



Hi Viva Members!

As you may or may not know I am not only a mad keen lifestyle enthusiast but a pretty gung ho fisherman too! Here are some pics from a fishing trip earlier this month at Port macdonnell with friend and 'club tiler' Michael and our mechanic next door to viva, Mic!

Catching Tuna is one thing but cleaning and cooking is another. I'm sure you have tried my recipes in the past but now I have teamed up with someone very special to share some of my household secrets. I love catching fish and cooking but this lady is my cooking mentor as I am her health and lifestyle mentor. Eloise is a member at Viva and client of mine for many years and regardless of the time or day she always offers me advice of how to cook a masterpiece. So when I said 'I have fresh tuna' she said 'I'm coming over to show you how to clean (more like dissect) the best meat and give you a recipe for each section. This was new to me as I clean my way but a Chef's way was far superior, they truly love talking about food more than the PUSH_ Trainers about fat loss!

Something I learned along the way was that 'being humble brings new beginnings'. I learned that by being open to Eloises new style of cleaning actually taught me a lot with my own meal preparation and of course fish cleaning. The point of this is that if I was the typical Aussie Fisherman I would of likely have said it was all too hard. I ask you this: when has there been a time recently when you have said "I can't do this or that"? Next time try taking a leaf out of the worlds best leaders black book and practice being humble.

Who know's what you may learn?

Here's a 'Tantalizing your taste bud Tuna Bonanza'.

Guys, seriously it's not fishy if my partner eats it. And her plate was clean!

Sesame seed Tuna with Asian salad. (For two)

500 gram Southern Blue Fin Tuna
White and black sesame seeds. 50-50
S&P

Its that simple. Roll your slab of Tuna in a mix of 50-50 white and black sesame blend with salt and pepper and place in oven at 180 degrees for no more than 5 minutes.

Asian salad:

1 teaspoon each

Garlic, ginger, chilli

2 tablespoons, Vietnamese mint, Coriander, Rocket, Capsicum, Cucumber,

Mix dressing, balsamic, olive oil and soy!

Place the tuna on a plate with the salad over the side and then drizzle the dressing to your liking.

Voila! Tantalizing Tuna Bonanza . . . Even the men can do this one!

Make it happen.

Dion Mychalyn

Club Champion

PUSH_Founder