



THE DAD BOB WORKOUT

Meals that are healthy, simple and satisfying

Dr. Brian Manalastas

Part I. The Beginning

I'd received message after message.

"What is the best type of diet to combine with this style of exercising?"

"What should I be eating before and after my workouts?"

"I'm pretty good with the workouts, but the nutrition is my problem."

"I just love to eat!"

It couldn't be clearer. Our bodies are being destroyed...not because we desire to destroy them.

(If you're here, you obviously DESIRE TO DO RIGHT BY YOUR BODY.)

But simply because of years of faulty programming! I'll give you an example:

In the past, when a child fell ill or feverish, most parents would take the their kids to the MD.

The MD would take a look at the kid, follow a playbook and prescribe some medicines...then WOILA! "HEALTH RESTORED!"

You see we relied on these "experts" to be in charge of our health.

BIGGEST MISTAKE WE COULD HAVE EVER MADE!

Nothing against MDs! Please don't interpret this the wrong way.

What I'm trying to share is...we've been giving away ownership of our health!

So moving on, as MDs we're regarded as the authority, they told us, "Eat breads and grains...don't eat fat...that's the way to be healthy."

And as the epidemic of chronic disease continues to skyrocket, we now know their recommendations couldn't be further from the truth! But by now...it's hard to stop eating what we love!

This is the faulty programming I'm talking about. The foods we've been told to eat, they're high in sugar. And you all know SUGAR IS AS ADDICTIVE AS DRUGS!

And sugar is clever. Not only do we crave it, but once it's inside us, it totally rewires how our body works, throws our hormones out of whack, and is such a powerful chemical on our brains that we now think we LOVE FOOD!

Part II. The “WHY”

Well, we have to go back to what’s normal, natural and healthy for our bodies.

Here is the truth, I was reading somewhere that if you make it to 40, you have an 80% chance to die of one of the following: Cardiovascular Accident, Neurodegenerative Disease, or Cancer!

THAT ALL SOUNDS TERRIBLE!

I mean, growing up, you have dreams for when you get old. Certainly, none of those dreams include suffering a heart attack, Alzheimer’s, or cancer!

But for 8 out of 10 of us, that will be our fate! And seeing as how all of us have a family, guess who gets to watch and support us as we suffer?

OUR FAMILY!

BUT HERE’S THE TRUTH...

AND YOU CAN TAKE OWNERSHIP!

All of these chronic diseases are preventable. If you exercise, keep the body healthy, and **EAT THE RIGHT FOOD!**

THIS IS THE WHY!

For us Super Dads to **OWN OUR HEALTH** so we can have the **IMPACT** we desire to have with our family and **FULLY LIVE** the life we envisioned with our kids!

This is the first step of the journey and I want you to know...**YOU CAN DO IT!**

Get past this phase and we have advanced nutrition solutions coming your way.

And I’ll be here every step of the way to make sure it goes just right.

Best of luck and enjoy the eating!

With Gratitude,

Brian



Week 1

Monday

Breakfast: 2-4 Poached eggs, mixed nuts, 1 Cup of fresh berries

Lunch: Chicken Fiesta Salad*

Snack: 2 oz of grilled chicken, 1 apple, 1 avocado

Dinner: Grilled Fish, Roasted greens*, 1 cup of salad

Tuesday

Breakfast: Leftover Fish, ¼ cup mixed nuts

Lunch: 1-2 burger patties* with Lettuce, tomato, onions and 2 tbsp of condiments, 1 orange, ¼ cup mixed nuts

Snack: Jerky, ¼ cup walnuts

Dinner: Rotisserie Chicken, steamed Broccoli, 1 cup of salad

Wednesday

Breakfast: Leftover Roasted Chicken with salsa, ½ avocado

Lunch: Tuna and Cabbage salad* (2 cups total)

Snack: Remainder of Tuna and Cabbage salad

Dinner: Crock-Pot Pork Loin, tomato sauce, zucchini, chopped Cauliflower, basil.

Make a large portion, leftovers will be used for several meals.

Thursday

Breakfast: Slice of ham, 2-3 scrambled eggs, fruit

Lunch: Leftover Pork Loin

Snack: 2 hard-boiled eggs

Dinner: Stir-Fry Beef Salad*, Serve over a bed of fresh greens with balsamic vinegar

Friday

Breakfast: Sausage Stir-Fry Breakfast

Lunch: Simple Ceviche*

Snack: 2oz chicken, 1 apple

Dinner: Spaghetti Squash or Kelp noodle Spaghetti*: cook either choice with Organic Marinara sauce, ground meat, coconut oil

Saturday

Breakfast: Chicken Apple Hash*

Lunch: 5-6oz Deli turkey, ½ lb steamed broccoli, drizzle with Extra Virgin Organic Olive Oil (EVOOO)

Snack: 1-3oz turkey, 1 carrot cut into sticks, almonds

Dinner: Indian Style Slaw*, leftover Pork loin, 2 cups salad with EVOOO

Sunday

Breakfast: Western Omelette*, Sweet potato Hash*

Lunch: Lamb Patties*, tomato lettuce, 1 cup fresh strawberries

Snack: Turkey, Avocado

Dinner: Salmon*, Roasted asparagus*, berries with balsamic vinegar*

WEEK 1 Recipes

Chicken Fiesta Salad

- 1tblsp coconut oil
- ¾ cup sliced onions
- 1 lb skinless chicken breast
- ½ tsp cumin
- ½ tsp oregano
- 1cup chopped bell peppers
- Red leaf lettuce
- 1-2 tomatoes
- 1 avocado

Add coconut oil to a skillet. Heat over medium. Add sliced onions, sauté until soft. Add the chicken, cut into strips. Add the cumin and oregano, sauté, stirring often. Add the bell peppers when the chicken has browned.

Wash and shred the lettuce. Add the tomatoes to lettuce and toss. Serve the salad into 2 servings and top with the fajita mix. Add the sliced avocado.

If you're taking this to work, assemble the salad into a container a lid. Save some of the fajita mix for leftovers, use only ¼ to 1/3 of the chicken sauté for each of the salads you prepare.

Grilled Salmon

- Coconut oil
- 1 lb of wild-caught salmon
- 2 tbsp pecans
- 2 tsp rosemary
- Sea salt

Pre-heat oven to 350 degrees. Add a bit of coconut oil to a baking pan, coat well. Lay the salmon in the pan skin side down.

Chop the pecans. Sprinkle the pecans, rosemary, and sea salt over your fish, then bake for 12-15 minutes. Make sure it flakes easily with fork. Be sure to check the middle portion of the salmon is cooked all the way.

Roasted Green Beans

- 1lb green beans
- 1 tbsp olive oil
- 1tblsop thyme

Chop the ends off of the beans. Place them into a roasting pan, add the olive oil and thyme. Toss until they are coated well, and then roast in the oven at 350 degrees for 20 minutes. Check occasionally, tossing several times.

Meat Patties

- 1 lb ground beef or turkey (for upcoming weeks, you can use
- 1tsp coconut oil

Form the meat into 4 patties. We're keeping these simple, not adding any extras. You can add spices if you want.

Add the oil to the skillet over medium heat, and then cook the patties, turning often. Add the veggies and condiments of your choice.

Steamed Broccoli

- 1-2 lb broccoli
- Water

Cut the broccoli into individual florets. Add to your steamer basket, and then add water to the bottom. Cover and cook over medium/ high until softened, around 8-10 minutes. Remove and serve.

Tuna and Cabbage Salad

- 3-4 cups shredded cabbage
- 1 can tuna
- 1 tbsp toasted sesame oil

Shred the cabbage into a bowl. Top with tuna and toss with sesame oil.

Slow Cooker Pork Loin

- 3 lbs of pork loin
- 1 can tomato sauce (12oz)
- 2+ cups sliced zucchini
- 4 cups chopped cauliflower florets
- 1-2 tbsp basil

Add all the ingredients to a large Crock-pot. Cook on low for 6-7 hours and enjoy.

Stir-Fry Beef

- 2 tsp. of coconut oil
- ¾ cup sliced onion
- 1 lg beef tip steak, sliced into thin strips
- 1 tbsp. wheat free tamari soy sauce

- 1-2 cups sliced bell peppers
- 1 bag of mixed greens
- Balsamic vinegar

Add the coconut oil to a skillet. Heat over medium and add onions, sauté until soft. Add the beef and tamari, tossing often, Add the bell peppers when the bf has browned.

To save time use a bag of already mixed greens. We love the pre-bagged organic mix from trader Joes. Add to your plate or Tupperware and top with stir-fry. Add balsamic vinegar and olive oil to taste.

Sausage Stir-Fry Breakfast

- 1-2 tsp coconut oil
- ½ cup diced onions
- ½ lb of sausages, sliced (no nitrates)
- 4 cups of spinach or other greens

Add oil to skillet over medium heat. Add diced onions, sauté until soft. Add the sausage. Cook until browned, tossing occasionally. Add the greens, reduce the heat to medium-low and cover. Serve when the greens are wilted and soft.

Simple Ceviche

- 10oz peeled, tail off precooked shrimp
- 2 cups low sugar marinara sauce
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp salt

Rinse the shrimp, divide between two bowls. Pour half the marinara sauce over each bowl of shrimp, then drizzle each with 1 tbsp of both olive oil and lemon juice. Sprinkle with basil and enjoy.

Spaghetti

- 1 lb ground beef or turkey
- 1 tbsp coconut oil
- 1 (12 oz.) package of kelp noodles or spaghetti squash
- 1-2 cups marinara sauce
- 1-2 cloves crushed garlic

Brown the meat in the oil using a large skillet. Once the meat is browned, add the noodles (or cooked spaghetti squash) and the marinara sauce. Stir and bring to a simmer. Add the crushed garlic just before serving to maximize the health benefits.

If using spaghetti squash: Preheat the oven to 375 degrees. Carefully split the squash lengthwise then dig out seeds. Place both halves face down on a baking pan and add ¼ cup water. Bake for 30 minutes. Dig out the squash with a fork and add to your skillet with the meat.

Chicken Apple Hash

- 2 tsp coconut oil
- 6 oz leftover chicken
- 1 apple
- 2 tsp either cinnamon or allspice

Heat the oil in saucepan over medium heat. Shred and add the chicken. Grate the apple then add to the pot with your spice of choice. Cover and cook on medium-low, stirring frequently. Once the apple has cooked down and becomes soft, it is ready to serve.

Indian Style Slaw

Use a bag of ready-made broccoli slaw and you can really save time. Tomatoes are also optional. You can always serve this with some meat in the future too.

- 1 tbsp coconut oil
- 1 tsp mustard seeds
- 1 bag broccoli slaw
- 1 cup fresh diced tomatoes (optional)
- 1 tsp cumin
- ¼ tsp turmeric
- 2 tbsp lemon juice

Heat 1 tbsp of coconut oil over medium heat in a skillet; add 1 tsp of mustard seeds. Cover and cook until the seeds stop popping. Next add the whole bag of slaw, the tomatoes, plus 1 tsp cumin and ¼ tsp of turmeric. Sauté for 3-5 minutes, tossing occasionally, until the slaw is soft. Add 2 tbsp of lemon juice. Stir and serve.

Western Omelette

- 6 eggs
- Coconut oil
- 1/3 cup Chopped onion
- 1/3 cup chopped bell peppers
- ½ cup chopped tomato
- 1 cup spinach
- 4 oz diced ham
- Sea salt and black pepper to taste

Crack all of the eggs into a bowl and beat well. Pour half of the eggs into a nonstick skillet coated with a dash of olive oil. Cook over medium. When the eggs have begun to set, add half the chopped veggies and ham to one side of the eggs. Using a spatula, fold the empty half over the ham and veggies. Cook for 1-2 minutes longer, season with salt and pepper, then serve. Repeat the process with the remaining ingredients.

Sweet Potato Hash

- 2 tsp coconut oil
- ½ cup chopped onions
- 1 medium sweet potato or yam, diced into small cubes
- ½ cup chopped bell peppers (optional)
- 1 tbsp water
- Fresh ground pepper

Heat oil in skillet over medium heat. Add onions, sauté for 2-3 minutes. Add the sweet potatoes and bell peppers and 1 tbsp of water. Cover and cook for 15 minutes or until the potatoes are soft. Toss often to prevent burning. Serve, sprinkle with ground pepper.

Roasted Asparagus

- 1 bunch asparagus
- 1 tbsp coconut oil
- 2 tsp thyme
- 1 tsp lemon juice

Break or cut off the tough ends of the asparagus. Place in a roasting pan. Pour the oil, thyme and lemon juice over the asparagus and toss until well coated.

Bake at 400 degrees for 10 minutes, then reduce the heat to 250 for 15 more minutes. Enjoy!!

Berries with Balsamic Vinegar

- 2 cups frozen berry mix, thawed
- 4 tsp balsamic vinegar

Divide berries between two bowls. Pour 2 tsp of balsamic vinegar over each batch. Enjoy as a simple dessert!

Week 2

Monday

Breakfast: Slice of ham, 1 cup unsweetened applesauce with cinnamon, 1 oz walnuts

Lunch: Make a big salad, toss chicken strips, lettuce, tomato, olives, mixed nuts and carrot strips. Add EVOO and vinegar of your choice.

Snack: Pak extra salad: save 1/3 of your salad for your snack

Dinner: Steak* and Steamed Vegetables*

Tuesday

Breakfast: Leftover steak, 1-2oz macadamia nuts

Lunch: Chicken breast*, Indian Style slaw

Snack: Leftovers from lunch, 1 plum

Dinner: Pork Curry

Wednesday

Breakfast: Slice of Ham, unsweetened Applesauce, and spoonful of almond butter

Lunch: Leftover steak sliced into strips, Serve on a bed of mixed greens, tomato, bell pepper, balsamic vinegar and olive oil

Snack: Jerky, ½ avocado

Dinner: Leftover Pork Curry, Chilled cucumber soup*

Thursday

Breakfast: Ginger Eggs*

Lunch: Beet Apple Salad*, Grilled fish

Snack: Jerky, ½ avocado

Dinner: Chicken and cauliflower

Friday

Breakfast: 1-3 eggs over easy, served over sautéed zucchini*

Lunch: Smoked turkey salad*

Snack: Jerky and macadamia nuts

Dinner: Quick Chicken Curry*

Saturday

Breakfast: Slice of ham, Quick Paleo Pancakes*

Lunch: Rotisserie chicken, steamed veggies (broccoli, cauliflowers and carrots)

Snack: Leftover Chicken curry

Dinner: Lamb sausage and artichokes*

Sunday

Breakfast: Peach 'n' Pecan Scramble*, leftover chicken

Lunch: Burger, no bun, over greens, side salad

Snack: Orange, leftover meat or tuna, celery or carrot sticks

Dinner: Paleo Chicken Alfredo*

WEEK 2 Recipes

Steak

- 4 lb tip steak
- Seasoning of your choice

Bring skillet to medium heat, add a dash of olive oil. Season the steak then cook to 3-5 minutes on each side, then plate and cover for 10 minutes. Cooking too long can create carcinogens!

Steamed Vegetables

- 4 cups chopped cauliflower florets
- 2 cups sliced yellow squash
- 1 cup sliced carrots
- Olive oil
- Sea salt and pepper
- 1 tsp thyme

Chop the vegetables. Add to your steamer basket, then add water to the bottom. Cover and cook over medium high until softened, around 8-10 minutes. Remove and serve. Drizzle with olive oil, and add salt, pepper and thyme to taste.

Chicken Breast

- 1 lbs chicken breast, thawed

Place chicken in baking dish, bake at 350 degrees until done – about 25 minutes. Check to ensure the meat is cooked all the way through, but be careful not to overcook as well. Have for lunch and save leftovers

Pork Curry

- 1lb ground pork
- 1 tbsp coconut oil
- 1-2 tbsp curry powder
- 1 bag baby spinach (14oz)
- ½ can coconut milk (7oz)
- 1-3 garlic cloves minced
- 1 tbsp ginger minced

In a large pot, brown the pork in coconut oil. Add the curry powder as the pork browns and mix well. Break up the large lumps of pork. Once pork has browned, add all the spinach and the coconut milk. Heat until the spinach has cooked and wilted. Add the garlic and ginger at the end. Mix well and remove from heat.

Beet Apple Salad

- 1 lb beets
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 apple
- ½ cup finely chopped red onion
- ½ - 1 tsp tarragon

Cut the tops off the beets, then place them in a pot and cover with water. Cover and simmer over medium-low heat for 1.25 hours. Allow beets to cool.

Drain the beets, cut off the root, and peel the skin. Slice the beets crosswise into thin slices, then place in a bowl. Pour the oil and lemon juice over the beet, then chill in the refrigerator.

Core and chop the apple. Chop the onion. Mix into beets, sprinkle some tarragon on top and serve.

Chilled Cucumber Soup

- 2 medium cucumbers
- ½ cup chopped onion
- 1/4cup fresh cilantro leaves
- ½ coconut milk
- ¼ cup chicken broth

Peel the cucumber, and then chop it into small chunks. Load the onion, cucumber, and cilantro into your blender. Add the coconut milk and chicken broth. Blend until smooth, but not too fine. Refrigerate, then serve cold. Garnish with some cilantro. Makes 4 servings.

Ginger Eggs

- 1 tsp chili oil
- ½ cup green beans
- 1 tbsp minced garlic
- 3 eggs
- 1 tbsp chopped chives or green onions
- ¼ tsp coriander
- pepper to taste

Heat oil in skillet. Add the green beans, sauté for 2 minutes. Add the ginger and garlic, cook 3 minutes more. Meanwhile, crack the eggs into a bowl, whip well. Add the beans, ginger and garlic, plus the chives or onions and coriander. Mix well, and then return to the skillet. Cook until the eggs set. Serve and top ground pepper.

Smoked Turkey Salad

- 10oz smoked turkey (from the deli)
- 1 bag mixed greens
- ¼ cup pine nuts

You can mix this dish then store it in the refrigerator. Make sure to wash the greens.

Chicken and Cauliflower

Here is a quick one-pot meal. You can also prepare this one in a slow cooker, simply add the same ingredients and set to low. If you choose this route, the cooking time will be around 5 hours.

Try to find a tomato sauce with jalapeños in it!

- 1 tbsp olive oil
- 1 1/2 lbs chicken thighs or breast
- 1 head of cauliflower
- 8 oz tomato sauce with jalapeno seasoning
- 1 red bell pepper
- 1 tsp cumin

- 1 tsp thyme
- ½ tsp garlic powder

Heat the olive oil over medium heat in either a large skillet or soup pot. Brown the chicken on all sides. Meanwhile, chop the cauliflower into small pieces and add to the pot. Add all the remaining ingredients to the pot, then reduce to medium-low. Cover and cook 45 minutes, stirring occasionally.

Sautéed Zucchini

- 2 small zucchini
- ¼ cup either sliced shallots or red onion
- 2 cloves garlic, sliced
- 2 tbsp coconut oil
- Dill
- Pepper

Slice the zucchini crosswise into small discs about ¼ inch thick. Slice the shallots or onion and garlic.

Sauté all of the ingredients together in a medium pan with the olive oil. Add dill and pepper to taste. Stir and turn often, cooking for 5-7 minutes. Try not to allow too much browning. Enjoy warm, or these can be used in cold salads.

Quick Chicken Curry

Look for pre-made curry sauce in your organic sections in upscale markets. You can also use your leftover chicken with this recipe.

- ½ cup chopped onion
- 1 tbsp coconut oil
- 1 diced chicken breast or thigh
- ¼ cup curry sauce
- ¼ cup cashews
- 2 cups chopped spinach

Sauté the onions in the oil until translucent. Add chicken, heat until cooked through. Add the curry sauce and the cashews, continue heating for 3-14 minutes. Remove from heat and stir in spinach.

Quick Paleo Pancakes

An easy way to cook your pancakes while avoiding grains

- 2 eggs
- ¼ cup unsweetened applesauce
- ½ cup nut butter (do not use peanut butter. – cashew, macadamia nut butter are great choices.
- ¼ tsp cinnamon
- ¼ tsp vanilla extract
- Coconut oil

Mix all the ingredients except the coconut oil in a bowl. Stir well until the batter is uniform. Next use a bit of coconut oil to grease a non-stick pan. Spoon the batter on the pan into round shapes then cook over low/medium heat. Flip after 1-2 minutes, being careful not to burn them.

Once you've cooked all the pancakes you can serve them with a variety of toppings such as cinnamon, fresh fruits, real maple syrup and unsweetened applesauce.

Lamb Sausage and Artichokes

If you cannot find Lamb sausages, do not worry. Use some sausages of your choice and add Moroccan spices, such as cinnamon, coriander, all spice, ginger, and cloves. Use about 1/8 tsp of each spice.

- 1 oz bacon chopped
- 2 Moroccan lamb sausages, sliced
- 1 (14oz) can artichoke hearts (trader Joes has great ones)
- 1-2 Omega 3 eggs
- sea salt and pepper to taste

Chop the bacon and place in a skillet over medium heat. Meanwhile, slice the sausage and chop the artichoke hearts. Once the bacon has softened, add the sausage and Artichokes. If using spices, add them at this point. Stir well, cooking until soft.

Poach eggs in the meantime. Cover the bottom of the a skillet with about 1 inch of water, then place over medium heat. Once the water is boiling, using a fork create a whirlpool in the water. Gently crack egg into middle of whirlpool and let cook until set (about 3 minutes)

Serve the artichoke hash topped with eggs. Add sea salt and fresh ground pepper.

Peach and Pecan Scramble

This unique combo is surprisingly and is almost like a dessert, but for breakfast!! Serves 1!

- 1 tsp coconut oil
- ½ Peach, diced
- 2 tbsp chopped pecans
- 2 eggs
- Tbsp. unsweetened applesauce
- 1/8 tsp cinnamon

Heat the coconut oil in small skillet over medium heat. Dice half of a ripe peach and chop the pecans. Add the peaches and pecans to the skillet. Stir-fry for 2-3 minutes, or until the peaches soften a bit

Meanwhile, crack the eggs into a bowl, add the applesauce and cinnamon, and beat well. Add to the skillet, mixing often. When the eggs have set, serve and enjoy.

Paleo Chicken Alfredo

This is simple and satisfying way to enjoy the richness of Alfredo the Paleo way.

- 2 tsp coconut oil
- 4 cloves garlic, chopped
- 1 lb chicken breast
- 1 (12oz) package of kelp noodles
- 2 tsp tarragon
- 1 cup cashews
- ½ tsp onion powder
- ¼ tsp garlic powder
- ¼ tsp mustard powder
- ¼ tsp sea salt
- ¼ tsp pepper
- 1/8 tsp paprika

Add the oil to a skillet large skillet. Sauté the garlic over medium heat for 3-4 minutes. Chop the chicken into 1 inch cubes, then add to the skillet and cook until brown on all sides.

Rinse and chop the kelp noodles. Add them to the skillet with with the tarragon, cover and cook on low for 30 minutes. Then pout the liquid from skillet in a small container to use later for the sauce.

Add the cashews, onion powder, garlic powder, mustard powder, salt, pepper and paprika to a blender. Cover and blend into a powder. Add the reserved pan juices slowly, blending into a thick sauce. You'll have to use a spatula to scrape down the sides of the blender periodically. Add the juices until the mixture reaches a smooth and creamy texture.

Add the sauce to the skillet, and then mix well. Cover and continue to cook for 10 minutes longer, until the kelp noodles have become tender.