to have sexually abused 322 girls, mostly minors. He is currently serving three consecutive 20-year prison terms.

The fallout from the Nassar revelations has been enormous. Michigan State University, which employed Nassar, agreed to pay \$500 million dollars to Nassar's victims, and USA Gymnastics was forced to purge its leadership. Miller was part of a search committee to find a new CEO of the organization.

But the tragedy of USA gymnastics goes beyond a single pedophile. Nassar couldn't have perpetrated his crimes over several decades without enablers, people in posi-

tions of power who chose to look the other way.

Now, Miller's determination and passion are geared towards protecting young athletes against abuse by educating their families and communities with the proper tools to make a much-needed change. With enough support behind her cause, she hopes to make children everywhere safe from abuse – or at the very least prevent the next Larry Nassar.

Robert Irvine Magazine: What prompted you to get involved in raising awareness/education concerning the abuse of young athletes?

Shannon Miller: As a former athlete and as a mom I wanted to understand what I could do to help other athletes and educate



Miller was the 1993 and 1994 world all-around champion, the 1996 Olympic balance beam champion, and a member of the gold medal-winning Magnificent Seven team at the 1996 Olympics. She is the most decorated US gymnast, male or female, at the Olympic Games, with a total of seven medals.

my own children in a safe and age-appropriate way. I reached out to a number of different organizations regarding abuse prevention education. What I love about the Monique Burr Foundation is that their curriculum is comprehen-

INTERVIEW: SHANNON MILLER

sive. This means that they not only cover sexual abuse but also other forms of abuse, as well as bullying, cyberbullying, and digital dangers. These are issues that parents face every day with their children. I also love that the curriculum is backed by research. In fact, MBF Child Safety Matters is the only evidence-based comprehensive abuse prevention education available in the United States.

Statistics show that 95% of abuse is preventable through education. That's incredible! We need to be educating our children so that they have the tools they need. MBF has educated over 2.5 million children since 2010. Since first meeting with them in late 2017, I have joined their board of directors and have joined with Donna Orender on the task force for developing MBF Athlete Safety Matters.

I am a strong believer that sports, at every level, offer amazing benefits and life lessons. Let's not keep our children away from the incredible benefits of youth sports, let's educate them about safety through youth sports.

What are some of the most important tools that parents, guardians and schools can use to help protect against abuse?

To prevent abuse, we need to educate both adults and children. The Monique Burr Foundation partners with Darkness to Light, an organization focused on educating adults and together they provide 360 degrees of

prevention. Every school should be implementing a comprehensive prevention education that is evidence-based or evidence-informed. Parents and other adults can advocate for the use of both of these programs in their schools, churches, youth-serving organizations and more.

It's also important that parents talk to kids about abuse and bullying in an open and honest way. Abuse—especially sexual abuse—thrives in secrecy. But parents don't often know how to talk to their kids or are uncomfortable with the topics. I have two young children myself. Even with all that has come to light in the last couple of years, I was still hesitant to discuss the issue with my children. I wasn't sure how to do it without scaring them. MBF has many resources for parents to help them with this. I can now have these conversations with my kids by reinforcing what they are already learning in an age-appropriate way.

Additionally, we know parents and other adults and caregivers need to 1) become better educated on the issues facing kids; 2) listen to what kids are saying and not saying, and watch for indicators of abuse and bullying because kids don't often report; 3) establish rules and boundaries and don't be afraid to learn what their kids are exposed to and doing online.

Why does there seem to be so much abuse towards young athletes? Is it on the rise or have we

just not been talking about it?

We don't really know if there is more abuse now or if society is just now talking about abuse in a more open way. What we do know is that every child is at risk—in school, in sports, in church, in other youth-serving organizations, and many are at risk in their own homes. To protect kids, we need universal primary prevention – meaning general and specific prevention information delivered to every child before abuse or bullying ever happens.

What are the most important tools exercised in abuse prevention?

MBF Child Safety Matters and MBF Teen Safety Matters were developed based on the latest research and best practices in prevention. What research tells us is that kids don't need a program or a set of strategies that teach them about abuse, and another about bullying, and another about internet safety. They need one set of universal rules and strategies that they can use if faced with any unsafe situation.

The other foundational element is that kids need to learn who a safe adult is and be able to identify at least two safe adults (one in their home and one outside of their home) that they can talk to about unsafe people or situations. The program not only teaches kids this information but teaches safe adults what to do if a child comes to them and tells them they are unsafe or have been hurt.

INTERVIEW: SHANNON MILLER

What are some of the signs to look out for concerning a possible predator? Are there specific actions or words that parents should be aware of?

Abusers come from all walks of life and sadly, they can be anyone. We can't know by looking at someone if they would likely hurt a child.

There are however some behaviors that might indicate an adult may be grooming a child:

- An adult that likes spending time with kids more than adults
- Overly friendly toward kids
- Singling out one child; paying more attention to them than others; giving them gifts
- Trying to spend alone time with a child
- Pushing boundaries (hugging, tickling, patting on bottom) to test a child's reaction
- Inappropriate (or sexual) touches

Often predators will groom parents as well, making them think they are helping or showing their care and concern for a child. The better we educate both adults and children about these red flags the easier it will be for these types of behaviors to be noticed and stopped before abuse ever happens.

We also know that about a third



You can learn more about MBF Athlete Safety Matters by clicking [HERE](#).

of sexual abuse is perpetrated by another youth, so we also need to include that information when teaching adults and children about abuse and who perpetrators may be, including peers or other youth.

Can you give some details on what the 'MBF Athlete Safety Matters' program is and what your role in it is?

MBF Athlete Safety Matters is a program for youth athletes, of any level and any sport, in grades K-12. It takes the proven content and the five safety rules from the evidence-based program, MBF Child Safety Matters, and applies this to sports settings. In addition, MBF Athlete Safety Matters provides scenarios and additional in-

formation to address sport-specific safety concerns, such as appropriate versus inappropriate touch, for example, with spotting or other situations that athletes face in the course of training or competing.

As with MBF Child Safety Matters, MBF Athlete Safety Matters will teach youth athletes, and the adults in their lives, how to prevent, recognize, and respond appropriately to abuse—physical, sexual, emotional, and neglect—bullying, cyberbullying, and digital dangers; and for older kids will also include relationship abuse, sexual assault, and trafficking.

SJ McShane is a trainer, nutritionist, and Senior Writer for Robert Irvine Magazine. Follow her on [Twitter](#) and visit her [website](#).

WHAT'S COOKING THIS MONTH

The triumphant return of *Restaurant: Impossible*, Beats N Eats tickets are now onsale, and Robert lands on the cover of *Muscle & Fitness*.



Robert coaches up the staff of Joe Willy's Fish Shack in Fishkill, NY during a 2013 episode of *Restaurant: Impossible*. After a three-year hiatus, *R:I* returns to Food Network on April 20.

By popular demand, *Restaurant: Impossible* will return to Food Network on April 20, at 9 pm Eastern/Pacific on Food Network (check local listings). The premiere marks the first of four brand-new episodes that Robert and the *R:I* team filmed earlier this year.

Of course, popular demand has never been enough to pull a show out of retirement, much less after three years off the airwaves. To hear Robert tell it, the return has as much to do with fan demand as it does

with the fact that the show's mission was incomplete.

"As long as there are restaurants out there struggling, and as long as there are owners out there who aren't living up to their potential—and who want the help—then there is a place for this show," Robert says. "It takes a lot to run a successful restaurant, and every problem we encounter on *R:I* is different. But in short: You need to make great food, create a great atmosphere, and have a realistic business plan for your location.

A lot of people can nail one or two of those elements, but it's rare that people have a handle on all three."

The original iteration of *Restaurant: Impossible* ran for an astonishing 13 seasons encompassing over 160 episodes. (We've chronicled some of the show's greatest long-term success stories, and you can read a few of those [HERE](#), [HERE](#), and [HERE](#).) During that time, Robert ran into every problem imaginable, from filthy kitchens to drab décor to rude wait staff.

ROBERT'S WORLD



Above, a packed house at the Fillmore in Philadelphia for 2018's Beats N Eats. At right, the April 2019 issue of *Muscle & Fitness* magazine, available now wherever magazines are sold.



“Anyone who’s been to a new restaurant opening knows that a lot of times, restaurants can come strong out of the gate, firing on all cylinders, but over time they rest on their laurels and refuse to update,” Robert continues. “Half the time, I’m battling this attitude of, ‘Well, this used to work.’ There’s a lot of stubbornness in the industry. You very rarely meet a cook who knows he’s a bad cook. Or a manager who will readily admit that he or she has lost control of the staff. So not every restaurant can be saved, but I’m confident in saying that every restaurant that can be saved, we do.”

Like the original *Restaurant: Impossible*, the new episodes will see Robert try to save a failing eatery through tough-love coaching and a two-day renovation with a budget cap of \$10,000. Series mainstays like builder Tom Bury and interior designer Taniya Nayak are also set to return.

It all begins again with a swing of sledgehammer on April 20.

BEATS N EATS TICKETS NOW ONSALE

On Monday, May 13, at the Fillmore in Philadelphia, PA, Robert will host his annual Beats N Eats fundraiser to benefit the Robert Irvine Foundation and support veterans and their families in need. A one-of-a-kind event blending gourmet cuisine and live entertainment, this year’s Beats N Eats boasts a dinner prepared by an all-star lineup of celebrity chefs including Food Network veterans Andrew Zimmern and Buddy Valastro, Iron Chefs Cat Cora and Jose Garces, as well as Top Chef champ Kevin Sbraga, and renown restaurateur Marcie Turney.

On the entertainment side, Zeke Burse, the Potash Twins, Lauren Hart, and more will perform.

To get a sense of how eclectic and intimate the evening really is, read our write-up of last year’s event from *RI Magazine* [HERE](#).

Go [HERE](#) for more info and to purchase tickets.

ROBERT ON THE COVER OF *MUSCLE & FITNESS*

Muscle & Fitness magazine features a friendly face—and a rather hard body—on the cover of their April edition! In a wide-ranging eight-page feature story, writer Bobbi Dempsey covers everything new in Irvine-land—from TV projects to foods to protein bars. In an extensive interview, she also gets at the heart of what drives Robert to push so hard—in the gym and in life—at the age of 53.

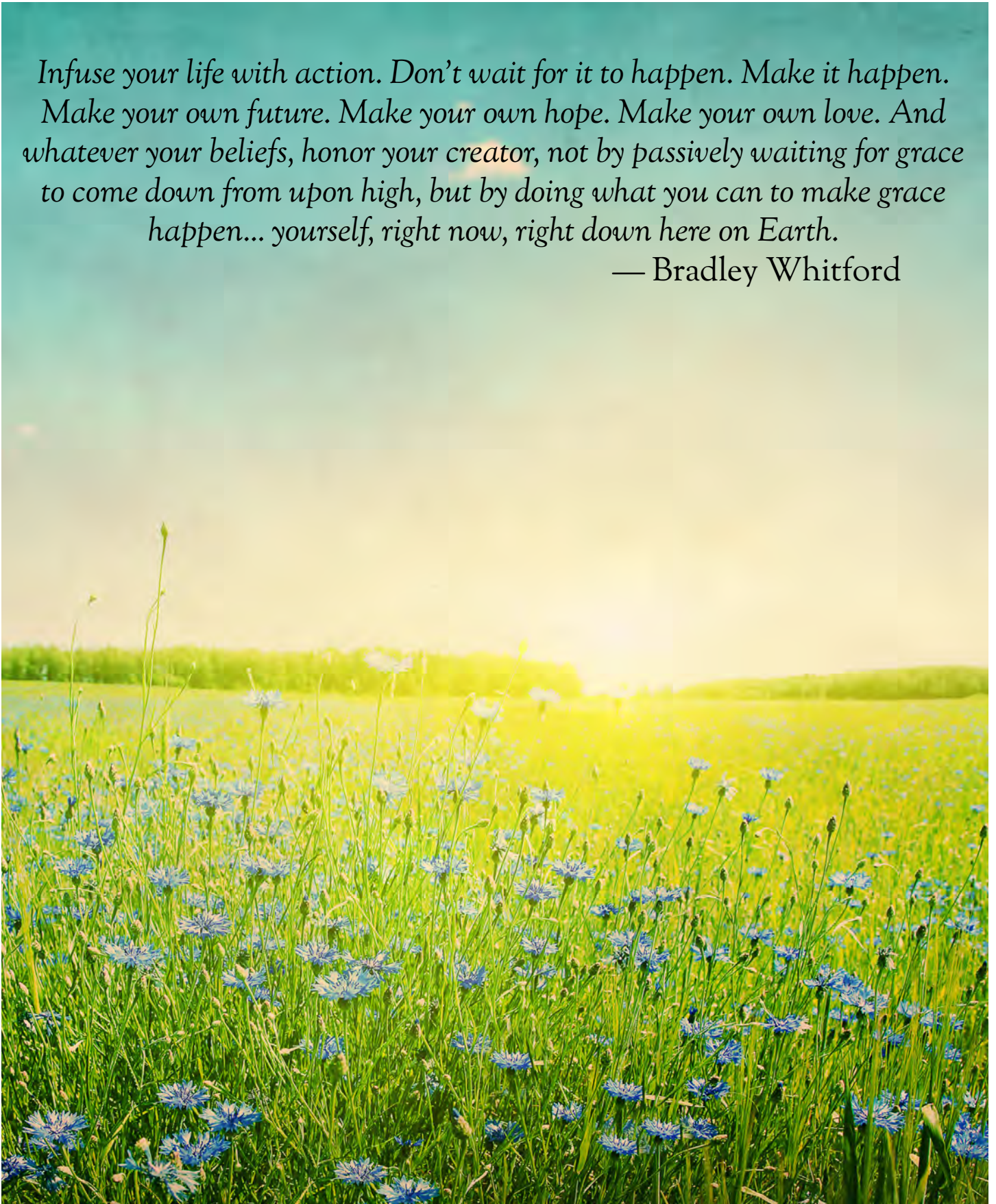
“This magazine was my very first personal trainer,” Robert says. “I’ve been reading it for decades. To now be on the cover is a great honor.”

Elsewhere in the same issue, Robert Irvine Foundation Director Dave Reid, a medically retired Army Ranger, models for the *M&F* Hero’s Workout, and gets a profile that details the firefight in which he lost a leg, and how he found a new purpose in guiding Robert’s namesake foundation. You can get it now wherever magazines are sold.

WORDS TO LIVE BY

Infuse your life with action. Don't wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen... yourself, right now, right down here on Earth.

— Bradley Whitford



LET'S HELP OUR HEROES

Text GIVE to 813-536-5006



The Robert Irvine Foundation is a not-for-profit organization dedicated to enriching the lives of our military personnel, first responders, and their families. 100% of all funds raised go directly to those who need it most. To learn more about Robert's commitment to our military and first responders, please visit RobertIrvineFoundation.org

