

ROBERT IRVINE

MAGAZINE

JUNE 2019

NOTHING IS IMPOSSIBLE

SUNDAY BREAKFAST

How To Cook Up a Real
Treat For Your Family

**BEATS
N EATS**

Go Behind
The Scenes!

MEDICINE BALL MADNESS
A MINIMALIST WORKOUT FOR MAXIMUM RESULTS

ROBERT IRVINE MAGAZINE

Nothing is Impossible

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JUNE 2019 /// Vol. 4, No. 5



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Our expert busts the myths that have been tying a reader in knots plus a preview of what's in store for *R:I*.

EMBRACE CHANGE

Fighting it, you can only buy some time.
Embracing it, you can master your destiny.

Last month, I had the distinct honor and pleasure of delivering the keynote address at nSight, the annual conference held by nCino, a company that leads the world in cloud banking. And right now, you're probably asking yourself what the heck your friend Chef Irvine knows about cloud banking and the answer is not too much! I'm not a software engineer. There were plenty of those at the conference who spoke on the specifics. I was there to do something different: speak about the power of embracing change—and new technology—with my life and career as a backdrop.

My speech was about 45 minutes and I made my points citing specific examples from my time in the military, in the culinary and business worlds, and from Restaurant: Impossible. I don't have the space to go over all those examples here, but I can boil down my message like this: Change takes a lot of work and it can be terrifying, but it is ultimately necessary for all businesses to continue to grow.



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

ROBERT'S LETTER



History is littered with the names of once-powerful, dominant brands that seemed unbreakable in their heyday, but were ultimately destroyed by their stagnation. The tech revolution of the early 2000s that continues today has accelerated the pace of change, and the business world can no longer harbor any technophobes in its ranks. Whatever line of work you're in, I can guarantee you that one of your competitors is out there right now, working in secret to make a better, easier, and faster customer experience, and if you fail to innovate at the same rate, you can be overtaken in an instant.

But in the midst of writing this

speech and technology's implications for business, I had an epiphany: so much of what I was talking about applied to personal development. Think about it: If you try to keep yourself and your relationships to others in a kind of stasis, you inevitably fail. Life doesn't work that way. People around you grow and change. Their needs shift. Yours do, too. When you try to hide from this fact as a means of self-preservation, to create a kind of safe space, you miss out on the purpose of life, which is to learn, grow, and change.

I urge all of you not to hide from this inescapable truth. Embrace it. Indulge in your curiosities,

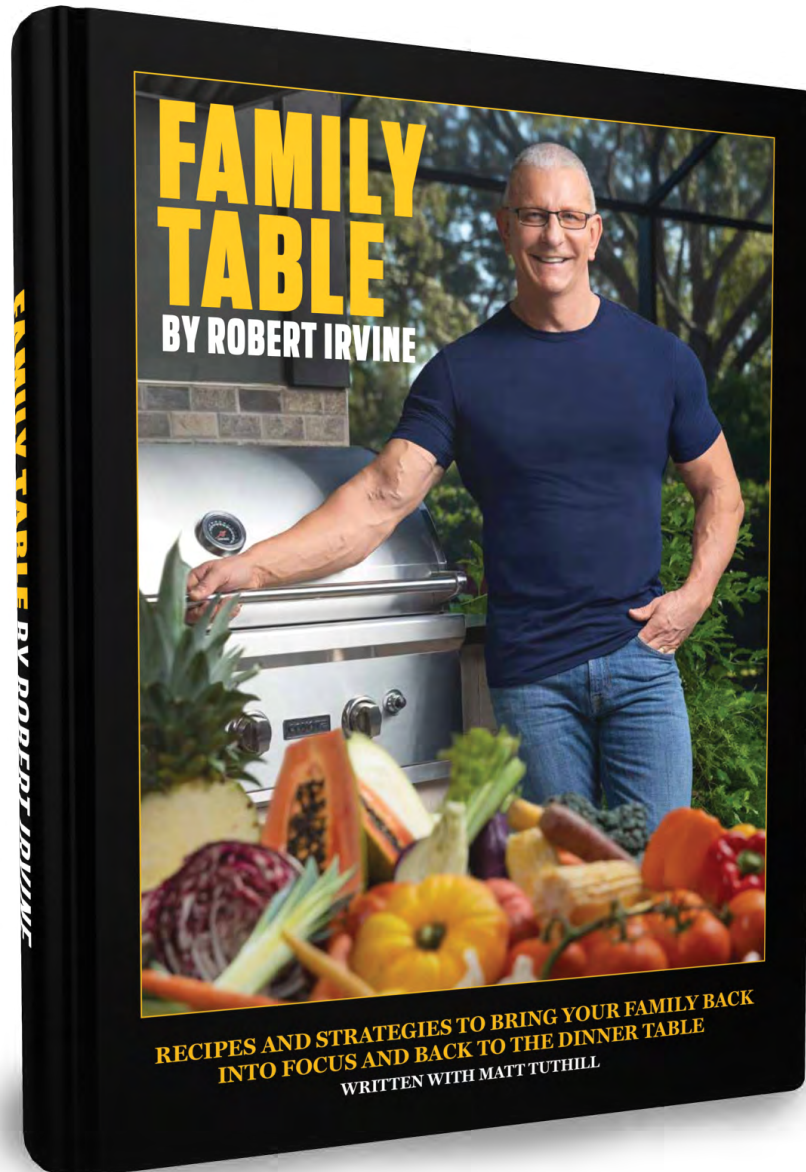
not your comfort zones. Go take that class you've been interested in. Read that book. (Write that book!) Take that trip to a foreign and exotic land.

It takes a lot of work and as I said, it can be terrifying, but it's so incredibly rewarding in the end. Of course it is. It's why we're here. Just remember...

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

ALSO AVAILABLE AT AMAZON.COM

IN THE GYM: WORKOUT OF THE MONTH



MED BALL MADNESS

One heavy medicine ball, two circuits,
twenty minutes, serious fat burning.

DIRECTIONS: Perform the following workout as a circuit; do all the reps listed for each exercise and then move on to the next exercise without resting. Rest 90-120 seconds after each round. Do Circuit I three times before moving on to Circuit II, then do Circuit II three times through, resting 90-120 seconds at the end of each round. In addition to the med ball, you will need an open space and a wall.

CIRCUIT I

EXERCISE

Med Ball Squat
Med Ball Slam
Wall Ball Shot
Overhead Toss
Russian Twist
(15 each side)
Med Ball Lunge-
and-Twist
(10 each leg)

REPS

15
15
10
10
30

20

CIRCUIT II

EXERCISE

Med Ball Pushup
Side Slam
(10 each side)
Wood Chops
(10 each side)
Overhead Squat
Med Ball Situp
Med Ball Plank

REPS

12
20

20

15
20
60
seconds

IN THE GYM: WORKOUT OF THE MONTH

EXERCISE DESCRIPTIONS

MED BALL PUSHUP (previous page): Set a medicine ball on the ground and get into a pushup position with both hands on the ball. Squeeze the ball to keep it stable and prevent it from rolling away from you. Lower your chest to the ball and then push back up. Concentrate on keeping your body from shoulders to ankles in a straight line.

MED BALL LUNGE-AND-TWIST: Hold a medicine ball straight out in front of you and perform walking lunges, keeping your torso upright throughout. As you step forward, twist toward your the side of your forward leg, keeping the ball away from you.

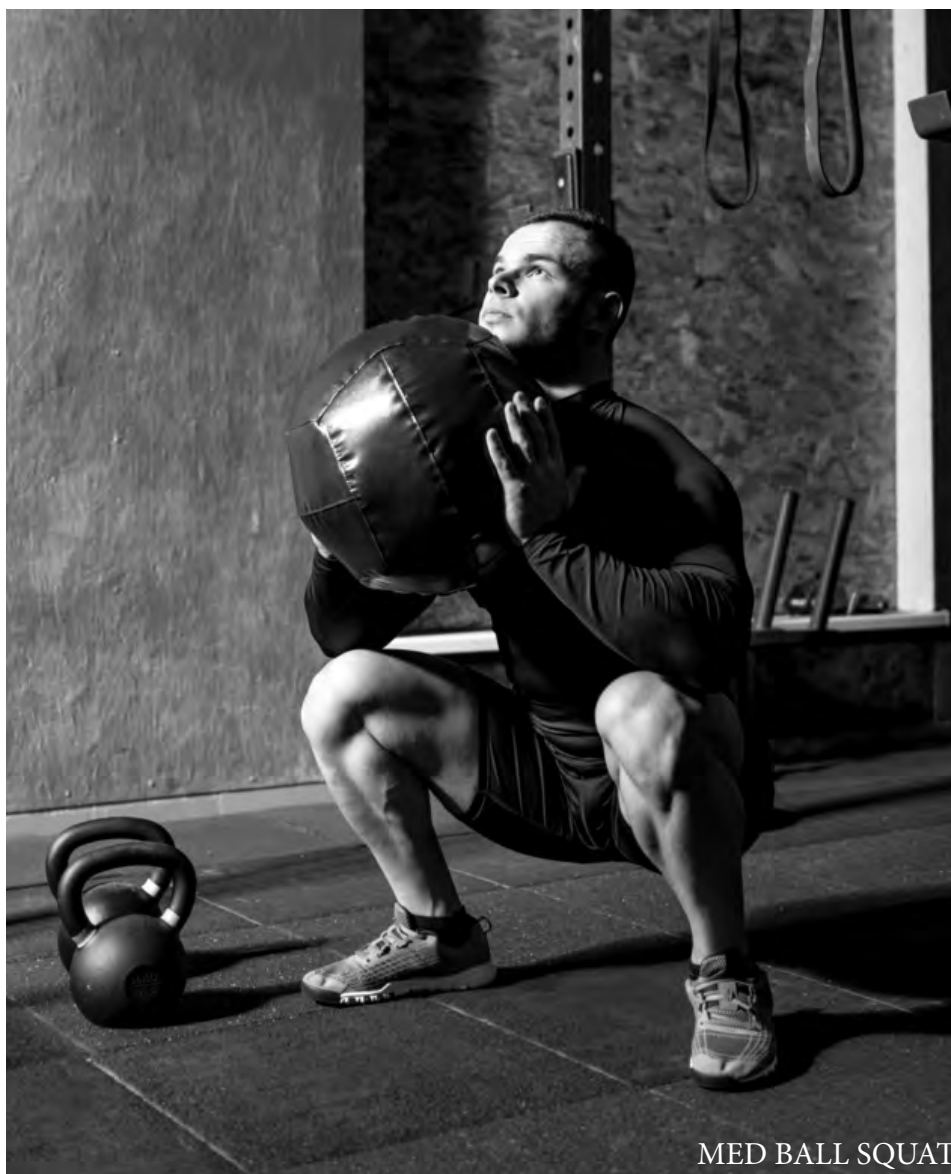
MED BALL SQUAT (right): Holding a med ball at your chest, squat low to the ground; try to get your thighs parallel to the floor on each rep.

MED BALL SLAM (opposite page): Hold the med ball overhead with both hands and your arms fully extended. Explosively slam the ball to the ground, aiming for a spot just in front of your feet. Catch the ball on the rebound and immediately go into the next rep.

OVERHEAD TOSS: Hold the medicine ball with both hands at your waist. Go into a half squat, then explosively extend your hips and raise your arms quickly. Release the ball overhead so that it propels behind you. Run to get the ball, then immediately go into your next rep.



RUSSIAN TWIST



MED BALL SQUAT

IN THE GYM: WORKOUT OF THE MONTH



MED BALL SLAM

WALL BALL SHOT (at left): Stand facing a wall. Holding the medicine ball at your chest with both hands, squat low to the ground. As you explosively stand back up, throw the ball up the wall, shooting it as high as you can. Catch it or let it fall to the ground, then immediately go into your next rep.

RUSSIAN TWIST (previous page): Sit on the ground holding the medicine ball at your chest with both hands. Extend your arms away from your body, bend your knees and raise your feet off the ground, then twist the ball from side to side, reaching for your hips with each rep.

SIDE SLAM: Stand next to a wall holding a medicine ball straight out in front of you. Twist away from the wall, then twist back toward it, releasing the ball into the wall as you do so. Catch the ball on the rebound and then immediately go into your next rep. Perform an equal number of reps on each side.

WOOD CHOPS: Stand holding a medicine ball overhead, extending your arms over your right shoulder. Make a chopping motion across your body, bringing the ball down to your left foot. Do 10 reps from your right shoulder to your left foot, then 10 reps from your left shoulder to your right foot.

OVERHEAD SQUAT: Stand holding a medicine ball with both hands over your head. Keeping your arms fully extended, squat low to the ground. Try to get your thighs parallel to the ground on each rep.

MED BALL SITUP: Hold a medicine ball away from your chest and lie on the ground. Sit up, keeping the ball away from your body. Don't round your back.

MED BALL PLANK: Get into a plank position with both elbows on the ball and your entire body in a straight line. Flex your abs and breathe behind this brace.

IN THE KITCHEN: RECIPE



SOFT PRETZELS

Your guests are going to be seriously impressed.

SERVES 6

YOU'LL NEED

1 ½ cups warm water
1 tbsp sugar
2 tsp kosher salt
2 ¼ tsp active dry yeast
4 1/2 cups all-purpose flour,
2 oz unsalted butter, melted
10 cups water
2/3 cup baking soda
1 large egg yolk beaten with 1 table-
spoon water
Pretzel salt

MAKE IT

1) In a stand mixer add water, sugar, salt and yeast. Allow to sit for approximately 5 to 10 minutes or until mixture starts to foam.
2) With the dough hook attachment mix add water yeast mixture, add flour and melted butter begin to mix on low after all flour is incorporated turn the mixer to medium speed and continue to knead.
3) Pull dough out of mixer and knead into a ball, lightly oil mixing bowl and add dough back to bowl and cover with plastic wrap.
4) Place dough into a warm place and allow dough to rise for about 40 minutes or until it doubles in size.

5) Divide the dough into 6 equal balls, roll each ball into long rope roll the dough into a pretzel shape.
6) Place a pot 10 cups of water and baking soda and bring to a boil.
7) Place pretzel dough into water and cook for about 45 seconds.
8) Place dough on to a baking sheet, coat with egg wash and pretzel salt.
9) Bake in a 450 degree oven for about 12 minutes or until golden brown in color.

THE MACROS

CALORIES: 398
PROTEIN: 11 g
FAT: 6 g
CARBS: 74 g

IN THE KITCHEN: RECIPE

LAMB BURGER

The cure for the common cookout.

SERVES 2

YOU'LL NEED

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

MAKE IT

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

THE MACROS

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

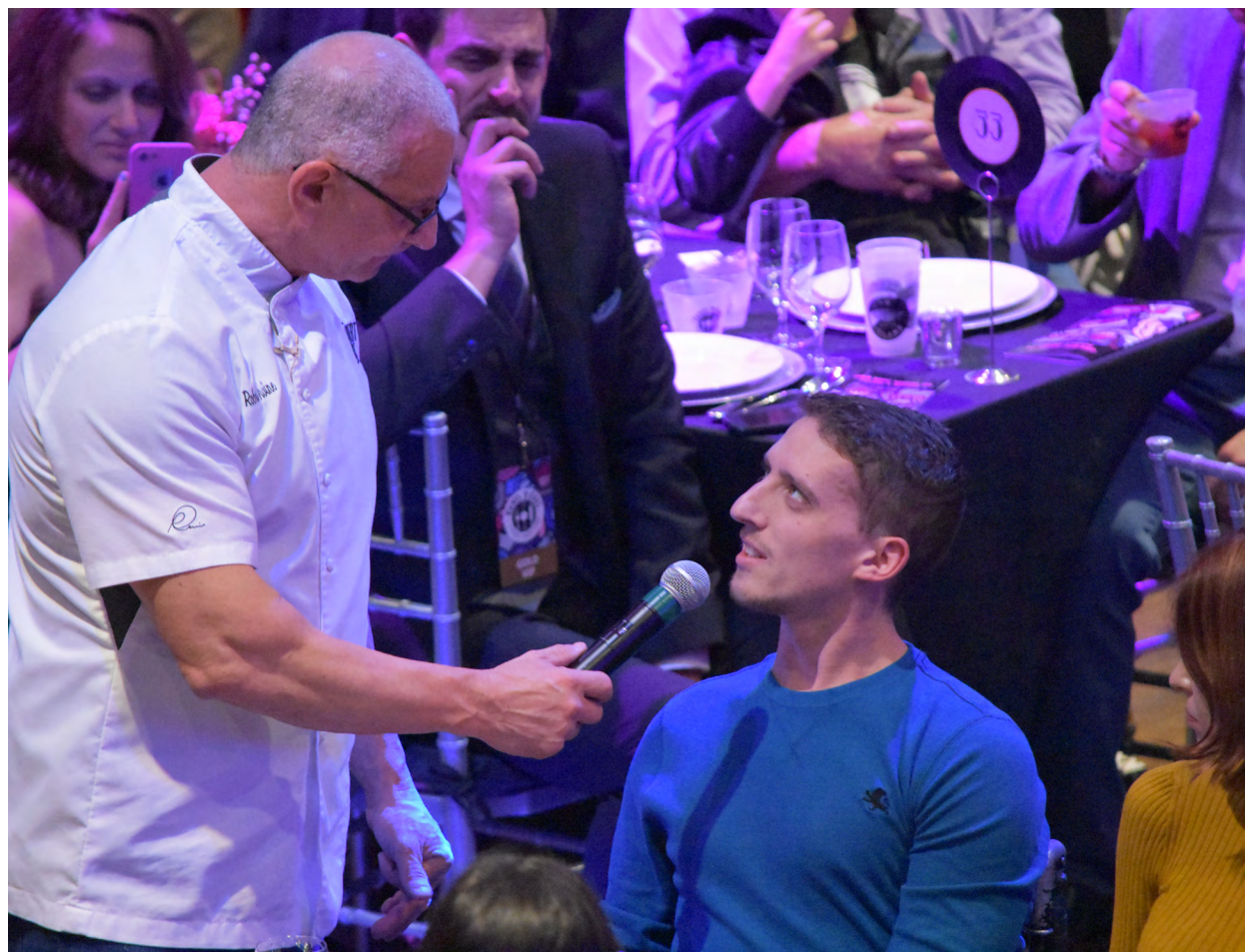




BEATS 'N EATS 2019

A record-setting fundraiser for
The Robert Irvine Foundation
marks a major turning point—and a
chance to make an even great impact
in the lives of America's veterans
and their families.

BY MATT TUTHILL



Above, Robert chats up the crowd between acts. At left, he has a word with retired Marine Tim Donley, who lost both legs to an IED. In partnership with the I'm Able Foundation, The Robert Irvine Foundation presented Donley with a \$12,000 all-terrain mobile chair unit. Next page: singer-songwriter Ryan Cabrera brings the house down.

BEATS 'N EATS



The Second Annual Beats N Eats fundraiser for The Robert Irvine Foundation promised to be bigger and better than the inaugural bash in every way—from the food to the entertainment to the names involved. It's fitting then, that after recruiting a pair of Iron Chefs in Cat Cora and Jose Garces, alongside the inestimable worldly talents of Andrew Zimmern, Kevin Sbraga, local Philly legend Marci Turney, and “Cake Boss” Buddy Valastro, that the foundation posted the biggest single-day earnings in its five-year history, raising \$255,000.

“I’m incredibly humbled by the turnout and generosity of everyone involved,” Robert said. “From our incredible donors who dug into their pockets to buy tickets and tables and take part in our live auction, to my amazing friends in the culinary and music worlds who donated their precious time and talent to entertain and feed a very big room full of people. It was a team effort up and down the line, and that money is going to make a real and positive difference in the lives of our nation’s heroes.”

On May 13, the Fillmore concert hall in Philadelphia hosted a full house for the event, a sev-

en-course meal cooked by the aforementioned celebrity chefs, with each course accompanied by a different musical number. An entertainment lineup including Ryan Cabrera, Zeke Burse, and the Potash Twins electrified the atmosphere. Attendees were wowed by rapper/beat boxer Rahzel’s wholly unique skills on the microphone, and cooed through dishes like Zimmern’s sustainably-raised shrimp with chile oil, black bean sauce, poached leeks, crispy fried heads; Cora’s braised short rib with sticky rice; and Valastro’s perfectly moist and fluffy red velvet cake.

But as much as the event is

BEATS 'N EATS

expertly designed to dazzle the senses, the real stars of the night were the veterans. Through video essays and live testimonials, the attendees were given an up-close and personal look at the true cost of war to servicemen and women and their families.

The centerpiece was the story of Tim Donley, who lost both legs to an IED while serving in Afghanistan. Affable and font of boundless positivity, Donley is a singer in MusiCorps, a rock group composed of wounded warriors from all branches of the military. Donley's singing ability is incredible, a perfect match to that of his bandmates, who sound so good they've played alongside the likes of Roger Waters in concert.

Donley, though, didn't come to Beats N Eats to perform. Rather, he was a special guest who sat alongside Chris Kaag, the founder of the I'm Able Foundation, which provides equipment grants and personal training services to the disabled. From people with physical disabilities to kids with autism, cerebral palsy, and Down Syndrome, all can find adaptive personal training at Kaag's gym, Core Fitness in Wyomissing, PA. A retired Marine, Kaag is a personal trainer and charity director; a congenital nerve condition—exacerbated by a head injury suffered while serving—cost him the use of his legs. He can stand, but walking is so difficult he is effectively confined to a wheelchair. Nevertheless, he trains hard every day, leads group fitness classes, and raises a money for disabled veterans.

The Robert Irvine Foundation and the I'm Able Foundation partnered to grant Donley a special mobile wheelchair unit—a six-wheeler that's more like an ATV—that will allow Donley full access



Top: fan-favorite Zeke Burse sings from his soul. Bottom: beat boxer Rahzel is a one-man band.

BEATS 'N EATS



The Potash twins are a unique musical act: dueling jazz musicians who tag in and out of a number with effortless coordination.

to his ranch. (With a retail cost of \$12,000, it's no mystery why so many veterans who could use a machine like this one tend to go without it.) With Donley's current standard wheelchair, traversing rough terrain hasn't been an option. Robert stopped the show to thank Kaag and make the presentation to Donley.

He began by asking Donley how well he could get around his ranch in a wheelchair. As is typical of a Marine, Donley understated what is a consider-

able hardship, saying, "It's a bit of a thing getting around." All six guest chefs then took the stage and the six-wheeler was rolled out. Audience members wept. Robert joined them. Donley just smiled wide, thanked Robert and Kaag, and said, "That thing looks awesome."

Robert Irvine Foundation Director Dave Reid, who was himself disabled during a tour of duty in Afghanistan, losing his lower left leg, said the donation to Donley had personal resonance, noting

that he benefited from veteran charities while recovering.

"People pitched in to help me when I got back home and was trying to find my way," Reid said. "And this is what we demand from every dollar that comes in—that it has a direct impact on improving the life of a veteran. We're able to ensure that because Robert and I make the time to meet people like Chris Kaag and Tim Donley and we're able to steer that money to where it can have maximum impact and do

BEATS 'N EATS



From left to right: Buddy Valastro, Andrew Zimmern, Cat Cora, Marcie Turney, Kevin Sbraga, and Jose Garces. Each chef prepared a course and took the stage together to help present Donley with his new wheelchair.

the most good. As the Robert Irvine Foundation grows, that impact grows, and those relationships we've build with place like the I'm Able Foundation become even more important."

Shortly after the presentation to Donley, Zimmern took the stage to share a moment with Robert. He urged the crowd to remember that making a difference can take many different forms.

"Big checks are great, but not ev-

eryone can write big checks," Zimmern said. "Tell all your friends about this. Every penny helps."

For his part, Robert said the turnout for Beats N Eats represented a kind of culmination of his original vision for the foundation—and the start of a brand new one.

"When I created the Robert Irvine Foundation in 2014, I dreamed of one day having a big night like this," Robert said. "That

dream just came true. Now there's only one thing to do: Dream bigger. Next year we're going to do even better and make an even more significant impact for our veterans. Onward and upward."

The Robert Irvine Foundation is a 501c3 charitable organization. It is staffed by volunteers and disperses 100% of all donations to the causes that need it most. Learn more or make a donation at RobertIrvineFoundation.org.

BEATS 'N EATS



Above, the choir section harmonizes during the fourth course. At left, Robert shares a touching moment with Andrew Zimmermann. Below, the crowd is captivated by Zeke Burse's vocal performance.



IN THEIR OWN WORDS

Three Celebrity Chefs Chime in on What Inspired Them to Contribute to Beats N Eats.

ANDREW ZIMMERN

"It's a really simple thing why I came here. It's a guiding principle in my life. You have to take care of others, especially those who take such good care of us. In an ironic piece of sad news in America in 2019 we have lost sight of that. It's not a political issue. It's a civic issue. The best hospitals in America should be our VA hospitals. The most attention should be paid to those who have made such great sacrifices.

One thing that's always impressed me about Robert is that he's always used his platform for a good thing. This is not a new deal for him. This is not a year in the making. This is something he's believed in for a long, long time.

I was a homeless alcoholic and junkie until I got cleaned up 27 years ago. I was a user of people and a taker of things and what got me well was people sprinkled me with a little dignity and respect and gave me a hug and gave me a hand up rather than a handout."


BUDDY VALASTRO

"Robert's my inspiration. Just watching what he does with the military and how much he cares about it makes me want to do more. He's totally an inspiration for me. The military is something that's near and dear to my heart, something that's always been a part of my family. My brother-in-law served in the Air Force during the first Gulf War. To be able to give back to these people means so much. This is the least I could do, the absolute least. Robert walks the walk."



CAT CORA

"What inspires me is this is such a great cause. I really wanted to come out and support my friend who does a lot for US troops and veterans. My family has a history in the military (Cora's grandfather was a general in the Air Force and her grandmother was a Captain and nurse in the Army) and I know so many people who have fought for our country and the protection of our country and it's so important to support those people that had to be away from their family and in the way of danger. They're sacrificing so much for us that it's very small for me to come here. It's the least that I could do to be part of something that's so important."

A detailed photograph of a breakfast spread. In the center are two croissants. To the left is a glass of orange juice. In the foreground, there are several white bowls: one with chocolate cereal, one with oatmeal, one with fruit (raspberries and blueberries), and one with a kiwi slice. A cup of coffee is on the right. The background shows more strawberries and raspberries.

Sunday BANQUET

*Feed your family like an
absolute boss with these
classic recipes.*



BUTTERMILK PANCAKES

SERVES 4

YOU'LL NEED

2 cups all-purpose flour
2 tbsp Sugar
1.5 tsp baking powder
1.5 tsp baking soda
1 tsp kosher salt
2 tbsp butter, melted
3 cups buttermilk
2 eggs
Grapeseed oil

MAKE IT

1. In a large mixing bowl, whisk flour, sugar, baking powder, baking soda, and kosher salt.
2. In a separate bowl, add buttermilk, eggs, and melted butter.
3. Form a well in the center of the dry ingredients, and slowly incorporate all the wet ingredients.
4. Just mix enough to incorporate; do not over mix. Some lumps are fine.
5. Heat a large skillet over low-medium heat add enough grapeseed oil to lightly grease the pan. At the right temperature, a single tsp can be enough to coat the cooking surface.

6. Using a 2 oz ladle add batter making sure not to over crowd the pan.
7. Allow pancakes to cook for a few minutes; watch carefully for bubble to form on the top. The bottom side should be light brown. Flip and cook for another two minutes and serve.

THE MACROS

CALORIES: 477
PROTEIN: 12 g
FAT: 22 g
CARBS: 60 g

BACON & CHEDDAR QUICHE

SERVES 8

YOU'LL NEED

1 store-bought pie crust shell
½ Spanish white onion, diced
2 tbsp butter
1 cup heavy cream
5 large eggs
2 cups cheddar cheese, shredded
8 oz sliced bacon, cooked and crumbled

MAKE IT

1. Preheat oven to 400 degrees.
2. Place a piece of parchment paper over pie crust and weigh it down with raw beans and cook for 12 minutes. The edges of the crust should be light brown
3. In a sauté pan, add butter and onions and allow to cook over medium heat, making sure onions do not get any color.
4. In a large mixing bowl, add eggs, cream, bacon and onions. Whisk all ingredients together and season with salt and pepper.

5. Pour egg mixture into pie shell and bake for 30 to 35 minutes until cooked through, the top should have a light brown color.

THE MACROS

CALORIES: 394

PROTEIN: 16 g

FAT: 30 g

CARBS: 14 g



MORNING GO JUICE

SERVES 4

YOU'LL NEED

5 oz curly kale, rinsed
4 celery stalks, chopped
1 carrot, peeled and chopped
2 apples, peeled, cored, and
chopped
1 red beet, peeled and chopped

MAKE IT

Using a juicer or high-powered
blender, put all ingredients into the
machine.

Allow juice settle approximately 3
minutes.

Pour juice over ice and serve with a
orange slice.

THE MACROS

CALORIES: 95

PROTEIN: 2 g

FAT: 0 g

CARBS: 22 g





HOME FRIES

SERVES 5

YOU'LL NEED

4 russet potatoes
1 Spanish white onion, medium
diced
2 red peppers, medium diced
2 yellow peppers, medium diced
Grapeseed oil
1 tbsp Cajun seasoning
Salt and pepper

MAKE IT

1. In a large pot, par boil (a technique for partially boiling) potatoes until slightly soft, but not cooked all the way through.
2. Allow to cool, then cut potatoes into half-inch cubes.
3. In a medium sauté pan over medium-high heat, add oil, onions, peppers, and potatoes allow to cook for approximately 8 to 10 minutes.
4. Allowing the potatoes, peppers, and onions to get a light brown color and slightly crispy.
5. Season with Cajun seasoning and salt and pepper.

THE MACROS

CALORIES: 202
PROTEIN: 4 g
FAT: 9 g
CARBS: 30 g



FRENCH TOAST

YOU'LL NEED

1 tsp ground cinnamon
¼ tsp ground nutmeg
2 tbsp sugar
4 tbsp butter
4 eggs
¼ cup milk
½ tsp vanilla extract
8 slices challah, brioche, or white bread
½ cup maple syrup, warmed

OPTIONAL

1 banana, sliced
½ cup walnuts, chopped

MAKE IT

1) In a small bowl, combine, cinnamon, nutmeg, and sugar and set aside briefly.
2) In a 10-inch or 12-inch skillet, melt butter over medium heat.
3) Whisk together cinnamon mixture, eggs, milk, and vanilla and pour into a shallow container such as a pie plate.
4) Dip bread in egg mixture and then drain.
5) Grill slices until golden brown, then flip to cook the other side. Serve with syrup. Top with sliced banana and chopped walnuts if desired.

THE MACROS

CALORIES: 410
PROTEIN: 11 g
FAT: 19 g
CARBS: 45 g

The RI Father's Day Gift Guide

Whatever Dad is into,
we've got options.



GIFT GUIDE

For The Home Chef



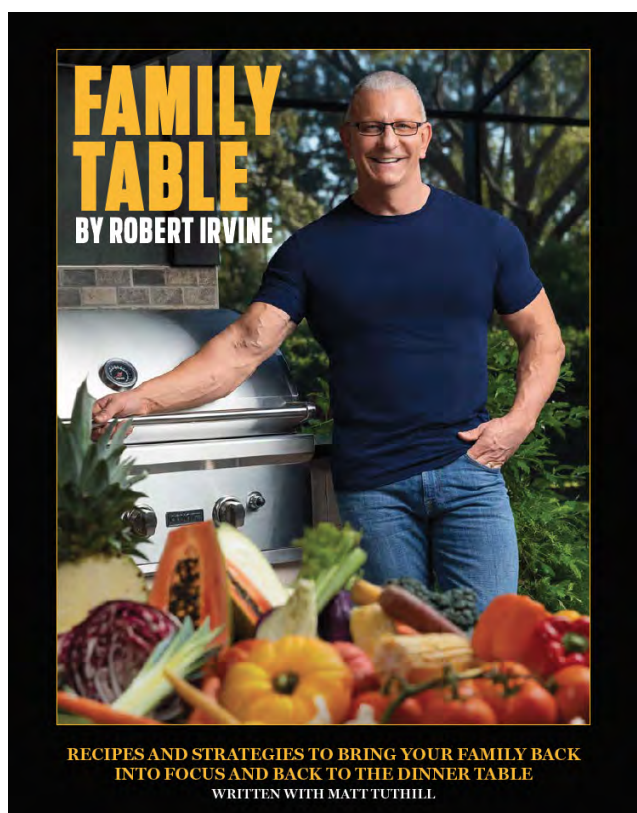
◀ MANCRATES PIZZA CRATE

There's nothing quite like home-made burn-the-roof-of-your-mouth pizza straight out of the oven. Unless, of course, it's home-made pizza from your GRILL. This pizza crate from ManCrates includes four baking stones that turn your gas or charcoal grill into a pizza oven for crispy, smoky pizza you can normally only get at an authentic brick oven pizza parlor. Also included in the wooden crate (which comes with a crowbar to get to the goodies inside) is a recipe book, herb blend, flour mix, pizza peel, and dough roller. \$99, [ManCrates](#)

FAMILY TABLE BOOK

Learn how to cook healthy family-style meals and get the kids involved with *Family Table* By Robert Irvine, the fourth cookbook from everyone's favorite chef. With over 70 original recipes that cover everything from breakfast to sides and starters to entrees, and dessert, *Family Table* is the most comprehensive and colorful cookbook Irvine has authored to date. But the secret ingredient in this new book is the fact that you won't just learn how to cook like Robert, you'll learn how to strengthen family bonds by leading your kids by example. In a series of 20 essays sprinkled throughout the book, Robert shares his parenting philosophy. Hint: It's not about being "tough" but about empowering your kids to learn by having the freedom to make mistakes. Dad won't want to miss this unique collection of information and inspiration.

\$35, ([autographed copy](#)) [FamilyTableBook.com](#)



For The Dad Who Needs To Relax



BASEBALL PARK MAP GLASSES

Classier and much more handsome than a straight logo glass, these baseball park map glasses give the stadium a sense of place within its surrounding area with an overhead view of how it would appear in an atlas. (Remember those?) And yes, you get to see your team logo once you finish your drink. Pint glasses also available.

\$35, [Uncommon Goods](#)



▲ SIMPLY CLASSIC LIGHTER

Whether or not Dad is a cigar aficionado, he probably lit up a nice stogie to celebrate your birth. This torch lighter is a nice keepsake that can be engraved with his name or initials. Includes a punch-out tool for a clean cut of any cigar.

\$35, [Personalization Mall](#)

PREDATOR 4K BOX SET

Wrap up this bad boy and tell Dad to GET TO DA CHOP-PA!!! This awesome Predator collection includes the 1987 original starring Arnold Schwarzenegger, the under-rated sequel starring Danny Glover, and more recent entries Predators and The Predator. (Seemingly stricken from the canon are the Alien versus Predator films, for which Fox deserves credit for ignoring.) Each film is included on 4K, Blu-ray, and digital. Also included in the handsome box set are four original poster cards.

\$42, [Amazon](#)



GIFT GUIDE

For The Fitness Fanatic



ONNIT MACE BELL

Like the medieval weapon it takes its name from, this unbalanced training implement isn't too different from its forebear. Swing it or slam it against a tire like a sledgehammer and you'll recruit hordes of stabilizing muscle fibers that aren't used in when doing standard barbell and dumbbell exercises in a controlled fashion. After all, life isn't perfectly balanced is it? Your kids, your groceries, your luggage... you get the picture. Use the Onnit mace and get ready for anything. Available in increments from 7 lbs up to 25 lbs.

Starting at \$28, [Onnit](#)



TRX PERSONALIZED TRAINING SYSTEM

TRX's "Fitness Anywhere" mantra is fully realized with this set, which quickly collapses right into the drawstring carry-all, so Dad can train anywhere, anytime, with minimal hassle. Just hang the TRX suspension trainer from any sturdy anchor point and get going with curls, presses, rows, squats, and dozens of other innovative exercises that use gravity as the resistance. This isn't a namby-pamby replacement for the real deal. It is the real deal.

\$48, [TRX Training](#)



GIFT GUIDE

For The Fitness Fanatic



FORCEFLEX SUNGLASSES

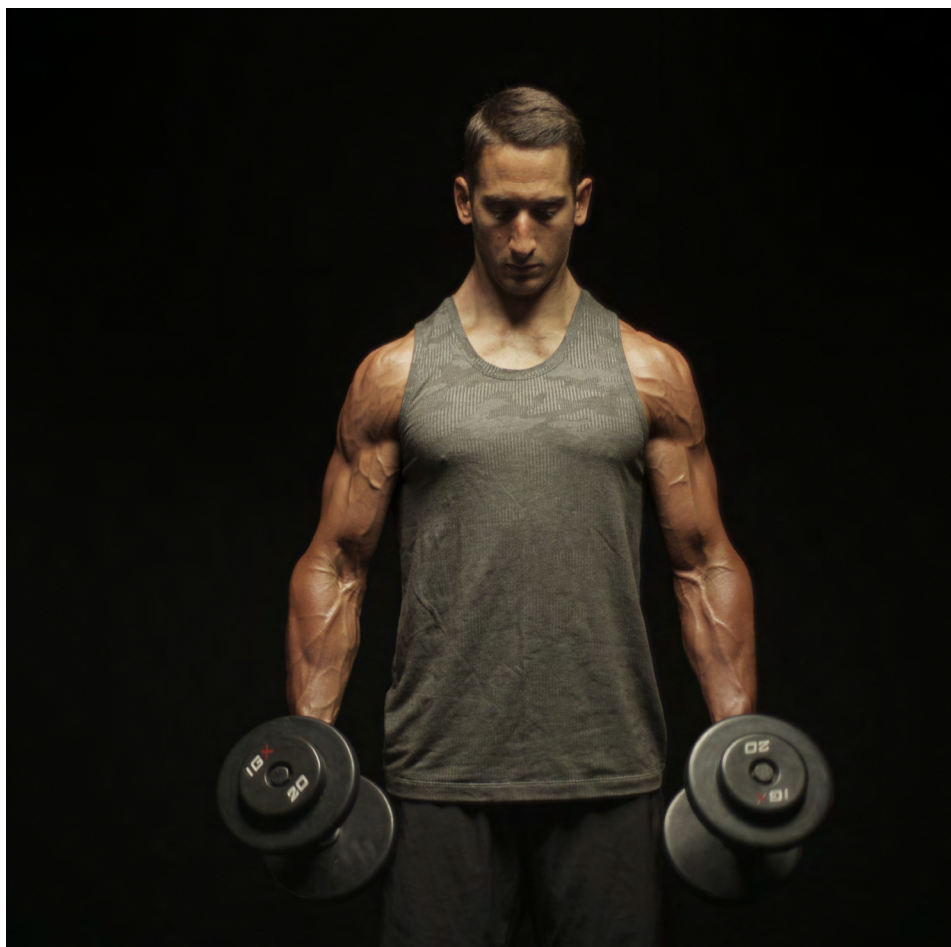
◀ You could blow a few hundred bucks on a bigger name in a vain attempt to prove to Dad that you care more than your siblings. Or, you could get him a pair of shades that are built for living: virtually indestructible and as stylish as any of the big-name brands. Available in a sporty “training” look and a more classic look, ForceFlex is plenty cool. The price is even cooler. \$15-20, [Amazon](#)

DIGITAL FITNESS ADVISOR

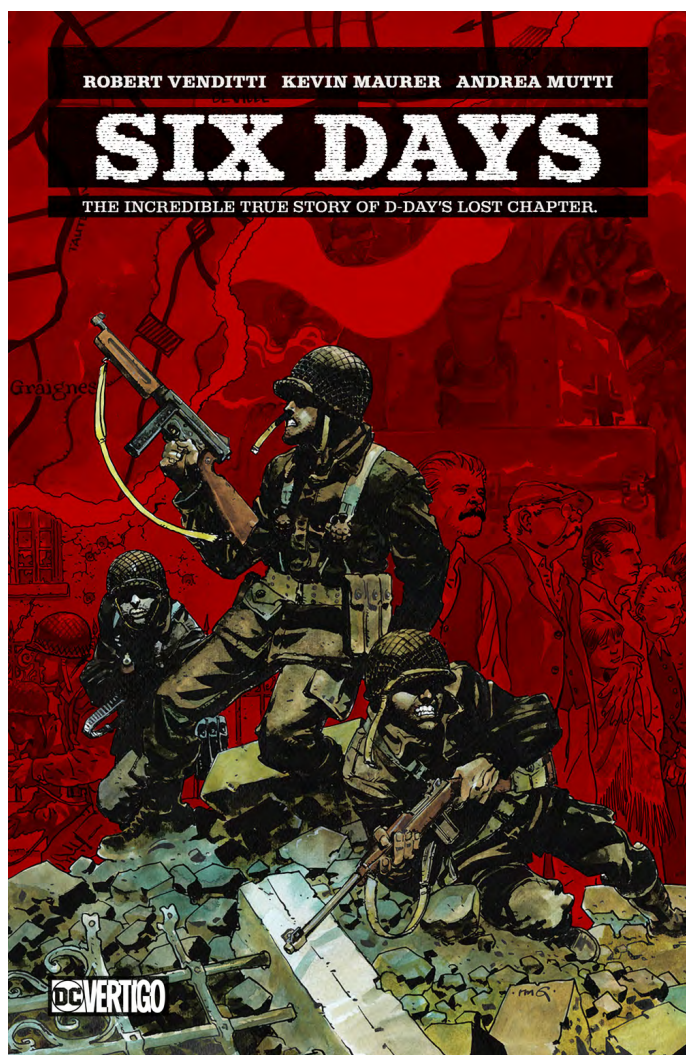
Mike Simone, founder of Human Fit Project and contributor to *Robert Irvine Magazine*, launched this one-on-one online fitness consulting service for people looking to make a big change and need all of the guesswork taken out of their fitness journeys. Simone will personally design your regimen down to the rep and advise you on every aspect of getting fit: from proper form to rest and nutrition. Includes customized workout plans, video chat check-ins, text, and e-mail. Best of all, tell them *Robert Irvine Magazine* referred you at checkout and get 20 percent off of a three-month commitment.

More Info at:

DigitalFitnessAdvisor.com



For The Comic Nerd



SIX DAYS

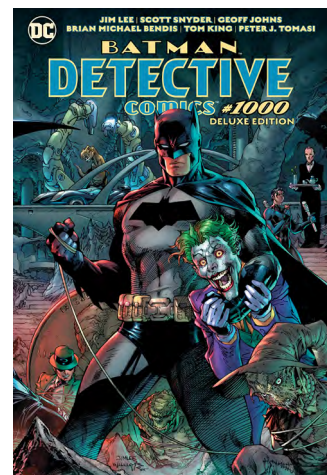
An almost unfathomable 156,000 Allied troops took part in the D-Day invasion, with the majority of those forces storming the German positions on the beaches of Normandy. But 182 soldiers, members of the 82nd Airborne Division, were badly misdropped, landing 18 miles behind enemy lines near the town of Graignes, whose citizens voted to feed and shelter the soldiers. But the soldiers and townsfolk soon found the battle was brought to them, and for six days against incredible odds, battled for survival. This harrowing true story is brought together like never before in DC's mature Vertigo imprint. Written by Kevin Maurer, the author of *No Easy Day: The Firsthand Account of the Mission That Killed Osama Bin Laden*, and Robert Venditti, whose uncle fought in that battle, the comic offers a faithful and reverent retelling of one of World War II's great, and underserved stories. On the 75th anniversary of that fateful day, it's fine tribute from pop culture to the greatest generation.

\$16.50, [Amazon](#)

DETECTIVE COMICS #1000 DELUXE EDITION

Like the commemorative Action Comics #1000 that DC released last year to celebrate Superman's history, this is a proper landmark celebration of the Dark Knight, who made his first appearance in Detective Comics #27 way back in May of 1939. To mark 80 years of Batman's history, DC gathered an all-star lineup of writers and artists including Scott Snyder, Brian Michael Bendis, Geoff Johns, Jim Lee, Greg Capullo and many more. DC 1000 will take Dad back to his youth in the best possible way: this collection is as accessible as it is exciting, meaning even lapsed comic fans will get plenty out of it.

\$14, [Amazon](#)



DIETARY DILEMMA

A reader wonders about the truth behind soy and various spirits.
Our expert digs for the answers.

I have a good friend who's a personal trainer and over the years I feel like I've gotten some good advice from him, but in the past six months he's said a few things that make me think he might be more of a quack than I ever realized. First, he said that eating soy is going to increase my estrogen levels and throw my whole hormone balance out of whack. Then he said drinking clear liquor like vodka and tequila won't make me put on weight like drinking rum or whiskey. Is any of this true or has he lost it?

— D. Quaid



Answer By Mike Simone,
founder, HumanFitProject.com

Your trainer-friend sounds like he's slightly misinformed.

Let's start with soy. Soy has had its ups and downs in terms of good press and bad press.

The rationale behind the belief that it may lower testosterone or "throw your hormone balance out of whack" is because of its isoflavone content.

Isoflavones, which are in soybeans, tofu, or your favorite soy

protein powder, are a class of phytoestrogens. Phytoestrogens are estrogen-like compounds, however, they're considered by researchers to be much weaker than estrogen itself. It's also important to note that phytoestrogens are also in other foods such as tea, coffee, nuts, and even beer; not just soy products.

Where things stand at the moment—and this is based off of a 2010 meta-analysis (big freaking collection of studies) in the journal *Fertility and Sterility*: Isoflavones

via soy products do not affect testosterone levels in men. In fact, they could even have positive health benefits. This is the newest consensus that I've seen though, like all things in the field of nutrition, future studies could find otherwise.

So, does this mean you should toss all of your other protein sources and go all-in on soy? Absolutely not. It's always a good idea to diversify your protein, like pretty much everything else in life. Too much of anything is a bad thing,

ASK US ANYTHING



Is tequila really “better for you” than other kinds of liquor? Or at least better for your physique? Our expert Mike Simone examines the origins of a persistent myth.

but having a side of edamame with your sushi dinner or some tofu in an afternoon salad is not going to make you grow man-boobs.

Now, let's talk about hard liquor. It's pretty much all the same stuff, just a different taste and a different color. For a shot of each, it's about 60-80 calories. However, when it comes to what you're mixing in is where you can see the discrepancies. For example, tonic water vs. seltzer is a big difference: 12 ounces of tonic has 32 grams of

carbs (straight sugar, no less) vs. zero in seltzer.

What your trainer might be referring to with tequila is the recent buzz about agavins. For the most part, alcohol gets broken down in sugar. However, agavins, in the agave plant used to make tequila is digested more like a fiber which doesn't effect blood sugar levels. Here's the bad news: you're not consuming agavins extracted from a plant, you're consuming fermented and processed alcohol.

In other words, you'd probably be better off focusing more on how much and how often you drink rather than the color or whether the agavins can save you.

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](#).

A LOOK AT WHAT'S COOKING

Robert delivers a keynote address and gets back on the road to film more *Restaurant: Impossible*.



Robert delivers the keynote address at nSight, the tech conference hosted by nCino, a leader in cloud banking.

In May, Robert delivered the keynote address at nSight, a three-day conference hosted by nCino, a tech leader in cloud banking. Robert's speech focused on the need to embrace change, and specifically, new technology. Using his military, culinary, and entrepreneurial experience as a backdrop, Robert highlighted specific examples throughout his career where those who embraced change and new technology with open arms were rewarded, while those who tried to stay fixed in time

inevitably failed and were left behind by the rest of the world.

"We're not in some sci-fi dystopia," Robert told the crowd. "Technology still works for us. It won't replace what you do—it will make you better at what you do. Embracing it is a way of investing in yourself and the continued development of your business. It's also another way of showing faith in the fact that you and your people are irreplaceable. Great talent always is."

Keep your eyes peeled to Robert's

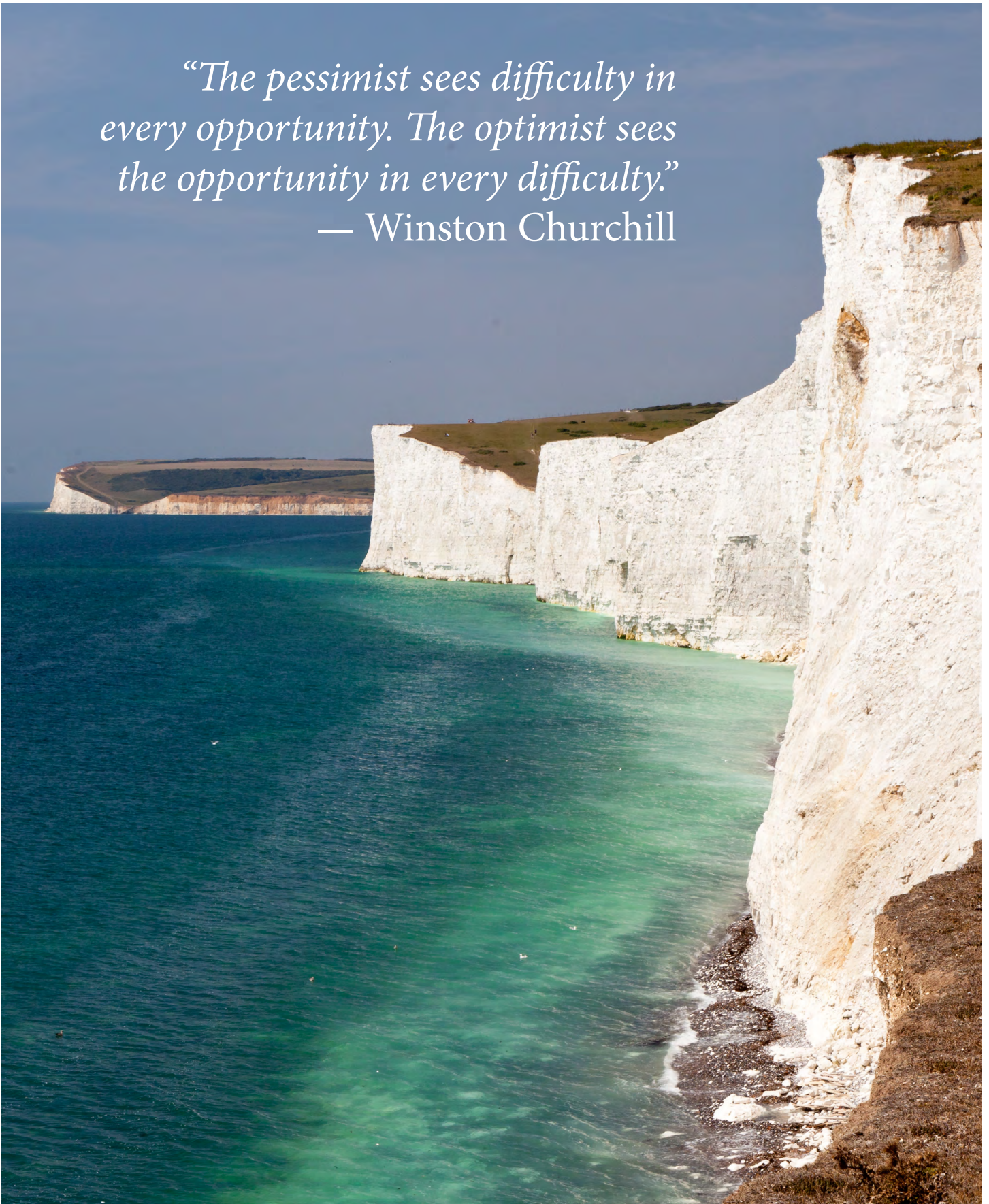
social channels as the full speech will be made available in video form in the coming weeks.

MORE R:I COMING SOON

The four-episode return of *Restaurant: Impossible* this spring was such a huge hit that Food Network has ordered a slew of new episodes: 21 to be exact. Eight of those episodes will air this summer, with a new 13-episode season set to begin airing in January of 2020. That's in addition to a secret project you'll hear more about very soon!

WORDS TO LIVE BY

“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”
— Winston Churchill



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

