

ROBERT IRVINE

MAGAZINE

MARCH 2019

Nothing is Impossible

**FITNESS
SECRETS**
FROM FIGURE
CHAMPION
ERIN STERN

THE KETO CRAZE

- HOW IT WORKS
- NEW RECIPES THAT
SACRIFICE NOTHING

MAKE THE CHANGE

ATTACK LIFE WITH STRATEGIES FROM THE
AUTHOR OF THE 5 SECOND RULE, MEL ROBBINS

ROBERT IRVINE MAGAZINE

Nothing is Impossible

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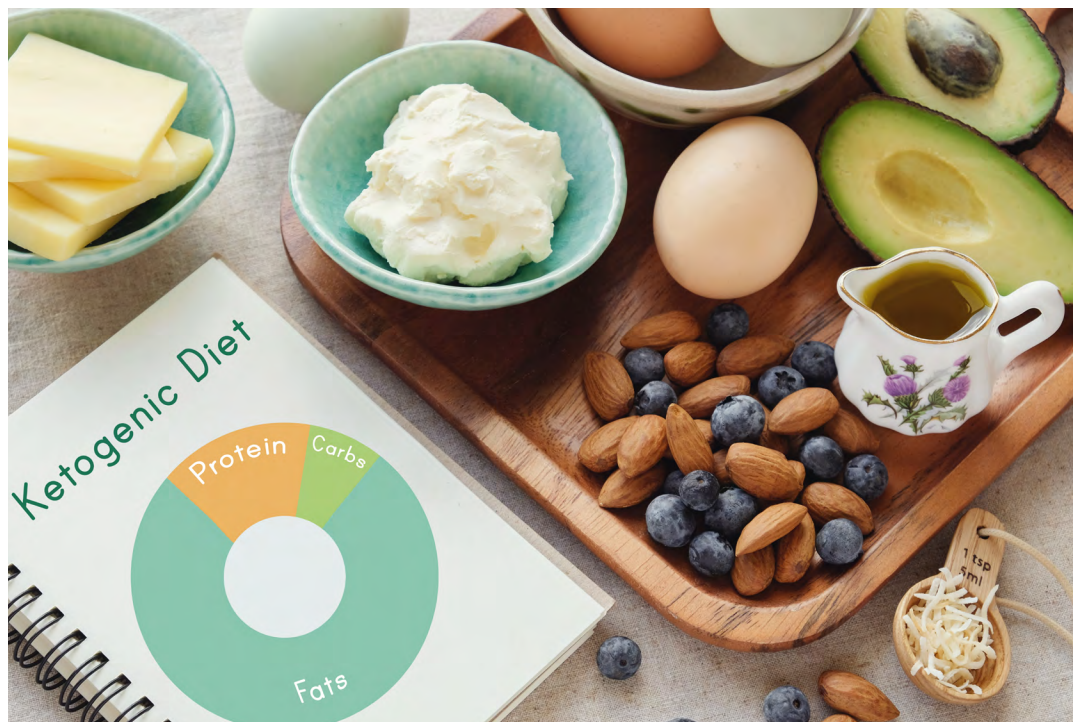
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EMPOWER THOSE AROUND YOU

As Restaurant: Impossible returns to TV, it carries a message that's bigger than food or business.

Restaurant: Impossible is coming back. I just finished filming four brand new episodes that you'll be able to see on Food Network in the very near future. In short, I'm thrilled. It felt great to get back together with my team and to flex the unique set of muscles that *Restaurant: Impossible* requires: business analytics fused with design and construction and the culinary arts. The demands upon me and my team make it a great challenge. The constraints of the \$10,000 budget and two-day time limit make it absolutely exhilarating. I'm incredibly proud of my team for what we accomplished this time around, and I'm anxious to share the results with you.

As I sit here and write this, I'm thinking of how fortunate I've been. To be able to do what I do and film a show of this nature is a great privilege. I realize few who read this will ever get to attempt to save a business in record time, much less host a TV show. But the truly gratifying part of making *Restaurant: Im-*



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

ROBERT'S LETTER



possible is the opportunity to lift someone else up—and that's an opportunity that all of us have, no matter where we are. Helping people is a powerful drug: it's addictive, makes you feel incredible, and there's never a downside to doing it too much.

There's an evolutionary reason for this. Mother Nature wisely decided to reward us with an endorphin rush for lifting someone out of a difficult or dangerous situation, a phenomenon that no doubt saved many of our Neanderthal forebears from the clutches of savage beasts—and in time helped us build modern civilization. Today, we don't have to contend with sabretooth tigers on our way to work, but

we face stressful situations that can sometimes feel every bit as perilous. When we encounter these crises, our primal survival instincts kick in and we fight. Not everyone, however, can win the battle on their own.

The great lesson or *Restaurant: Impossible*—what I would like everyone who has ever watched the show to take away from it—is that you don't need a demolition team and an interior designer to help someone. You don't even need a dime. A word of encouragement to someone who is struggling can sometimes go just as far. Forget failing restaurants; every single one of us knows someone in need of help. Make the time to give that person a

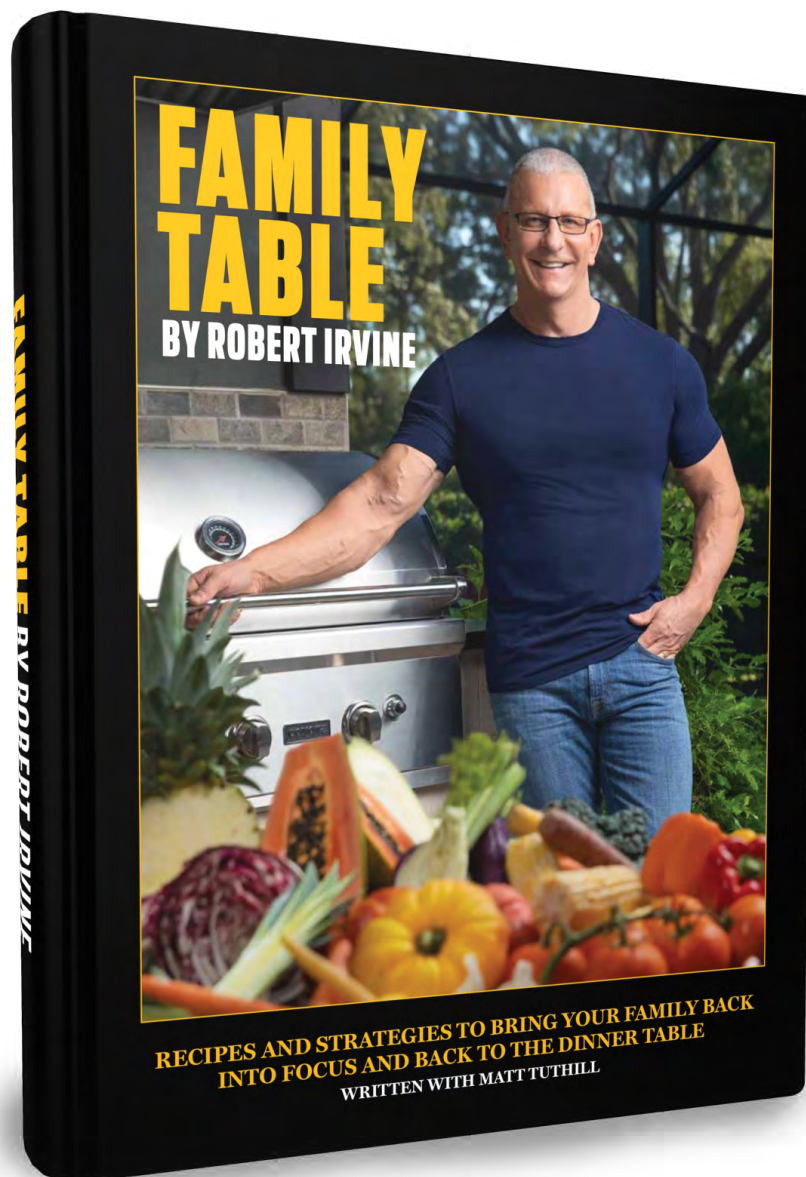
call, send them an e-mail, or drop by their house. Brainstorm with them. Problem solve. Find out how you can use your unique talents to help. You might just change—or save—their life.

And remember: If you can't be motivated to do this by reasons of morality, then by all means, do it for selfish reasons. You're going to feel incredible for having helped. And no one needs to know why you did it.

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](http://familytablebook.com)

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

IN THE GYM: WORKOUT OF THE MONTH

THE 20-MINUTE LADDER

Bust through winter boredom and burn fat with this fast-paced intense training session.



DIRECTIONS: After a general warmup, set a timer to 20 minutes. (If you have an interval timer, use it to notify you every sixty seconds.) When you start the timer, perform one rep each of a dumbbell squat-to-press, followed by a burpee. When the timer reaches one minute, perform two reps of each exercise. At the next minute, do three

reps of each, and so on until you reach 11 reps. Once you reach 11 reps, reduce your workload by one rep in each minute until you return to one rep.

A workout like this will jolt you into the present moment and sharpen your focus; you'll become obsessed with the clock and, as the reps start to climb, making the

most of the few moments you have to catch your breath. No need to make rules about not checking your phone in the gym; you straight-up won't be able to.

When you're done, be sure to cool down for at least 5 to 10 minutes on a cardio machine of your choice. And be sure to give yourself a pat on the back. This one's not easy.

IN THE GYM: WORKOUT OF THE MONTH



EXERCISE DESCRIPTIONS

DUMBBELL SQUAT-TO-PRESS: Hold a pair of dumbbells at your shoulders with your palms facing out. Squat low to the ground, keeping your weight over your heels. Once the top of your thighs are parallel to the ground, stand back up and press the weights over your head as your rise. That's one rep.

BURPEE: From a standing position, drop to the ground, facedown. Push yourself up so that you're in the top of a pushup position. Kick your feet up to gather them under your upper body; you'll now be in a squatting position. From here, reach your hands up and jump. Don't stop at each step; this should all be one quick, fluid motion.



How tough can two exercises be? Pretty damn tough in the way we've arranged them here. Don't get sloppy; be sure to keep good posture on both moves—the burpee (top) and squat-to-press.

GRIP IT & RIP IT

It pays to get a handle on this month's picks.

DUAL GRIP CORE BALL

This dual-grip medicine ball from First Place doesn't just make it easier to do core rotational exercises like the Russian twist (shown) it also lets the ball double as a lifting implement. Train your biceps with curls, holding the ball directly in front of your body, and train your triceps with French curls, holding the ball behind your head. Comes in two-pound increments from six to 20 pounds, as well as 25- and 30-pound varieties.

Starting at \$42 at PerformBetter.com



CAMBERED BAR ATTACHMENT



If you're looking to keep things interesting—and keep your muscles guessing—on seated rows and other cable moves, a standard straight bar or D-handle leaves a lot to be desired. This is especially true if you've got any shoulder issues. Now, the innovation and versatility of the cambered bar has been applied to this attachment. With four sets of handles—all pitched slightly inward at a shoulder-friendly angle, you'll get the variety you need while guarding against injury.

\$115 at elitefts.com

THE KETOGENIC DIET

How does it work? And is it right for you?



Like other low-carb diets, the ketogenic diet restricts calories from carbohydrates such as bread, rice, potatoes, and sugar. Unlike other low-carb diets, protein doesn't become the dieter's main fuel source; fat does. Because a majority of your calories are now coming from fat, it becomes your body's main fuel source. When this happens, your body has entered what is known as ketosis (hence the name keto diet) because of the spike of ketones in your blood. Ketones are a byproduct of the breakdown of fatty acids for energy. The diet has proven effective for a lot of people; since fat is a satiating calorie source, they enjoy what they eat.

And when they're not breaking down a meal, the body turns to existing fat stores. In short, keto dieters tend to lean out rather quickly.

As illustrated in the diagram in the photo above, a typical keto diet sees about 40-60% of calories come from fat, 20-40% from protein, and all remaining calories from carbohydrates. Leafy greens are okay, starchy ones not so much. All sugars and alcohol are forbidden.

For a complete breakdown of all the do's and don'ts the diet, refer to this [DEFINITIVE GUIDE](#) from our good friends at Onnit.

Meat, fish, some dairy (cheese yes, milk no), nuts, avocados, and

oils are all keto-friendly.

But doesn't all this fat intake put a strain on your heart? According to some [CARDIOLOGISTS](#), no. In fact, the effect is the opposite since lowering body weight—especially if you're already very heavy—takes a big strain off your heart. It also helps control insulin spikes and increases HDL, or good, cholesterol, all of which adds up to net positives for your health.

That said, there is no single diet, keto included, that is perfect for everyone. Consult your doctor before giving it a try. If you are ready now, you can give Robert's keto-friendly recipes a try starting on Pg. 19.

IN THE KITCHEN: CLASSIC RECIPE

CORNERED BEEF & CABBAGE

SERVES 8

YOU'LL NEED

2 gallons chicken stock
3 ½ cup pickling spice
6 cloves garlic
4 bay leaves
4 cloves
2 pounds raw beef brisket, cut into
4 equal portions
2 heads cabbage, cut into wedges
Salt and pepper
Vegetable oil, for frying
3 medium Idaho potatoes, cut into
wedges
½ lb baby carrots

MAKE IT

1) Pour the stock into a large 4-gallon stockpot over medium-high heat and bring to a simmer. Add the pickling spice, garlic, bay leaves and cloves. Reduce the heat to medium, then add the beef, cabbage, and carrots. Simmer until tender, 3 hours. Season with salt and pepper.
2) Heat a few inches of oil to 325 degrees in a deep pot.
3) Fry the potatoes wedges until tender, 6 to 7 minutes. Remove and season with salt and pepper.
4) To build the plate, place wedges of cabbage on a plate with corned

beef next to it, then add potatoes and carrots and finish with 2 to 3 ounces of the cooking broth on top.

THE MACROS

CALORIES: 450

PROTEIN: 37 g

FAT: 21 g

CARBS: 29 g



IN THE KITCHEN: CLASSIC RECIPE



IRISH SODA BREAD

SERVES 12

YOU'LL NEED

2 ¼ cups All purpose flour
½ cup cake flour
1 tsp baking soda
1 tsp baking powder
½ cups light brown sugar
1 tsp salt
1 cup raisins
1 cup currants
1 cups buttermilk
12 oz. Guinness Stout
1 cup quick cooking oats
1 tsp caraway seeds
1 tbsp vanilla extract

MAKE IT

1) Preheat oven to 425 degrees F
2) Prep a cake pan, smearing it with butter and flour.
3) In a large mixing bowl add all-purpose flour, cake flour, baking soda, baking powder, sugar, salt, raisins, and quick cooking oats and currants.
4) In a separate bowl add butter-milk, beer, and vanilla extract.
5) Form a well in the middle of the dry ingredient mixture, add the wet ingredients to the flour mixture.
6) Incorporate with your hands, it will look more like a cake batter

than a bread dough.

7) Add the batter to the butter and floured pan bake for 40 minutes or until a toothpick comes out clean.
8) Cool bread on baking rack, and allow to cool completely before serving.

THE MACROS

CALORIES: 338
PROTEIN: 8 g
FAT: 2 g
CARBS: 75 g

IN THE KITCHEN: GEAR

TIS THE SEASON(ING)

Add a spicy twist to open up a whole new world of culinary delights.



DELLCOVE POPCORN SPICES

Whether you're craving savory or sweet, the spice masters at Dellcove have you covered. Personalize a gift box of four spices for the popcorn and/or movie lover in your life, choosing from a huge variety of spices like Buffalo Wings, Buttery Garlic, Buttered Rum (limited supplies), Cheese Pizza, Chocolate Caramel, Cinnamon & Spiced Sugar, Dill Pickle, Iced Gingerbread, Jalapeno, Classic Kettle Corn, Pumpkin Spice (limited supplies), Salt & Vinegar, Salted Caramel, Smokey BBQ, Spicy Cajun, Sugar Cookie, Sweet Maui Onion, Thai Sriracha, White Cheddar, White Cheddar Jalapeno or Zesty Ginger.

\$38, at [etsy.com](https://www.etsy.com)



SLOW COOKER SPICE PACKS

Everyone loves the ease of making a crock pot dinner; just set your meat, potatoes, and veggies in the pot in the morning and you've got a hassle-free dinner after a long day at work. With these slow cooker spice blends you can seriously elevate your game. Choose from Southwest Fiesta, Smoky BBQ, Mediterranean, and Indian Dal.

\$14, [uncommongoods.com](https://www.uncommongoods.com)

SHAMROCK SHAKE-UP

An elevated St. Patrick's Day cocktail—because anyone can put green food coloring in a pitcher of beer.

BY JAMES CLELAND, Mixologist for Boardroom Spirits

At Boardroom Spirits, our philosophy is simple. We precision-craft the highest quality spirits using real ingredients with zero shortcuts. This means no artificial flavors, colors, sweeteners, juices, extracts, oils, or concentrates.

When I make cocktails, I adhere to the same philosophy. Use high quality spirits, real ingredients (fresh juices and home-made syrups), and classic technique to create an elevated and memorable cocktail experience.

For St. Paddy's Day, I present the Shamrock Shake Up. I personally love the traditional whiskey sour; The egg white adds a smooth, velvety texture. To elevate this classic for the holiday, I've added a few twists, most notably crème de menthe and a sprig of mint, which acts as the sugar component.

The richness of the wood from an Irish whiskey can give a warm backbone to

the freshness of the mint in this cocktail. If you plan to use another type of whiskey, I suggest avoiding something peaty (like an Islay Scotch) or spicy (like a Rye). Also, instead of a store-bought sour mix—which would cause the drink to be overly sweet and bland—I

recommend fresh squeezed lemon juice to create a brighter cocktail.

If you are wary of raw egg in your drinks or are making cocktails for a vegan friend, then consider aquafaba (a fancy word for chickpea water) to add a similar, silky texture to the cocktail. Simply strain off the



IN THE KITCHEN: MIXOLOGY



A look at the Boardroom distillery, which makes vodka, rum, and unique spirits distilled from beets and carrots (inset photo).

liquid of a chickpea can, making sure to use a tight mesh strainer to catch any particulates. A large egg is generally $\frac{3}{4}$ oz. of egg white but aquafaba doesn't have the same amount of proteins, so you generally need to increase the amount used to 1 oz. to get a similar effect.

SHAMROCK SHAKE-UP RECIPE

YOU'LL NEED

2 oz Tyrconnel Single Malt (try Power's Irish Whiskey if you're

making for a large group, or Red-breast 12 year if you want to treat yourself)

1 oz crème de menthe
 $\frac{3}{4}$ oz fresh squeezed lemon juice
1 egg white (or aquafaba)
club soda
1 sprig mint, to garnish

MAKE IT

Combine whiskey, crème de menthe, lemon juice and egg white in a cocktail shaker tin and shake vigorously without ice. Add ice after fully incorporated

and frothy, then shake again to chill and dilute the drink. Double strain into a Collins glass filled with ice and top with club soda. Garnish with a mint sprig and enjoy!

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](#).

RI MAG INTERVIEW: MEL ROBBINS



We sit down with the author of The International Best-Seller,
The 5 Second Rule, to get an instant shot of motivation.

BY SJ McSHANE

ROBERT IRVINE MAGAZINE:
**Your book, *The 5 Second Rule*,
has helped a lot of people achieve
their goals and change their lives.
Where did the idea come from?**

MEL ROBBINS: *The 5 Second Rule* was borne out of misery. I started using it at a time in my life when I didn't want to get out of bed, my marriage was in a shithole, we were ready to file for bankruptcy after my husband's business failed, and my drinking was out of control. Watching television one night after a few too many Manhattans, I saw a rocket ship launch and said to

myself, "That's what I'm going to do tomorrow when my alarm goes off. I'm going to count back and launch myself out of bed!"

Of course when my alarm went off, I turned over and was about to doze off when I remembered what I said I'd do. I counted back and damn, I got my ass out of bed. It worked!

Since then, my life has never been the same. One five-second decision at a time, my husband and I have pulled ourselves up and gone on to build the successful media company we have today.

Why? Years of research later, I've

learned the neuroscience behind why this works. Turns out that counting backwards interrupts your habit loop and awakens the prefrontal cortex, where rational thinking and learning happens. This triggers your brain to shift gears. It's a starting ritual, and these kind of rituals have been proven to help change habits. It's a very short window, however, just five seconds before we revert back to old habits, so you have to act quickly. The rule can help you move from your habit of thinking about doing to actually doing.

INTERVIEW: MEL ROBBINS

One of your motivational videos recently brought up a question: “Why is it so hard to do the little things in life?” People who struggle with diet and exercise programs think this question all the time. What advice can you give to those people?

I think the best piece of advice is to quit waiting to *feel* like doing what you have to do. We’ve all bought into this myth that we have to feel motivated to exercise, or motivated to make healthy choices. That’s bullshit.

Our brains are designed to stop us from doing anything dangerous, and to our dinosaur brains, any kind of change is dangerous. So you’re never going to feel like creating new habits.

Another reason we don’t get moving or we don’t stick to healthy habits is self-doubt, and a habit of self-doubt causes us to hesitate. As soon as we hesitate, that’s it. The brain gets triggered and sends out warning signals. Which creates more hesitation and can eventually lead to anxiety. It’s important that we tell ourselves that we don’t hesitate because we have anxiety; we hesitate because we have a habit of hesitating. The only way you break that habit is to start taking action, and that’s where the five-second rule comes in. The moment you feel that hesitation, you count back, 5-4-3-2-1, and move. Action is the antidote to fear and hesitation.

Your “If-Then Planning” method is an amazing tool when it comes to health-related goals.

Can you explain how this works as the ultimate “back-up” for tempting situations?

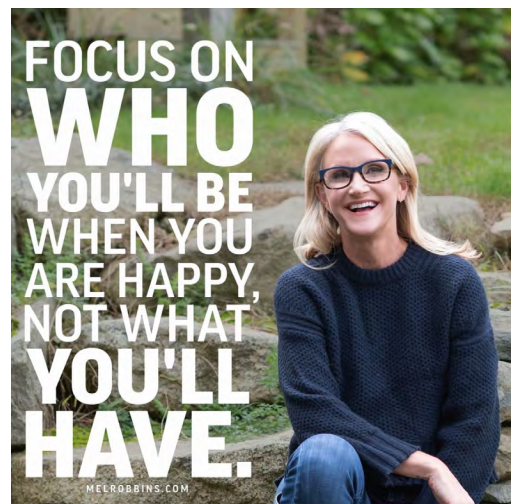
I’ve been using this tool almost as long as the five-second rule. It’s a strategy developed and studied by an NYU psychology professor who found that using this method doubled and even tripled the odds of being successful in pursuing a goal. It’s super important that we tune into our triggers and how we react to them. As soon as we bring that kind of awareness to our behavior, we’re already ahead of the game. The If-Then Planning tool creates that awareness and helps to prevent negative habits.

For example, IF I start to resist going to the gym, THEN I will 5-4-3-2-1 put my sneakers on and tell myself that I am choosing to go for just 15 minutes.

You’ve explained that the “habit of hesitating”, is at the core of why we get stuck and can’t reach our goals. Why do we tend to hesitate so much when it comes to eating better and how can we go from a goal/thought into action?

Because our brains are designed to 1) stop us from trying new things and 2) keep us comfortable.

Exercise is generally not fun, nor comfortable. Sitting in front of the TV with our favorite shows is. Eating a pint of our favorite ice cream is. Unfortunately, that part of our wiring doesn’t work in today’s culture. It made sense at the time our brains evolved, when we were hunter-gatherers and needed to always be aware of potential dangers in the wild. It made sense



Mel Robbins' Instagram account is packed with motivational quotes and videos. Follow her [HERE](#) and visit her [WEBSITE](#) for more.

INTERVIEW: MEL ROBBINS

when we walked for miles every day and worked for anything we ate. Today we have to use strategy to bypass those faulty systems and get our asses off the couch. The five-second rule is one of those strategies.

Sometimes stress can arise when we focus on the gap between where we are and our future selves. Can you shed some light on how to keep the mind at ease while focusing on desired goals?

Stress of this nature is simply another type of habit loop. When we are disappointed with where we are in life versus where we want to be, it's because we have a habit of comparing ourselves to others around us. Often to others who've been in the profession for years and who've worked their asses off to get to where they are. Rather than complain because you don't have the following that Oprah does, look to others who are the next step above you. What are they doing that you can emulate? Also, remember that you want to strive for progress, not perfection. If you look for perfection before you start, you'll never start. Be okay with a little sloppy and trust that part of growing means making mistakes along the way. Do one thing every single day that moves you forward. Bonus points if that one thing is outside of your comfort zone.

What is your best advice for blocking out distraction? For so many people—especially those who work at computers—social media and the news can become massive time sucks. Did you ever

have trouble blocking this out yourself?

Holy shitballs have I struggled with distraction! For years I lived with AD/HD and didn't even know it until a recent diagnosis. It's taken me awhile to figure out what works best for me.

Top on the list is stress. When we're stressed, we procrastinate. That's when we're most susceptible to distraction. I build in strategies to keep stress in check. My schedule can be insane some days, but I make sure to start every day the same way. I don't check my phone or emails until I've planned my day, I talk with family, and I get in some type of exercise.

I've also found that it's super-important to be educated about the brain. *Driven to Distraction*, by Edward Hallowell, was a great read for me. So was John Ratey's *Spark*. Exercise gives me a good 2-3 hours of focus, and eating a super clean diet makes the AD/HD more manageable as well. When I'm eating a ton of sugar, my focus is the pits.

Today we have so many distractions around us that I can't stress enough how important it is to unplug every day. Keep your phone out of the bedroom and get outside in nature as often as you can. By giving our thinking brains a break, we come back refreshed and the creative parts of our brains are stimulated. That's why we often come up with answers to questions we've been mulling over when we just let them go and step away.



***Kickass With Mel Robbins* is a project you came out with last year and it's exclusive to Audible. What's it all about?**

It's an audio experience like no other and we worked hard on this project with Audible for nearly a year. We flew in eight people from around the country who were struggling with real problems and were desperate for real change and sat them down for coaching sessions. What happens after is incredible. These are some of the most profound, life-changing and hard-hitting conversations you'll ever hear.

Important to note that they are for adults only—with adult themes, language, and advice. I have no doubt that you will laugh, cry, and cheer as these brave—and hilarious—souls do the work to learn what's been holding them back and learn how to start moving forward in their lives.

Check out the Audible-exclusive *Take Control of Your Life* [HERE](#) and click [HERE](#) to preview *The 5 Second Rule*.

Follow Senior Writer SJ McShane on [Twitter](#) and visit her [website](#).

ROBERT'S

KETO-FRIENDLY

RECIPES

So now you know how the ketogenic diet works. That's the easy part. Cooking up meals that go big on flavor and make it easy to stick to the plan? That's the hard part. Luckily, Robert knows a thing or two about a thing or two, and this month brings you four out-of-this world keto-friendly recipes—including one from his new cookbook, *Family Table*.

Read up, then eat up!



GARLIC & JALAPENO RIBEYE

SERVES 4

YOU'LL NEED

¼ cup olive oil
¼ cup balsamic vinegar
2 tbsp mustard
Salt and pepper
24 oz cowboy-cut
ribeye steak
2 jalapeno peppers,
halved vertically
2 heads of garlic,
halved horizontally
2 sprigs basil

MAKE IT

1) Make a marinade using the olive

oil, balsamic vinegar, mustard, and salt and pepper. Whisk together.
2) Place steak directly in the marinade. Cover in plastic wrap. Refrigerate for 2–6 hours.
3) Pan sear or grill the steak for about 4 minutes on each side, or until internal temperature reaches 135 degrees.
4) Grill peppers and garlic until golden brown and softened.
5) Garnish with basil.
6) Slice at an angle and serve with roasted peppers and garlic. The garlic should be soft enough to spread like butter.

THE MACROS

CALORIES: 495
PROTEIN: 48 g
FAT: 25 g
CARBS: 6 g

CHEF'S TIP Balsamic vinegar, which is vinegar aged from grape must—freshly crushed grape juice including the skins and stems—is a digestive aid, and helps break down proteins. When using it in a marinade as done here, it has the effect of lightly tenderizing the meat. Thus, the longer you allow the meat to marinate, the better the results.

KETO-FRIENDLY RECIPES

BUFFALO-STYLE CHICKEN MEATBALLS

SERVES 4

YOU'LL NEED

1 lb ground chicken
1 egg, beaten
2 scallions, finely chopped
1 celery stalk, small diced
1 tbsp mayonnaise
1 tbsp coconut flour
1 clove garlic, minced
½ white onion, small diced
1 tsp kosher salt
1 tsp ground black pepper
2 oz buffalo sauce

MAKE IT

1) Pre-heat oven to 400 degrees. Coat a sheet pan with cooking spray, or olive oil.
2) In a large bowl, add ground chicken, egg, scallions, garlic, onion, celery, mayonnaise, salt, black pepper and coconut flour.
3) Mix together and form 2 oz. balls (about the size of a golf ball) with your hands.
4) Place on greased sheet pan, cook for 25 minutes.
5) Toss in buffalo sauce. Serve.

THE MACROS

CALORIES: 208
PROTEIN: 26 g
FAT: 9 g
CARBS: 5 g



PASTRAMI SALAD

SERVES 4

YOU'LL NEED

1 English cucumber, peeled and cubed
2 ribs celery, chopped
1 roasted red peppers, chopped
1 avocado, peeled, pitted, and medium diced
1 head romaine hearts, chopped
1 pint baby spinach
½ red onion, thinly sliced
3 oz pastrami, cut into one-inch cubes
1 packet Robert Irvine FitCrunch cheddar protein puffs

Red Wine Vinaigrette

1 tbsp Dijon mustard
1 tsp honey
2 tbsp red wine vinegar
4 tbsp grape seed oil

MAKE IT

1. In a blender or a food processor, add red wine vinegar, Dijon mustard, and honey.
2. Turn blender on and slowly incorporate grape seed oil. Once oil is fully incorporated, season with salt and pepper.
3. In a large mixing bowl, add

cucumbers, celery, red peppers, and avocado, and dress with red wine vinegar and mix together.

4. Next add romaine, baby spinach, pastrami, and protein puffs and toss well to incorporate. Season with salt and pepper and serve.

THE MACROS

CALORIES: 321

PROTEIN: 14 g

FAT: 23 g

CARBS: 15 g





STUFFED PEPPERS

SERVES 4

YOU'LL NEED

2 red peppers cut in half length-wise
1 cup brown rice
3 oz 80/20 ground beef
1 tbsp grape seed oil
½ white onion
2 oz chorizo sausage
8 cremini mushrooms, diced small
4 slices white cheddar cheese
1 tsp smoked paprika
1 tsp paprika

MAKE IT

1) In a 2-quart saucepot, add rice and 4 cups of water, bring to a boil and drop to a simmer. Allow to

cook for about 12 minutes. Once all liquid had been absorbed, place a cover on top of rice and allow to sit for another 12 minutes.

2) In a medium sauce pot, add grape seed oil and allow onions to cook over medium heat until onions are translucent but have no color.

3) Add cremini mushrooms and cook over medium heat for about 4 minutes. Season with salt and pepper.

4) Add ground beef and chorizo and cook over medium to high heat.

5) Mix with a wooden spoon, making sure meat is broken up.

6) Season with paprika, smoked

paprika, and salt and pepper.

7) Add rice to the meat mixture and stir together until fully incorporated.

8) Using a spoon, fill peppers and, bake in a 375-degree oven for approximately 20 minutes.

9) Pull peppers from the oven and top with cheddar cheese. Place back into the oven and cook for another 20 minutes.

THE MACROS

CALORIES: 388

PROTEIN: 20 g

FAT: 23 g

CARBS: 19 g

P&M BEVERAGE

A passion for well-crafted wines and spirits is bringing brand new players to the American market. Here's an inside look at the veteran-owned P&M Beverage.



Thanks to P&M Beverage, Americans can now enjoy Sicilian wines like Gambino's Tifeo red.

When Troy Pepito was rising in the pre-dawn hours for long marches in late 1998, he knew his military basic training would come in handy one day. Indeed, the toughness, discipline, and physical readiness he was building as an 18-year-old recruit served as the bedrock of a successful 20-

year Navy career—one that saw him deploy four times and take part in actions like Operation Vigilant Mariner, which provided security to ships hauling supplies to post-9-11 warzones in the Middle East. But today, the recently-retired veteran is relying on his military discipline for an entirely

different purpose—one he could have never foreseen back then.

Pepito is the owner of P&M Beverage, a wine and spirits importer that has introduced Americans to a variety of foreign libations, most notably the award-winning Gambino wines from Sicily. Pepito says the importation and distribution

INDUSTRY SPOTLIGHT

of foreign wines into a saturated American market is “tough—not for the faint of heart” but worth it because he truly believes in the products he represents.

As fate would have it, Pepito’s military background and passion for wines collided in Sicily, where he was stationed for three years. While serving there, he developed an affinity for Italian wines, and Gambino in particular, which he says is able to craft unique taste profiles by utilizing grapes exclusive to the Italian isle.

“Sicily has the perfect climate to create fantastic wines,” Pepito says. “Every wine connoisseur knows the French Bordeaux, but not many know the Sicilian Carricante,” he adds, referring to the native Sicilian grape that grows on the volcanic slopes of Mt. Etna and used to make Gambino’s Tifeo Bianco, a crisp, refreshing white with an intense straw color and a fragrance of yellow flowers—which is strong but not overpowering—and re-tails for about \$25.

“And not too many folks outside of Sicily have ever heard of the Nerello Mascale,” Pepito says, “Whereas a Nero D’avola grape grows well in low-lying areas, the Nerello Mascalese—like the Carricante—grows well on the higher volcanic slopes.” Gambino brings these two worlds together in its Feud’o red, a bold, complex red wine blend of Nerello Mascale and Nero D’avola that hits the nose with notes of red fruit such as plums and settles in for a long finish.



Top, Troy Pepito when deployed in the South Pacific during his 20-year Navy career. Bottom, adjusting well to civilian life with the Raciti brothers, who run the family-owned Gambino winery.

INDUSTRY SPOTLIGHT

In Pepito's perfect world, Americans will get to know Sicilian wines like Gambino as well as they know those from Napa Valley. And though he might have the stubborn persistence typical of a career military man, he's not impatient and knows the road ahead is a long one. To wit, he has partnered with other like-minded veteran-run companies, such as Tuscany Distributors

Central Florida, in addition to Hotel Tango Distillery, the first combat-disabled veteran owned artisan distillery of its kind in Indianapolis, where Pepito supports the military exchange sales operations.

Pepito also says he's wary of growing too big too fast, and his team at present is still able to give the personal touch to both the clients they service and the buy-

ers they sell to. As P&M grows, he wants everyone to know the producers and their products as well as he does.

"Passion finds a way of trickling down to the consumer," he says. "The people who make this put their entire heart and soul into the process and the product. We owe it to them to find the root of that passion and make sure it's translating across the Atlantic. We need to know the grapes and soil and climate the same way they do. If we're as excited about it as they are, then the buyers will be excited, and so will their customers."

Of course, in the spirits world—and wine in particular—word of

Clockwise from top left: Pepito speaking at his retirement ceremony—he retired as a Master-at-Arms Chief Petty Officer; a bottle of Gambino's Feud'O, a full-bodied red in a Tuscany Distributors glass; the full line of spirits from Hotel Tango, a veteran-owned distillery based in Indianapolis, where Pepito supports military sales.



INDUSTRY SPOTLIGHT



SERVICE BEFORE SELF: Top: Pepito (back row, center) has spent the past 20 years in service to his country, developing a work ethic and focus uncommon in the civilian world. Today, his company, P&M Beverage, works closely with other veteran-owned businesses in the industry. Bottom right: Pepito at a recent trade show. Left: With his wife, Jenni, and son, Eli.

mouth is everything. *Wine Enthusiast's* recent decision to feature Gambino will no doubt further Pepito's vision. When pop superstar Rhiana paid a visit to the Gambino winery, that didn't hurt, either.

"You need to work until the name penetrates the consciousness," Pepito says. "We're all creatures of habit. People have their favorite things and it takes a lot to break through that. But the product is on our side. When people try it, they're blown away."

P&M Beverage currently imports five varieties of Gambino wine, the aforementioned Tifeo Bianco and Alicant, as well as Duvanera, a bright, ruby red wine with a hint of vanilla and plum; and red and white varieties of Feud'O: the red has notes of licorice and a persistent, pleasant finish, and the white—with notes of melon, peach, and pineapple.

For any distilleries and wineries operating outside the US, Pepito has a simple pitch.

"If you make a great product that you're proud of, tell us your story," he says. "Yes, the market is saturated. Yes, it's tough to break through, but where there's a will there's a way. And when you combine a great product with a company like mine—where we only hire people with passion and tenacity—we can make big things happen."

You can contact Pepito by clicking [HERE](#). Learn more about his company by clicking [HERE](#).

RI MAG INTERVIEW: ERIN STERN



Photo by Luis Battistini

The two-time Ms. Figure Olympia believes that each of us are the best in the world at one thing. Here, she looks back on the obstacles that helped her find her true calling—and offers advice for how you can find yours.

BY SJ McSHANE

INTERVIEW: ERIN STERN

ROBERT IRVINE MAGAZINE: First off, congratulations on your new cookbook *Bodybuilder's Kitchen*. Can you tell us what inspired you to write this book and what people can expect from it?

ERIN STERN: I wanted to share my favorite recipes for getting lean and staying lean. Many people have the idea that healthy food has to be bland and boring, and that meal prep is only for “meatheads”. The book contains 100 recipes for main dishes, sides, snacks, and healthy indulgences. Most recipes use around five ingredients, but are combined in unique ways or use cooking techniques that people might not be familiar with. Dishes are easy to prepare, taste good, and take a short amount of time to cook. There are also comprehensive meal plans and shopping lists, which make getting in shape a lot easier.

What are some of your favorite recipes from the book?

I love the Meatza recipes and the Choco-cado Mousse. The Meatza recipe uses lean ground meat for the pizza base and is easily customized to adapt to any meal plan. The Choco-cado mousse contains dark cocoa powder and avocado and blends into a dreamy, creamy delicious indulgence that's actually healthy and satisfying.

“Helping you find your greatness” is a tagline you use in your Instagram bio. Can you explain what you mean by that, and how you are able help others find their greatness?

I believe that every one of us is the best in the world at something. We're all born with a gift. The gift can't be found by imitating others or by trying to fit in. Each one of us must dig deep and find our purpose, or our “why”. I hope that by sharing my life, story, workouts, and by asking questions, that it will help others find their own unique qualities – to find the strength and beauty that lies within them. I think that a lot of social media posts can make people feel worse about themselves. People tend to focus on what others have (and what they don't), even though they're basically looking at a mirage. I hope to promote the real,



Photo by Eva Simon

Follow Erin Stern on [Twitter](#) and [Instagram](#).

and to provide solutions that make people feel great!

You're a two-time Ms. Figure Olympia, no retired. Do you miss it at all? Or does your body feel better now that you've adapted a more year-round sustainable approach?

I really miss competing. But, the division has changed to a more

INTERVIEW: ERIN STERN

muscular look that I don't consider my ideal physique. So, it didn't make sense to try and continue to train for something that I couldn't achieve...and didn't aspire to look like! Dieting for competitions creates a pendulum effect. Competitors must deprive themselves for weeks on end, and usually face weeks of trying to get cravings and metabolism back to normal. There's also a psychological effect of dieting as competitors get used to seeing their shredded, spray-tanned physiques as normal. So, a healthy weight can seem "fat" after a show. It took about a year for my body to find equilibrium, and it does feel better. I have a much healthier relationship with food, and keep an even weight year-round. It definitely took work to get back to that equilibrium, both physically and mentally. I think it comes down to really appreciating our strengths and not beating ourselves up for our weaknesses. We must be kind to ourselves, always. That takes daily effort until it becomes a habit!

You've been called "One of the greatest figure icons in bodybuilding history." If the teenage version of yourself who was just learning about fitness could hear that, what would she say? What would she think of your Olympia wins? Your magazine covers? Your book?
I think she would see me as

someone to aspire to be like, and hopefully a reason to start lifting weights. I think she would see all that's possible through hard work. I was once that teenage girl, and those magazine covers showed me that strength is beautiful. A woman can lift weights and have strong curves, not bulk. She can gain strength in all other intangible aspects of her life—just by facing and conquering the tangible challenges in the gym.

"I failed at business, relationships, and failed personally... I had just built a brand new house, and I couldn't afford to pay the electric bill or furnish it. I often sat in the dark... I hit the bottom. I only had my family and I had the gym. It was my sanctuary. I gained strength, inside and out, and vowed to be the best in the world at something. And I did."

Name one setback that seemed like a major failure at the time but you're grateful for now.

Before I started competing in figure, I faced setbacks in all aspects of my life. I failed at business, relationships, and failed personally. I had a real estate company, and the market tanked. I had just built a brand new house, and I couldn't afford to pay the electric bill or furnish it. I often sat in the dark. I drove a Mercedes that ran on fumes

all the time. I was in an abusive relationship that ended with me getting a restraining order and seeking safety at a women's shelter. I overate and was out of shape. All of these setbacks happened at once. I hit the bottom. I only had my family and I had the gym. I started going again every day. It was my sanctuary. I gained strength, inside and out, and vowed to be the best in the world at something. And I did, by winning Olympia twice! Without that dark time, I wouldn't be here now.

What is the best advice you can give someone who doesn't know how to get started on a health and fitness regimen? Or someone who seems to keep getting stuck along the way?

The basics are a great way to get started on a regimen. Divide meals into portions rather than counting calories. Focus on whole food options like chicken, eggs, sweet potatoes, veggies

and fruits. In the gym, focus on compound movements where more than one joint is working during an exercise. Examples include squats, bench press, pull-ups, military press, rows, and deadlifts. There are thousands of variations of these lifts and they can be performed with free weights, on machines or with cables. By simplifying meal plans and training programs, everything becomes less tedious. If someone is stuck, they need to switch up their

INTERVIEW: ERIN STERN

training program and/or meal plan. People often stall while on a weight loss journey because they don't eat enough. Make sure you're pushing yourself and fueling yourself properly!

What's your favorite body part to train?

I love training legs. There's such a rush in being able to move a lot of weight! It's also great stress relief.

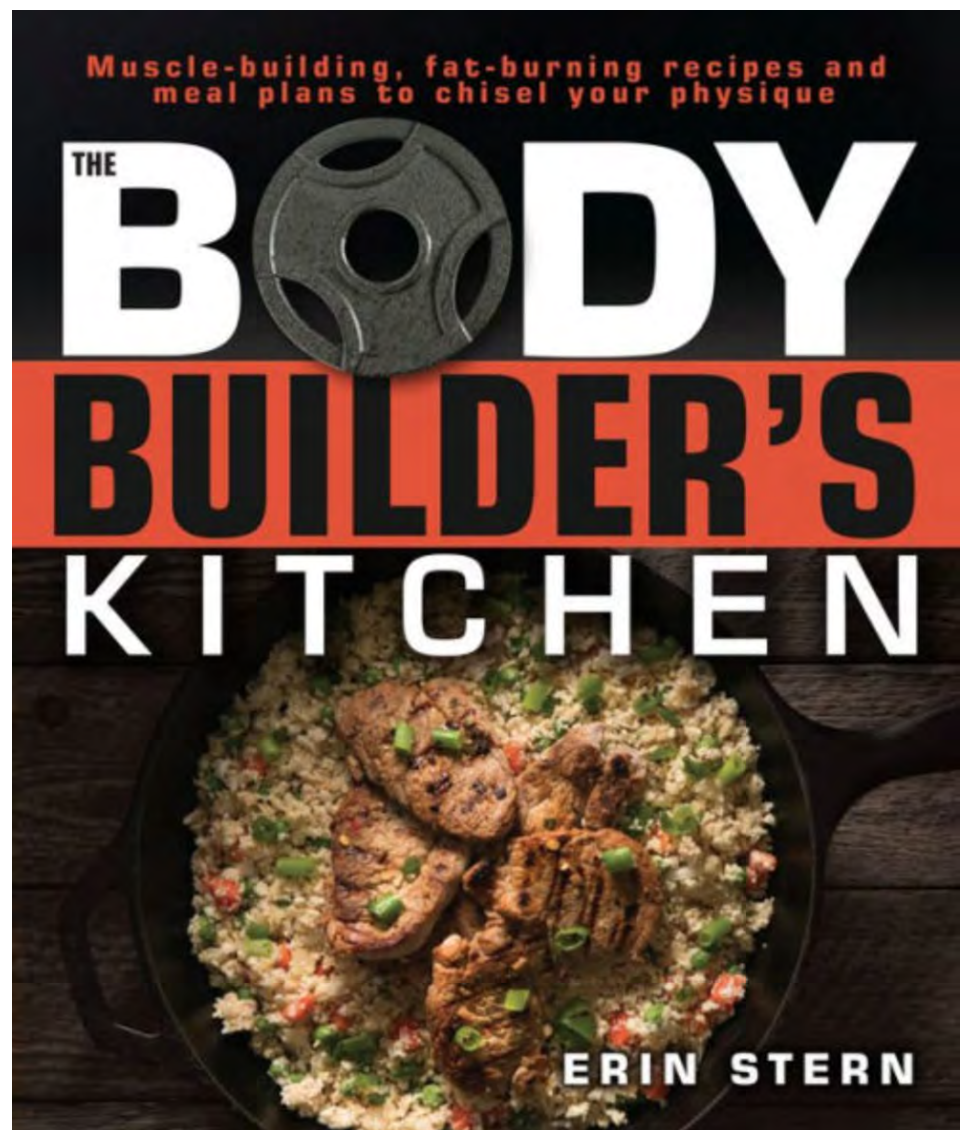
What's your favorite training method?

I have a hybrid style of training that I love. It's a combination of athletic, powerful movements for maintaining strength and isolation movements for developing an aesthetic physique. I call it "20/20 training". For the first 20 minutes, I focus on compound movements, Olympic lifts, heavy weights, and lower reps. For the next 20 minutes, I focus on aesthetic movements, isolation lifts, and really sculpting the body. This allows me to continue to train for power and speed and build the physique that I want.

What's your biggest goal for the future?

Wow, there are so many goals for the future! I really want to create an online community that offers workouts, recipes, and support for people looking to get into the best shape of their lives—and make it a lifestyle. I'm not sure what type of platform it will be on. I just want to reach and help as many people as possible.

You've accomplished a lot in many different arenas. What's the common thread in all your success?



Get Erin Stern's Bodybuilder's Kitchen on [Amazon](#).

Perseverance. I clung to every goal and pushed myself to see it through. If you want something badly enough, I believe you must persevere through all conditions. There will be setbacks, there will be naysayers, and there will be massive obstacles. But, on the other side of that is victory. If you know you can

accomplish something and it's your calling, nothing can stop you—except you!

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

FRESNO EATERY PITCHES IN FOR VETS IN NEED

How the Train Depot restaurant partnered with the Robert Irvine Foundation to make a difference.

When Robert performed live at a recent Disney Food and Wine festival in California, Josh Escovedo and his fiancé Gianna Massei were in attendance. Escovedo, an attorney and executive of the Train Depot restaurant in Fresno, was mesmerized by the entertainment portion of the show, but it was Robert's closing pitch—an impassioned plea to the audience to support our servicemen and women by any means possible—that captured his heart.

“He was talking about the Robert Irvine Foundation and how important it was that we didn't take these brave men and women—and the freedom they provide—for granted,” Escovedo recalls. “That's something that's really important to me and my family, too.”

As it happened, Escovedo's family shared another of Robert's passions—they are also in the restaurant business; the Train Depot has been owned and operated by his parents Ruben and Patricia Escovedo for over a decade, while the restaurant itself has been a local fixture for more than 30 years

Escovedo approached Robert



Train Depot staff, from left to right: Juan Betancourt, Antonio Morales, owner Pat Escovedo, Paul Palacios, and Carlos Olquin. Pat poses with three of the four menu items Robert designed for their special Robert Irvine Foundation promotion. Train Depot has been a local fixture in Fresno, CA for more than 30 years.

after the show and brainstormed ways to support the Robert Irvine Foundation. What resulted was a special promotion that ran for a full month at the Train Depot where the restaurant featured four menu items created by Robert with the full proceeds going to the foundation. The four items—a crispy

chicken sandwich with sriracha aioli, a chorizo and avocado burrito, a jumbo lump crab sandwich on a brioche bun, and an Asian kale salad—turned out to be big hits.

“We have a lot of return customers and people in general get burned out on items,” Escovedo says, “but we continued to sell

ROBERT IRVINE FOUNDATION NEWS



Left: Josh Escovedo and his fiancé Gianna Massei met Robert for the first time at a Disney Food and Wine Festival. After a Robert Irvine LIVE show, Escovedo pitched him on a way to contribute to the Robert Irvine Foundation through his family business, the Train Depot restaurant in Fresno, CA. Above: three of the four menu items designed by Robert for the promotion. From left to right: a crispy chicken sandwich with sriracha aioli, a chorizo and avocado burrito, and a jumbo lump crab sandwich. For the chorizo and avocado burrito recipe, click [HERE](#).

these items in high quantities. That's a great testament to how much people enjoyed them."

Customers could select the items off a special sub-menu and had the option to leave a donation in lieu of, or in addition to, ordering from that menu. Train Depot further contributed by footing the full cost of the menu items and sending 100 percent of all proceeds to the foundation. After 31 days, they had raised an impressive \$12,000. As the Robert Irvine Foundation disperses 100% of all funds raised to veterans and military families in need, that's

enough to make a significant positive impact.

"The privileges that we walk around with on a daily basis—we sadly take them for granted sometimes," Escovedo says. "It's so important to give back to the people who ensure we keep those privileges."

"What Josh and his family did was special," Robert says. "They made a significant donation of time and money, but they also got their community involved. It is a great public service to spread the word about veterans in need; it's an even greater service to raise

funds while raising awareness. I'm forever grateful for what they did."

It wasn't the first or last time Train Depot contributed to a good cause; they recently ran a similar promotion to benefit victims of Hurricane Harvey. The next time you're in Fresno, be sure to stop by this local favorite. And if you have an idea for how you or your business could contribute to the Robert Irvine Foundation, write to us [HERE](#).

Read the Robert Irvine Foundation's annual report [HERE](#). To donate, just text "GIVE" to 813-536-5006

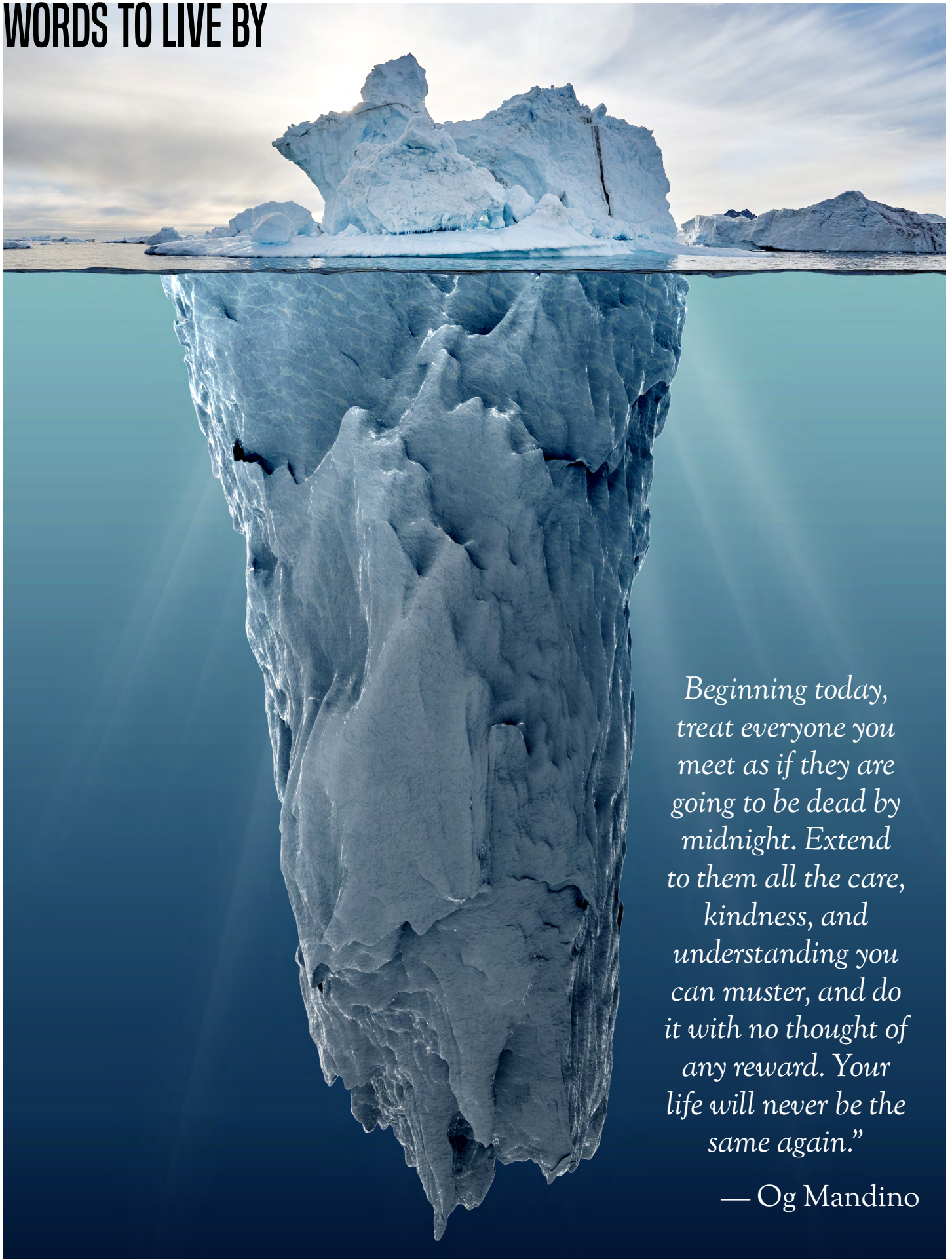
UPSCALE DINING

Robert cooks up extravagant feasts at charity functions year-round. Here's an up-close look.

To help raise money for GLOW—the Girls Leadership Academy of Wilmington (North Carolina)—Robert served breakfast, lunch, and dinner at three ticketed events in early February. While Robert prides himself on cooking for the everyman—Robert Irvine's Public House at the Tropicana in Las Vegas features “elevated” pub fare and his cookbooks have eschewed food styling in favor of presentation that's achievable by the home cook—that doesn't mean he can't bring the fancy when he wants to. And when benefactors pay \$5,000 a head for dinner, you better believe he treats them to a lavish experience. Here, Robert's VP of Culinary Affairs and *RI Magazine* Culinary Editor Darryl Moiles shares photos straight from the kitchen as the food was plated. (Follow Darryl on [Instagram](#) to get a closer look at events like this throughout the year.) Clockwise from below, the dishes are: tuna crudo with avocado puree and cucumber juice; veal medallions with polenta, English peas, pea shoots, and perigourdine; a dessert of Gateau Basque, chocolate budino, and malasada (a fried confection).



WORDS TO LIVE BY



*Beginning today,
treat everyone you
meet as if they are
going to be dead by
midnight. Extend
to them all the care,
kindness, and
understanding you
can muster, and do
it with no thought of
any reward. Your
life will never be the
same again.”*

— Og Mandino

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

