



Hi Viva Members!

This week's article is brought to you by a very close friend of mine,
actually my older brother Paul.

As you may tell from the photo's, we like to engage in the art of extreme eating from time to time.
"What"? you say, "Dion likes to have a pig out, no way"!

Yes Way! Like most things in life, we may have the right answers, skill sets and knowledge, etc, but it is
the application that is the real skill.

Bruce lee quoted:

"To be a great martial artist you must learn the basic combinations, learn them with speed and power
and then apply these basic combinations with speed and power at the right time"!

So what does this have to do with anything? Well the point is correct application and understanding, of
when to apply skill-sets, is the difference between an average mindset and a champion mindset. This
too, works with food!

To eat what my brother and I consumed on this day, is not healthy, as the steaks gives Adelaide renowned restaurant 'Gauchos', a run for their money (they were in excess of 600 grams, which is enough red meat for a week) . However, we all have different nutrition needs to help achieve good health, a strong immune system and much needed energy levels to support daily brain function. Personal goals also come into the equation, so consuming a steak of this size, would have on average say 30-40 grams of fat, depending on the cut (fillet is your best cut and always strip the excess fat of any meat prior to cooking) is enough fat for the entire day for those looking to drop body fat. For myself, this is about half the fat needed to support my energy levels and personal goals. Funny enough, I do see members out from time to time who say I should not be eating that, but again, everyone's needs are different so learn what your body needs to avoid being influenced by incorrect advice.

This week's steak is called the 'Celebration Steak and Hungarian Style Sweet Potatoes, ', as normally we eat these around a bbq celebration! I first came up with this salsa when I tried to replicate the Argentinean. This didn't turn out so a quick call to client Eloise and I was a hero in my families eyes in no-time.

This is meat eater BBQ paradise!

Celebration Steak and Hungarian Style Sweet Potatoes

(for 2)

Hungarian Style Sweet Potatoes:

1 whole sweet potato

200 grams of fat stripped, short back bacon.

1 whole onion

½ punnet of cherry tomatoes

¾ tablespoon of sweet paprika

Dash of chicken salt

Peel, cube and boil potatoes for no longer than 5 minutes. While boiling brown the onion and cook the bacon. Strain potatoes and add the paprika, chicken salt, pepper and 2 teaspoons of EVO! Mix through

and add to onion and bacon fry-pan. Cook for 5 minutes and then add cherry tomatoes, reduce heat and you are ready in 2-3 minutes!

Get a good size 3-400gram T-Bone or Rib Eye from Baa Moo Oink

For every 500grams of steak you need the following to make your salsa.

1 teaspoon fresh garlic

1 teaspoon Chili (mild to hot your call)

1 teaspoon of continental fresh parsley

½ teaspoon sea salt and cracked black pepper each.

50-50 lemon and extra virgin olive oil

To cook a good steak always use charcoal, you can't beat it!

To cook your steak medium rare of this size. Cook for about 4 minutes with salt and pepper only. If you like to make it look special turn the steak from horizontal to vertical after 2 minutes to give a criss cross effect. When it is ready you simply press the point of your finger into the meat, firm but gentle, and the pit made should fill with meat juice.

While this has been going on you would have chopped the salsa ingredients very fine and added the fresh lemon juice and olive oil. Take the steak off the BBQ cover with 'enough' salsa (don't drown it!) and keep the steak in a covered dish for 3-5 minutes to rest.

Serve together with your favorite BBQ salad. I love my Greek salad with home-made Olive oil and Beautiful, you will be a hit with the family instantly!

Happy celebrating!!!

Make it happen.

Dion Mychalyn

Club Champion

PUSH_Founder