

# ROBERT IRVINE

MAGAZINE

MAY 2019

NOTHING IS IMPOSSIBLE

## EAT GREAT AT HOME!

Brand New Recipes to  
Eat with the Season

**TRY  
THIS!**

Potato  
Croquettes

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## TRIBECA FILM FEST

Robert takes NYC,  
talks food, movies

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# ROBERT IRVINE MAGAZINE

Nothing is Impossible

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# FOOD IS LIFE

My visit to the Tribeca Film Festival reminded me why I love what I do.

On pg. 16 of this issue, you'll find a news story about my visit to the Tribeca Film Festival where I was invited to sit on a panel with three indie filmmakers to talk about food in film.

It was meant to be an informal discussion, but nevertheless, before the panel, I brushed up on my film history and reminded myself of all my favorite food scenes in film history. The restaurant scene in *The Godfather*, Bill the Butcher cooking a black-and-blue steak in *Gangs of New York*. The opening scene of Wes Craven's *Scream* is another great example; the scene begins happy and hopeful, but by the end of it, the Jiffy Pop is burnt and ruined, mirroring the fate of Drew Barrymore's character.

*Avengers: Endgame* is out right now, breaking every box office record there is, and there's little doubt it will be the biggest movie of all time by the end of its run. It reminds me of the great post-credits sequence at the end of the first *Avengers* movie, with our heroes finally getting a chance to relax and have the shawarma they so richly deserve.

And that was just a few examples.



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



# ROBERT'S LETTER



From left to right, Abby Davis, Mike Lei, Robert Irvine, and Ben Proudfoot, after the “Film to Table” panel at Tribeca on May 1.

The conversation, however, took a different path than the lot of us just reminiscing about our favorite food scenes in movies.

The filmmakers on the panel, Mike Lei, Ben Proudfoot, and Abby Davis, had just premiered a pair of documentary films that explored a deeper passion behind food. In Ben's case in *That's My Jazz*, he examined the life of one of the world's greatest pastry chefs, with food serving as a form of self-expression. Mike and Abby's *A Taste of Sky* showed how a culinary school and restaurant in Bolivia is changing lives, giving impoverished youth a chance to

not just express themselves, but have a chance at a better life—the kind their parents never knew.

The moment the discussion began I was thrilled to see that we were going much deeper than where I had expected. Because the conversation ultimately reminded me of why I chose the path in life that I did. Food is culture. It's fun and creative, and it unites in ways we never could have imagined.

There were were in a room in New York City, surrounded by strangers from all over the world. If everyone in that room made their very best dish for a pot luck—it would be one hell of

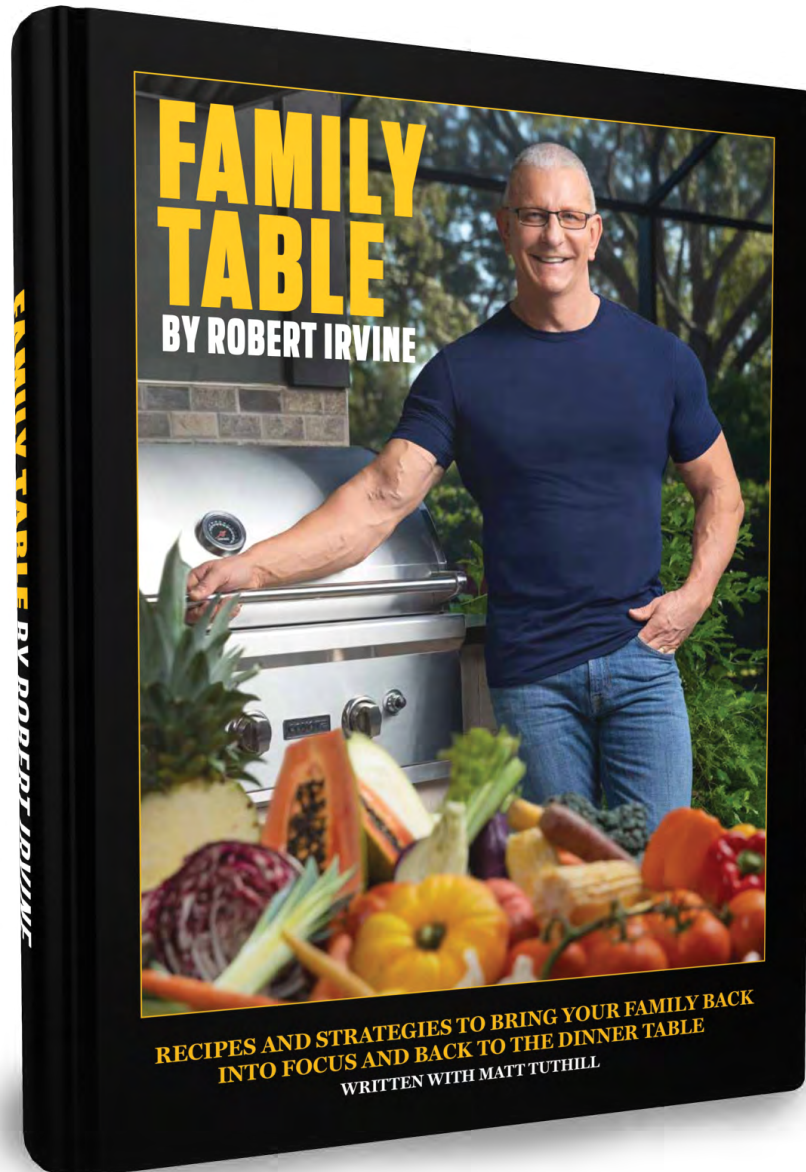
an interesting pot luck—and the delight it would bring could show everyone in that room how we have much we have in common. Our differences, such as they are, don't have to drive us apart. They ought to be celebrated.

We live in a small world now. Isn't it time we made the most of it? My answer to that is,.

Nothing is impossible.

# **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](http://FAMILYTABLEBOOK.COM)**

*ALSO AVAILABLE AT [AMAZON.COM](http://AMAZON.COM)*

IN THE GYM: WORKOUT OF THE MONTH

# FOR WHOM THE BELL TOLLS

A single kettlebell is all the equipment you need to build strength and torch fat all over your body.

Two words: Asymmetrical load. Unlike a perfectly balanced dumbbell or barbell, a kettlebell is built like a cannonball with a handle on top. This imbalanced load challenges stabilizing muscle fibers throughout your body—muscle fibers that might not be stimulated during traditional weight lifting. And while you can curl, press, and squat with kettlebells—just as you would with conventional weights—kettlebells lend themselves to a host of other, unique exercises.

Chief amongst these unique exercises are the kettlebell swing and the Turkish getup. In the following pages, you'll learn to do these unique moves and learn how kettlebells can beneficially augment traditional moves. This month's kettlebell workout integrates these moves into high-intensity circuits for a workout that's as much of a conditioning challenge as is a muscular one.



# IN THE GYM: WORKOUT OF THE MONTH



A kettlebell swing can quickly fire up your heart rate and engages every muscle in your body.

## THE KETTLEBELL WORKOUT

**DIRECTIONS:** Do the following workout 3-4 times per week. Do Part I as a continuous circuit three times through; don't rest between exercises and rest only 1-2 minutes at the end of each round. After three rounds of Part I, complete three rounds of Part II; don't rest between exercises and rest only 1 minute between rounds.

### PART I

EXERCISE	REPS
KB Swing	25
KB Curl	10 (each arm)
KB Goblet Squat	15
KB Press	10 (each arm)
KB Row	10

### PART II

EXERCISE	REPS
KB Pistol Lunge	20 steps
KB Russian Twist	20
Plank	60-90 seconds

### EXERCISE DESCRIPTIONS

**KB SWING:** (Pictured above) Hold a kettlebell with two hands and stand with your feet wider than shoulder width apart. "Hike" the kettlebell back between your legs, bending at the hips and slightly at the knees. Explosively reverse direction, keeping your back flat. Swing the bell up to at least eye level (or overhead as pictured). Swing the kettlebell down-

ward and immediately begin your next rep.

**KB CURL:** (Shown on previous page) Hold a kettlebell in one hand, letting it hang down to your waist. Flex your biceps to curl the weight up to your shoulder. Squeeze your biceps hard at the top of the movement. Slowly lower the weight. Repeat for equal reps on each side. (If you have two kettlebells of the same weight, both arms can be done simultaneously.)

**KB GOBLET SQUAT:** Hold a single kettlebell at your chest with your elbows flared out to your sides. Flex your hips backward and squat low. Try to get your thighs



# IN THE GYM: WORKOUT OF THE MONTH



A kettlebell pistol lunge (described below).

parallel to the floor and avoid rounding your back. Push through the heels of your feet to return to the starting position.

**KB PRESS:** Stand up straight and hold a kettlebell in one hand. Press the weight straight overhead, engaging your core muscles (abs) as you do so. Slowly return the weight to your shoulder. Repeat for an equal number of reps on each side.

**KB ROW:** Hold a kettlebell in one hand and rest your free hand on a bench. Lean forward so that your back is flat and parallel to the floor. Retract your shoulder blade

to row the weight up to your chest. Slowly lower the weight under control. Repeat for an equal number of reps on each side.

**KB PISTOL LUNGE:** Hold a kettlebell in one hand at your shoulder, with the bottom of the bell facing the ceiling. (as seen in the photo above). Perform ten lunges with the bell in one hand; switch hands and lunge ten more steps.

**KB RUSSIAN TWIST:** Sit on the floor holding a single kettlebell with both hands at your chest. Bend your knees and raise your feet a few inches off the floor. Without round-

ing your back, rotate from side to side, bringing the weight from hip to hip. Keep your core muscles (abs) flexed throughout. Repeat for an equal number of reps on each side.

**PLANK:** Face the floor and prop your body up on only your toes and your elbows/forearms. Keeping your body in a straight alignment from shoulders to ankles, hold this position for 60 to 90 seconds, keeping your abs braced the entire time.

*For more ideas and to see a wide variety of kettlebell exercises in motion, follow this [LINK](#).*

# NEW SENSATIONS

All-natural kicks and the smallest all-in-one gym you've ever seen.

### ALLBIRDS WOOL RUNNERS

Ever sit and wonder what other-worldly chemicals it must've taken to produce the sneakers on your feet?

The outsole of these wool runners from Allbirds are made from super-fine merino wool, while the laces are made from recycled polyester. And yet they emit no unwashed hippie vibe, probably because they do all the fancy moisture-wicking and support stuff that their mass-produced brethren are famous for.

\$95, [Allbirds](#)

(Men's available, women's shown)



### SoALPHA EXERCISE BALL & BANDS SET

Ubiquitous and somehow still underrated, a good exercise ball can enhance your workout in myriad ways. In addition to ab training, it adds a core stability component to just about any seated lift from overhead triceps extensions to the dumbbell bench press. This particular set comes with a stabilizing ring to keep it in place (during workouts for beginners and when not in use) and a pair of resistance bands so you can get a full workout.

\$40, [Amazon](#)



## IN THE KITCHEN: RECIPE



# POTATO CROQUETTES

*Crowd-pleasing quick bites made easy.*

### SERVES 8

#### YOU'LL NEED

2 large potatoes  
1 stick unsalted butter, softened  
2/3 cup chopped bacon, diced and rendered  
4 tbsp sour cream  
4 tbsp whole milk  
2 green onions, sliced thin  
Salt and black pepper  
4 oz cheddar or Jack cheese  
2 eggs, whisked  
1 tbsp whole milk  
½ cup all-purpose flour  
Canola oil

#### MAKE IT

1) Preheat oven to 350 degrees.  
2) Wash and bake the potatoes on a rimmed baking sheet or large pot, until fork tender, about 45 minutes.  
3) Allow potatoes to cool and put through a ricer in a large bowl. Add the butter, bacon, sour cream, milk, green onion, salt, pepper. Mix together and form 8 balls, placing a chunk of cheese in the center of each ball.  
4) Whisk the egg and milk together in a shallow bowl. Place the flour in a second shallow bowl. Roll the balls in the flour and then the egg wash, then again in the flour.

5) Heat the canola oil to 350 degrees F in a deep fryer or large pot. Deep fry the croquettes in batches in the oil until golden brown and hot in the middle, about 3 to 4 minutes.

#### THE MACROS

CALORIES: 317  
PROTEIN: 11g  
FAT: 24 g  
CARBS: 16 g



## IN THE KITCHEN: RECIPE

# SALMON BURGER

A

### SERVES 4

#### YOU'LL NEED

1 ½ pounds fresh salmon fillet  
1 tsp seafood seasoning  
2 eggs, whisked  
½ cup Asian-style breadcrumbs  
2 tbsp grapeseed oil  
1 cup shredded romaine lettuce  
¼ cup thousand island or remoulade sauce  
4 burger rolls  
4 slices ripe tomato  
1 lemon  
French fries, if desired

#### MAKE IT

1) Fine dice the salmon and place in a mixing bowl.  
2) Add the seafood seasoning and eggs and mix well.  
3) Add some of the breadcrumbs as needed to help bind.  
4) Portion into 4 even, flat patties.  
5) Heat a cast iron skillet or griddle to medium-high heat, add oil allow it to heat up.  
6) Dust the exterior of the cakes with the remaining breadcrumbs and place in the oil.  
7) Cook on the first side, allowing to brown for 2 to 3 minutes, and then flip and repeat on the second

side. During this time, in a bowl, blend the lettuce and dressing, mixing well. Toast the buns on the griddle if desired.  
8) Once the cakes are cooked and golden brown, place on the bun on a plate and add a portion of tossed lettuce, a tomato slice and then the cake. Finish with a drizzle of lemon.

#### THE MACROS

CALORIES: 529

PROTEIN: 27

FAT: 25

CARBS: 48



# THE PERFECT PAIR

Wine and beer pairings are common on menus today.

Cocktails? Not so much. We aim to remedy that.

BY JAMES CLELAND, Mixologist for Boardroom Spirits

Ever notice how there are plenty of wine and beer pairing suggestions for food, but that's not really the case for cocktails? This month we'd like to remedy that. But first and foremost, cocktails are relatively new in the grand scheme of alcohol imbibing. Beer and wine have been in existence for literal millennia while what we know as a cocktail has only been around for about two centuries; hence, there is a long tradition of drinking lower proof alcohols with food. Today, there are more people willing to incorporate spirits into food pairings but it is often done without finesse.

That's because it's difficult. Cocktails can create several problems with food pairings. First, cocktails are often much smaller drinks compared to a beer or wine. A standard glass of wine in a restaurant is between 5 and 6 ounces all coming from a single source making it easy to only do a 1 to 3

ounce pour for a single course in a meal. This is also true of a 12- to 16-ounce draft beer. Cocktails, on the other hand, are often only 3 or 4 ounces with a half a dozen ingredients in sometimes very small amounts. Creating a smaller version that is consistent and delicious is not always feasible.

The second issue with pairing cocktails is the intensity of the flavor. Because the individual

drink is smaller, your palate won't suffer fatigue in only a few ounces. Since a drink pairing is supposed to enhance the flavor of a dish, having a drink that overwhelms the flavor of the food is counter to the intended purpose. There are plenty of mild cocktails out there that can be used. It is just a matter of using the correct cocktail for the correct dish.

Finally, cocktails generally have a





# IN THE KITCHEN: MIXOLOGY



Robert's Moroccan Spiced Lamb Chops (which appeared in Fit Fuel) pair perfectly with Boardroom's gin cocktail, below.

higher alcohol by volume than a glass of wine or beer. This alcohol content, in low concentrations, can encourage saliva production and enhance the flavors of food when a beverage. When the concentration goes up, the alcohol can dull the palate which is counterproductive to a pairing.

Here are two examples of dishes with cocktail pairings. Hopefully as more people get interested in liquor and cocktail culture consumers will start seeing more food pairings utilizing these broad categories. For now, use these tips and examples to try your own pairings at home.

## Dish Pairing #1:

### THE MEAL: [Moroccan Spiced Lamb Chops](#)

For a dish like this, especially with something as rich as lamb, I would do something crisp and herbal to function as a palate cleanse between bites. Also, when dealing with a very powerful main

ingredient such as lamb, slightly higher alcohol content is OK, as it's a tall order to blunt the taste of something so strong. The following recipe is also great because it is an equal parts cocktail allowing for as small or large of a beverage as you need.

#### THE COCKTAIL: Last Word

¾ oz Boardroom gin  
¾ oz green chartreuse  
¾ oz Luxardo maraschino  
¾ oz lime juice

DIRECTIONS: Assemble all ingredients in a shaker, then shake and strain into a cocktail glass.

## Dish Pairing #2:

### THE MEAL: Poached Red Argentinian Shrimp with Leeks and a Black Bean/Braised Pork Vinaigrette

With a dish like this I would pull out a lesser known tropical Tiki drink with really clean flavors but some sweetness to offset the Szech-

uan chili oil. The taste will also be reminiscent of a crowd favorite, coconut shrimp. The following recipe is great because it has plenty of non-alcoholic ingredients helping keep the alcohol by volume food friendly. It is also easily proportioned (4:4:2:1) allowing for smaller or larger sized drinks.

#### THE COCKTAIL: Chi Chi

2 oz Boardroom vodka  
2 oz pineapple juice  
1 oz coconut cream  
½ oz lime juice

DIRECTIONS: Assemble all ingredients in a shaker tin then shake and strain into an ice filled tumbler.

*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](#).*



# BRING THE HEAT

Get ready for the warm weather ahead with these summertime picks.



### CAMPFIRE BEER CAMELIZER

A blazing firepit, a camping chair, and an ice cold beer. What could be better? These beer caramelizers modernize an old German tradition where you put a white-hot fireplace poker into your beer to caramelize the sugars and transform your brew into a frothy sweet treat. One try and you'll want to experiment with all your favorite varieties.

\$35, [Uncommon Goods](#)



### WINE-INFUSED GRILL RUBS

Take your food and wine pairing to the next dimension with these wine-infused grill rubs. Choose from spice blends infused with cabernet, chardonnay, and pinot noir. Great for burgers and steaks cooked over an open flame, and handy inside too; try a pinch on eggs, salads, and sandwiches. Just be careful as a little goes a long way.

Set of Three, \$35, [Uncommon Goods](#)



# ROBERT at TRIBECA

A Food Network and Variety Magazine panel hosts Robert with three indie filmmakers to talk all about food on the silver screen.



From left to right: Variety Executive Editor and panel moderator Brent Lang, producer Abby Davis, director Mike Lei, director and Breakwater Studios president Ben Proudfoot, and Robert Irvine.

Since 2002, the Tribeca Film Festival has showcased a diverse and deep selection of features, documentaries, and shorts. For the 2019 festival, which ran from April 24 to May 5, festival organizers received over 9,000 submissions, from which they culled a selection of about 200 across all categories. It's a testament to the strength and vitality of the festival, which was created by

Robert DeNiro and Jane Rosenthal, in part, to help revitalize downtown Manhattan after 9-11.

Panel discussions are a hallmark of the festival, and this year, at a panel entitled "Film to Table," Robert appeared alongside filmmakers Mike Lei, Ben Proudfoot, and Abby Davis. Co-presented by *Variety Magazine* and Food Network, and hosted by *Variety* Executive Edi-

tor Brent Lang, the conversation focused on food in film.

Robert kicked off the discussion by citing one of his favorite depictions of food in film in the 2007 Pixar animated feature, *Ratatouille*.

"That movie gets so much right about food," Robert said of the film, which centered on a rat who dreamed of being a chef. "Food is culture, and anybody can cook."





World-renowned pastry chef Milt Abel II in a scene from *That's My Jazz*, which premiered at the Tribeca Film Festival. Follow Ben on [Twitter](#) and learn more about *That's My Jazz* [HERE](#).

Learn more about Mike Lei's *A Taste of Sky* [HERE](#).

That is the beauty of it.”

Robert also complimented the Showtime series *Billions* for not just showcasing so many New York City culinary landmarks, but for using food in a huge number of scenes and using food choices—and the way different characters eat—to reveal character.

Proudfoot, the founder and CEO of Breakwater Studios, was at the festival to premiere *That's My Jazz*, which tells the story of Milt Abel II, who is considered to be one of the best young pastry chefs in the world. The son of a jazz legend, Abel II is the head pastry chef at Thomas Keller's The French Laundry and Per Se. Proudfoot said he learned while making his film that the same part of the brain interprets food and music, and that in this case, there was a deeper connection between father and son than many people might realize.

“It was an honor to have *That's My Jazz* premiere at The Tribeca Film Festival,” Proudfoot said afterward. “This was our first time here, and

it was such a treat. I especially enjoyed sitting down with a powerhouse like Robert to discuss the fascinating intersection of cuisine and cinema. Both disciplines have a similar goal—to communicate the artist's heart, whether it's a chef or a director—to an audience.”

Lei was at Tribeca to premiere his documentary feature *A Taste of Sky* (with Davis producing), which centers on the journey of two students through Gustu, a fine-dining restaurant and culinary school for the impoverished youth of La Paz, Bolivia. His film, and what he and Davis brought to the panel, focused on food's ability to not just entertain, but to transform lives for the better.

“The wonderful conversation with Robert and our other panelists reminded me of the true beauty of gastronomy: its ability to excite, inspire, and unite,” Lei said after the panel. “Robert's love for food was so infectious and I was reminded that in our films we shouldn't strive to just show the craft of the kitchen,

but also the enjoyment and pleasure of it. Coming away from the evening I was inspired in all future cinematic representations of food to not only demonstrate the artistry behind the creation of a meal—we see plenty of that already—but also to show how exciting and joyful it is to share a meal with the ones that you love.”

It was Robert's first sojourn through the film festival, but he said the experience was a terrific one and that he'd be happy to return.

“I really loved sitting with Mike, Ben, and Abby and talking about how food and film inspire us,” Robert said. “And there was so much more to talk about! We didn't even get to chat about Monsieur Creosote in Monty Python's *The Meaning of Life*. Now that's a timeless scene in the history of food in film. And a great sendup of how the culinary world can sometimes take itself a bit too seriously. There's art to it, certainly. But ultimately, all of this should be fun.”



# RI MAG INTERVIEW: JAMES SMITH



The author of *Ageless Athlete*, “Smitty” is one of the smartest trainers in the game. We spoke to him about training for the long haul, the keto diet, and where to start if you’re still stuck on Square One.

BY MATT TUTHILL

# INTERVIEW: JAMES SMITH

**ROBERT IRVINE MAGAZINE:** So many readers write to us and they're overweight and looking for help. They're pre-diabetic, haven't been to the gym forever, and have no idea where to begin. That's a rather broad starting point, but nevertheless, where would you tell that person to begin?

JAMES SMITH: I think it was Arthur Ashe who said, "Do what you can, where you are, with what you have." Get moving. Don't worry if you've got the right workout. Just start. That's number one. That's what Richard Simmons used to say. He got people off the couch and started moving. He didn't have bands, chains, and mace bells. He just got people active.

The second thing, once you're moving, you've got to figure out why, and it has to be something greater than yourself. Anyone who's procrastinating on this, don't realize that nine times out of ten, they've got people in their lives who are counting on them to be the healthiest they can be. It's selfish to only think that it's only about your health. It's not. You have to figure out who you're connected to and why that means so much to you. It's their health too. It's your kids. It's your spouse. It's your mom and dad. Because if it's just yourself, you'll just sit on the couch.

The third thing, find a training

partner or a group can help keep you accountable day to day. After that first two weeks of muscle soreness and fatigue, there becomes this habit you create where you change how you think. You stop thinking, "I'm tired," and you start thinking about how you love to work out and eat the right things and feel good all day.

The fourth thing is be consistent. You can feel up one day and down the next. That happens to everyone. But if you stick to the plan you get momentum and it creates a snowball effect. How you feel changes, the scale changes, the way your clothes fit change.

The fifth thing: Don't hang around people who are unmotivated. Or, as my buddy says, "Don't hang around people where batteries are not included." You need to spend your energy to motivate yourself. You can't be in a situation where they're dragging you down.

The sixth thing: Keep a journal. Write down what you eat, how much you sleep, what you trained, how much water you're drinking.



Strength training can hurt mobility if mobility work isn't built into your program.

If you can track this over the long term, that's a huge piece of staying accountable. It's very rewarding to see how long you can keep up with these good habits.

**RI: In your CPPS certification (Certified Physical Preparation Specialist) you make a very big deal out of doing a proper warm-up and progressing that warm-up in a very specific way. Why is warming up so important?**

# INTERVIEW: JAMES SMITH

JS: For one reason or another—be it old injuries, poor training choices, a lack of activity—a lot of the population is really immobile, rigid, non-athletic. I study the Tao. One of the verses of the Tao Te Ching is, “The rigid old tree breaks in the wind. The supple tree sways.” In the same way we die when we stop moving. Suppleness is part of youth and you don’t want to lose that.

So, warming up is incredibly important because before you add weight to movement patterns, you have to make sure that every joint in your body can move through its full range of motion. Your shoulders, hips, knees, need to be warm, lubricated. If you can’t squat down to sit on the couch under control—without plopping down—then you have no business adding weight to the bar and trying to squat down.

A warm up gets joints moving properly, increases core temperature. And all those sedentary muscles that get rigid from sitting on the couch—and stop contracting the way you need them to—you get those firing the way they need to. If you’re sitting all day, your core and glute muscles are down-regulated. They stop contracting the way they ought to.

As far as how to progress that warmup, it should move from simple to complex. From ground-based to standing, and from slow to fast. The reason you want that

progression is because your next step is strength training. No matter what your goal is, you want to build lean muscle mass, because the more muscle you have, the higher your metabolism.

**RI: The keto diet gets a tremendous amount of press—even from this magazine. But not everyone is sold on it. Where do you stand?**

*“The Tao Te Ching says, ‘The rigid old tree breaks in the wind’ ... We die when we stop moving.”*

JS: A balanced structure is what I recommend for most people. But with any diet it really comes down to: Are you expending more calories than you are taking in? The second piece of that: Is it something you can sustain? If people eliminate a certain macronutrient, that’s rarely a good thing because it’s not sustainable.

Now, there are people who have been on keto for long-term and they’re doing great. There are others who walk around feeling cold

with low energy all the time. It can be a highly individual thing.

But what most people never think about when they change their diet is if they’re optimizing how their body breaks down that food. How is their gut health? Are they taking a probiotic? Getting in good digestive enzymes? Your gut health can affect everything from your mood to your sleep, which leads into energy. If you eat a lot of simple carbs, you can proliferate the gut bacteria that feed on those and you can lose the gut bacteria that’s of a more beneficial nature.

**RI: You quote the Tao Te Ching often, which is very unusual for a trainer. How did you get into that?**

JS: I got into it, I guess, through tragedy. My dad left when I was three. And the weekend I went to college, right before my eighteenth birthday, my stepfather, who I always thought of as my dad, he left. He and my mom got divorced and I never talked to him again. So the two most important men in my life, I felt abandoned by. And I never had closure with either of them. When I was just turning 40 in 2012, I went to Paul Reddick, a business mastermind. I told him about this and he said, “That’s too big of a burden for you to carry. Put it down and walk away.” That simple statement changed my life.



# INTERVIEW: JAMES SMITH

Then out of the blue he sent me this Wayne Dyer DVD, *My Greatest Teacher*. And the reason he sent me that was Wayne Dyer's dad ran out on him, and it's all about Dr. Dyer's path to forgiveness, and how he could never be a great father until he forgave his own father. That was what I had to do.

From there it was a journey from Wayne Dyer to Allan Watts, Eckhart Tolle, Osho, and the Tao Te Ching from Lao Tzu, all these spiritual teachers who I've studied over the years. So I'm a different person than I was seven years ago, even a week ago. I really believe that mastermind changed my life.

I was struggling. I worked for a Fortune 500 company for twenty years and fitness—which was my passion—was something I did on the side. And I was so tired of working myself into the ground for a job I hated. The fluorescent lights were draining my body. I felt like I was dying every day. Seven years ago, I quit, and I made fitness work, and the rest is history. I was training athletes for twenty years, but it was always on the side until 2012.

**RI: That life philosophy seems to have informed your training philosophy. The fitness industry puts so much of its focus on “get arms like this and abs like that” but then you write *Ageless Athlete* which is all about a long-term sustainability.**

JS: Here's the biggest secret that no one talks about: Strength



Yoga and other forms of mobility work should be essential elements of any strength training program.

training changes your body, for the good and for the bad. When you add tension into the body, soft tissues respond. They get stronger, they interlock better, contract harder. But the repercussion is a loss of suppleness. A loss of free fluidity of movement. And the longer you've been resistance training, the less you quality of movement you have if you don't add mobility work every single session. Movement is lubrication. It's life. The young sapling sways in the hurricane. It doesn't break. Elasticity, reactivity. You lose this as you get older.

Training breaks your body down. As you recover—that's when your body gets bigger, faster, stronger, more explosive—but it's at the cost of movement unless you're focused on maintaining that. You'll never see an old powerlifter who

moves well.

Strength training is hard work because it adds tension to the body. Soft work, like stretching, yoga, mobility exercises is just as important. Your body works by the concept of use it or lose it. You have to have just as much soft work as you do hard work.

So in *Ageless Athlete*, the mobility work is built right into the workout. Right in the middle of the workout. Not just during the warmup or stretching for a few minutes after you're done. And the reason I put it in the middle is so that you cannot skip it. Because this is about fitness for a lifetime. Movement quality for a lifetime. Move well, feel well, be well.

Learn more about *Ageless Athlete* and purchase it [HERE](#).

Follow Smitty on [Twitter](#) and [Instagram](#).



# *Spring* FEVER

*Robert presents brand new  
dishes to eat with the season.*





## SPRING PEAS and RADISH SALAD

### SERVES 8

#### YOU'LL NEED

1 lb fresh wax green beans, ends cut  
1 lb sugar snap peas, string removed  
6 breakfast radishes, thinly sliced  
1 bunch cilantro  
2 tbsp honey  
1 tbsp sesame oil  
1 ½ tbsp soy sauce  
½ cup grapeseed oil  
1 tbsp black sesame seeds  
4 hard-boiled eggs

### MAKE IT

1) Bring water in a medium sauce pot to a boil. Add beans and cook for 5 minutes  
2) Add Snap Peas and cook for another 4 minutes.  
3) Place beans and peas in a bowl of ice water to immediately stop the cooking process.  
4) Make the dressing. In a mixing bowl add honey, soy sauce, and slowly incorporate grapeseed oil and sesame oil and finish with sesame seeds.

5) In a mixing bowl add beans, peas, and radishes and dress with sesame dressing. Season with salt and pepper.  
6) Finish with picked cilantro and half of a hard-boiled egg

### THE MACROS

CALORIES: 205  
PROTEIN: 7 g  
FAT: 16 g  
CARBS: 10 g



## SALMON & ASPARAGUS

### SERVES 4

#### YOU'LL NEED

2 tbsp grapeseed oil  
2 bunches asparagus  
2 lbs fingerling potatoes, roasted and halved  
2 spring onions, sliced  
8 oz Castelvetrano olives, pitted and chopped  
2 cups spring peas, shelled  
1 bunch kale, chopped  
2 lbs salmon, cut into 4 oz portions  
Juice of 1 lemon  
1 cup white wine  
2 tbsp butter

#### MAKE IT

1) In a large sauté pan over medium heat, add oil, spring onions, asparagus, fingerling potatoes, and kale.  
2) Season salmon with salt and pepper.  
3) Place salmon in the sauté pan with lemon juice, and white wine.  
4) Cover the pan and place in a 325-degree oven for 14 minutes.  
5) Remove from heat, add butter, and serve.

#### THE MACROS

CALORIES: 406  
PROTEIN: 27 g  
FAT: 14 g  
CARBS: 37 g



# GRILLED LAMB SKEWERS

### SERVES 4

#### YOU'LL NEED

2 lbs lamb loin, cut into bite-sized pieces  
1 tbsp ground cumin  
1 cup Greek yogurt  
1 tbsp turmeric  
1 clove garlic, minced  
1 shallot, minced  
1 tsp granulated sugar  
1 cup chopped cilantro  
1 cup chopped mint  
1 tbsp lemon juice

#### MAKE IT

1) In a large mixing bowl, add cumin, yogurt, lemon juice, sugar, cilantro, mint, garlic, and shallots. Reserve 1 cup for later use.  
2) Add the cut lamb to the yogurt mixture and allow to marinate for 12 to 24 hours.  
3) Soak large wood skewers in water overnight.  
4) Place lamb meat on the soaked skewers. Season with salt and pepper.  
5) Grill lamb over medium-high heat, allowing to lightly char, about 6

minutes on each side.

6) Serve skewers with reserved yogurt sauce.

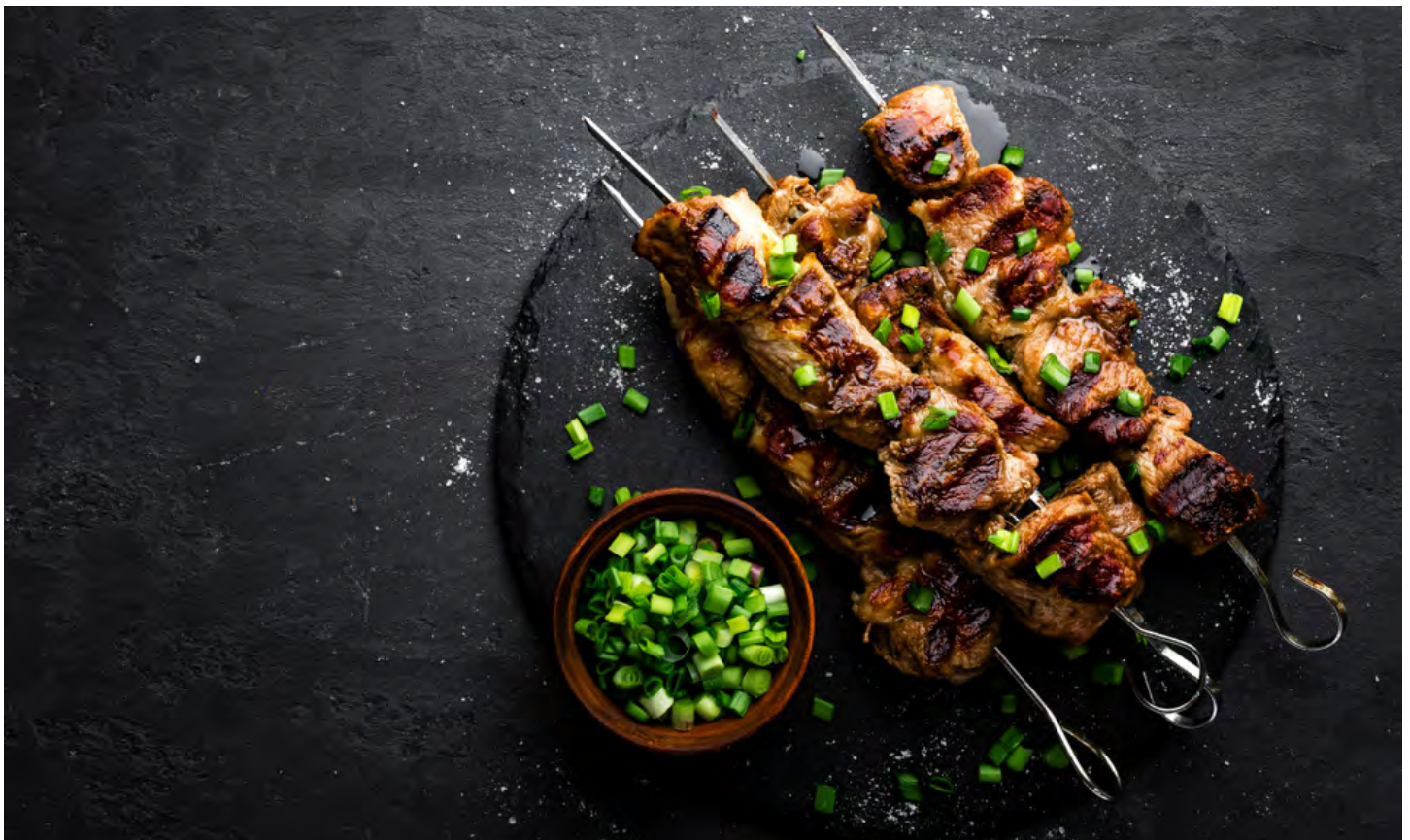
#### THE MACROS

CALORIES: 465

PROTEIN: 49 g

FAT: 28 g

CARBS: 4 g







## YOGURT CAKE with BERRIES

### SERVES 8

#### YOU'LL NEED

1 ½ cups all-purpose flour  
5 large eggs  
1 cup confectioner's sugar  
1 ½ cups ricotta cheese  
2 tsp baking powder  
2 tsp kosher salt  
¼ tsp vanilla extract  
1 cup blackberries (fresh or frozen)  
1 cup raspberries (fresh or frozen)

### MAKE IT

1) Preheat oven to 350 degrees.  
2) In a large bowl combine flour, sugar, baking powder, and salt.  
3) In a separate bowl whisk eggs, ricotta, and vanilla extract until smooth.  
4) Fold all dry ingredients into wet mixture.  
5) Prepare an 8-inch cake pan using parchment paper and non-stick cooking spray.  
6) Bake for 1 hour and allow to cool prior to serving.

### THE MACROS

CALORIES: 222  
PROTEIN: 13 g  
FAT: 8 g  
CARBS: 32 g

# KETO CURIOUS

The keto diet is hugely popular—and effective. But concerns about sustainability should give any dieter pause.

*Question: You name the diet craze of the past ten years and I've tried it. I usually experience success, but after six months to a year wind up right back where I started. Hence, I'm being cautious as I approach all the information that's out there about the keto diet. Should I jump in? Is this going to be the one that finally works?*

— Keto Curious

**Answer By Mike Simone,**  
founder, [HumanFitProject.com](http://HumanFitProject.com)

Like almost everything fitness- and nutrition-related, there's never really a hard “yes” or “no” to anything. There's always a caveat or exceptions to the rules. Let's try and break it down.

The keto diet is hot right now because it does actually work. You'll lose weight and burn fat—pretty much guaranteed. However, like most diet crazes, there's a catch or two or three. We'll get to those later.

Without getting into a full scientific dissertation on how Keto actually works, let's call it for what it is: You're cutting your carb intake to a negligible amount (approximately less than 10 grams per day).



OK, you've heard that approach before. “Carbs are the enemy, yada, yada, yada.” (They are not, but you get where we're going here.)

Given the fact that carbohydrates are our bodies' preferred source of energy (nutrition 101), when they're taken away, we need to use another nutrient that's available: fat. Keto is essentially swapping one energy source for another. So when you're “going Keto,” your body is actually going into something called “ketosis”.

OK, all of that sounds great so far. You've flipped the switch and you're dropping the pounds. How-

ever, here's where things get complicated:

You might notice your strength training numbers start to plummet. And if you love a couple HIIT workouts during the week, forget about it: you're going to be gassed in about half the time as when you ate your oats and sweet potatoes. Don't believe me?

A 2018 study in the *Journal of Sports Medicine and Physical Fitness* found men and women following the Keto diet saw declines in short, intense anaerobic exercise (think: supersets or strength circuits). And that's not all: another



# ASK US ANYTHING



The keto diet severely limits carbs and replaces those calories with fat. It's a weight loss boon to many, but questions abound about its long-term viability.

2017 study in the *Journal of the International Society of Sports Nutrition* observed HIIT performance declines in five athletes that followed the Keto protocol for 10 weeks.

However, here's the good: Body composition changes will probably happen, but here's the bad again: Will you be able to sustain those body composition changes as your performance declines? Maybe, maybe not. Will you be able to sustain a diet that has created an entire metabolic shift? Maybe, maybe not. From your experience, it sounds like you've had trouble finding something sustainable, so you might want to think about whether this sounds like something you can see yourself doing long-term.

A good happy medium for you might be to try this: Look up your caloric needs for your gender, age,

height, weight, and activity level. There are plenty of apps and [online tools](#) that can do the calculations.

First, look at your total calories. It's fairly straight-forward: If you're eating MORE calories than your body needs, you'll gain weight. If you're eating LESS than your body needs, you'll lose weight. Once you've found the total calories for your goal weight, you can begin experimenting with your macronutrients: protein, carbs, and fats. If you're inclined to try the Keto macros, go for it, and if it works and you feel you're able to sustain it, great!

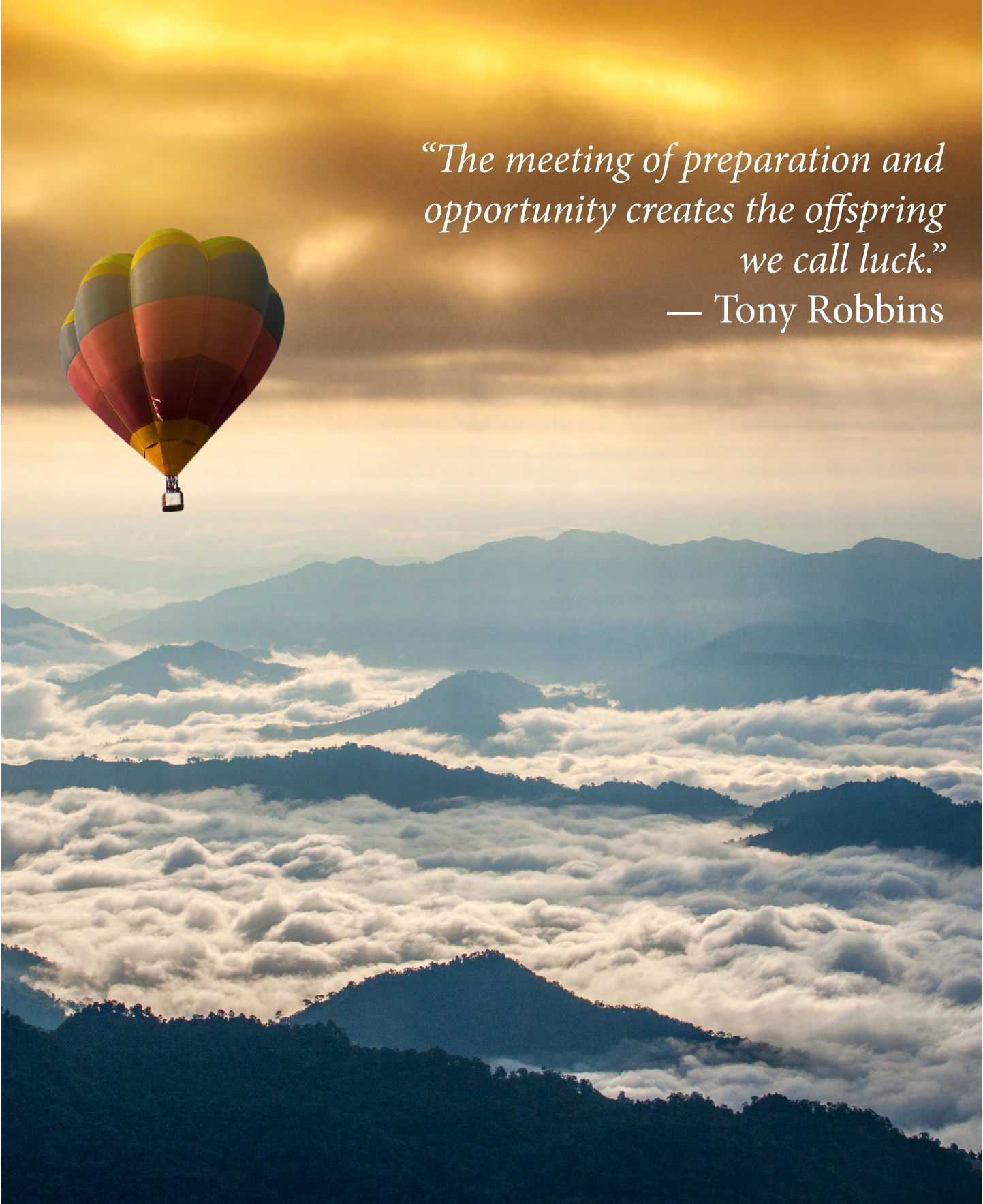
A more conservative route would be to go 50/30/20 for protein, carbs, and fat respectively. This will give you plenty of protein to support building and maintaining muscle, a small base of carbohydrates to fuel killer workouts, and enough (but

not too much) fat for additional energy and support for your organs and hormone levels. From there you can manipulate things based on how you look and feel. Pull the carbs back more if you're still feeling thick, or reintroduce more if you're feeling sluggish. Your ultimate goal should be to find something that allows you to reach your target weight and body fat levels while being safe and sustainable. While Keto does work, it might not necessarily be sustainable.

*Mike Simone is the former executive digital director of Men's Fitness magazine. He's also the founder of [HumanFitProject.com](#), a fitness and wellness brand, and [DigitalFitness-Advisor.com](#), an exclusive training and nutrition programming service. Follow him on [Instagram](#), [Facebook](#), and [Twitter](#).*



# WORDS TO LIVE BY

A hot air balloon with a multi-colored envelope (yellow, orange, red, and grey) is floating in the sky. Below it is a vast expanse of white, fluffy clouds that fill the lower two-thirds of the image. In the distance, a range of mountains is visible, their peaks partially obscured by the clouds. The sky is a deep golden yellow, suggesting a sunrise or sunset. The overall mood is serene and inspirational.

*“The meeting of preparation and  
opportunity creates the offspring  
we call luck.”*  
— Tony Robbins



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