
THE ULTIMATE MAN'S MENU

7 HEARTY MEALS TO SATISFY DAD



An ExercisesForInjuries.com Publication

Table of Contents

Disclaimer	4
Legal Notice	5
Preface.....	6
Meals Dad Will Love	7
Crispy Turkey with Roasted Eggplant & Mustard Dip.....	8
Asian Garlic Steak Skewers.....	9
Beef Pastrami with Green Beans	10
Jalapeno Cilantro Chicken.....	11
Beef Ribs with Curried Creamy Rice	12
Baked Cajun Chicken Breast.....	13
Grilled Steak with Chimichurri.....	14
About Exercises for Injuries	15
About Rick Kaselj	16
What My Clients Say	17
Free DVD Offer	18
Top 5 Best Selling Exercise Programs.....	19-23
Got Pain?	24

Title:

The Ultimate Man's Menu
7 Hearty Meals to Satisfy Dad

Edition:

3rd Edition (May 2022)
2nd Edition (April 2018)
1st Edition (June 2017)

Authors:

Kaselj, Rick

Keywords:

Anti-Inflammatory Recipes, Father's Day Cookbook

All rights reserved, except for use in a review. The reproduction or use of the content from this book in any form (electronic, mechanical, or other) is prohibited. Photocopying or scanning any information into a storage or retrieval system is forbidden without the written permission of the publisher and author.

Published by:**RK Exercises For Injuries**

Suite #2289 - 3151 Lakeshore Rd
Kelowna, BC V1W 3S9
Canada

E-mail: support@ExercisesForInjuries.com

Webpage: ExercisesForInjuries.com

Help Center: ExercisesForInjuries.com/Help

Phone: (888) 291-2430 (toll free in the USA and Canada)
SMS #: 1-888 229-4992

Disclaimer

The Ultimate Man's Menu is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

However, health nutrition is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in diet and nutrition prescriptions are inevitable. In view of the possibility of human error or changes in health nutrition, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Legal Notice

Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle.

If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property. This will lead to felony charges, fines, possible prison time and bad karma. Just to be clear, you may NOT edit this document, extract from it, change the contents or offer it for sale in any way shape or form.

Any trademarks used in this book are the property of their respective owners.



Preface

Thank you for supporting one of my dreams!

I have always dreamed of being a writer. The book you are reading is one of those writing dreams coming true.

I hope you take from it as much as I have gotten out of its research and production.

Pass this Book On

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle. If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property.

Guarantee

My passion is to help people achieve a healthy and happy life. If this book does not help you, does not meet your expectations or is not of value to you, I will give you your money back. Please contact me via e-mail at support@ExercisesForInjuries.com and I will refund your money.

Contact Me

Please let me know what you think of this book. Visit www.ExercisesForInjuries.com or e-mail me at support@ExercisesForInjuries.com. Your feedback and ideas will help with the content of future editions and books.



Meals Dad Will Love

Crispy Turkey with Roasted Eggplant & Mustard Dip

INGREDIENTS

6 oz. turkey breast
1 egg
1/2 cup corn flour
1/2 tsp salt
Vegetable oil for frying
1 eggplant
1 tsp oregano
1 tbsp olive oil
1 cup Greek yogurt
2 tbsp hot mustard

DIRECTIONS

Cut the turkey breast into strips.

Break the egg in a small bowl and beat it.

Spread the corn flour on a large plate and mix with salt.

Soak the meat strips in the beaten egg and coat with corn flour.

Heat the vegetable oil in a large skillet and fry the strips until golden brown on all sides.

Meanwhile, line a baking dish with parchment paper.

Slice the eggplant and place in the dish. Drizzle the olive oil and sprinkle with salt and oregano.

Bake for 45 minutes at 400 F.

To prepare the dip, simply mix the yogurt with hot mustard.



SERVES 2

NUTRITION INFORMATION: Calories: 571 Fat: 27.2g Carbs: 51.2g Protein: 32.7g

Asian Garlic Steak Skewers

INGREDIENTS

1 lb. top sirloin steak
2/3 cup coconut aminos
1 tbsp ginger garlic paste
1/4 cup olive oil
1/2 cup honey
Salt to taste
Fresh chopped coriander for garnishing
Skewers



DIRECTIONS

Cut steak into cubes.

In a bowl, mix together coconut aminos, ginger garlic paste, olive oil, honey, and salt.

Add the steak cubes to the mixture and toss to coat. Marinate for at least 4 hours.

Preheat the grill on medium heat and thread the meat onto the skewers.

Grill for 10 minutes or until the meat is done. Garnish with chopped coriander.

SERVES 4

NUTRITION INFORMATION: Calories: 494 Fat: 6g Carbs: 2g Protein: 16g

Beef Pastrami with Green Beans

INGREDIENTS

Pastrami
6 oz. beef sirloin
8 cups water
1 tbsp salt
1 tbsp olive oil
1/2 tsp dried thyme
1/2 tsp ground coriander
1/4 tsp freshly ground pepper
1 tsp sweet paprika
1/2 tsp dried basil
1/2 tsp dried oregano
1/2 tsp garlic powder

Green Beans
1 lb. green beans
1 potato
1 carrot
2 garlic cloves
1 cup tomato paste
Few sprigs of dill
1/2 cup water
Salt & pepper to taste
Green onion to serve



DIRECTIONS

Prepare the Pastrami

Dissolve the salt in water and leave the meat in the brine overnight.

The next day, pat the beef dry and slice it in halves.

Combine the oil with all the herbs and rub the meat with the mixture.

Heat a non-stick skillet and cook the pastrami for about 6-7 minutes on each side, depending on the desired degree of doneness.

Prepare the Green Beans

Heat a little bit of olive oil in a pan and sauté the chopped garlic for 1 minute.

Add the beans, chopped potato and carrot, tomato paste and water, and bring to a boil. Simmer for about 15-20 minutes.

Stir in the dill and season with salt and pepper. Cook for 5-7 more minutes.

Serve with the pastrami and fresh green onion.

SERVES 2

NUTRITION INFORMATION: Calories: 474 Fat: 13.5g Carbs: 58.5g Protein: 40g

Jalapeno Cilantro Chicken

INGREDIENTS

4 organic chicken drumsticks, skin removed
2 tbsp olive oil
1/4 cup cilantro
2 jalapenos
1 lemon, juiced
1 tsp cumin
1 pinch turmeric powder
Salt & pepper to taste



DIRECTIONS

In a food processor, blend the cilantro, lime juice, olive oil, jalapeno, and cumin until smooth.

Marinate the drumsticks in this mixture for almost 4 hours.

After 4 hours, preheat the oven to 400 F and remove the drumsticks from the marinade.

Put the drumsticks on a baking sheet and cook for almost 40 minutes or until cooked.

Broil the chicken for 2 minutes to brown on the outside.

Serve and enjoy.

SERVES 2

NUTRITION INFORMATION: Calories: 215 Fat: 10g Carbs: 3g Protein: 31g

Beef Ribs with Curried Creamy Rice

INGREDIENTS

Ribs
2 lbs. beef short ribs
1 tsp sea salt

Curried Rice
1/2 cup basmati rice
1 tbsp butter
1/2 tsp turmeric
1 tsp curry powder
1/2 tsp freshly ground pepper
1 tbsp salt

DIRECTIONS

Prepare the Ribs

Rub the meat with salt and place it in a baking dish.

Cover with aluminum foil and bake for 4-6 hours at 200 F.

Prepare the Rice

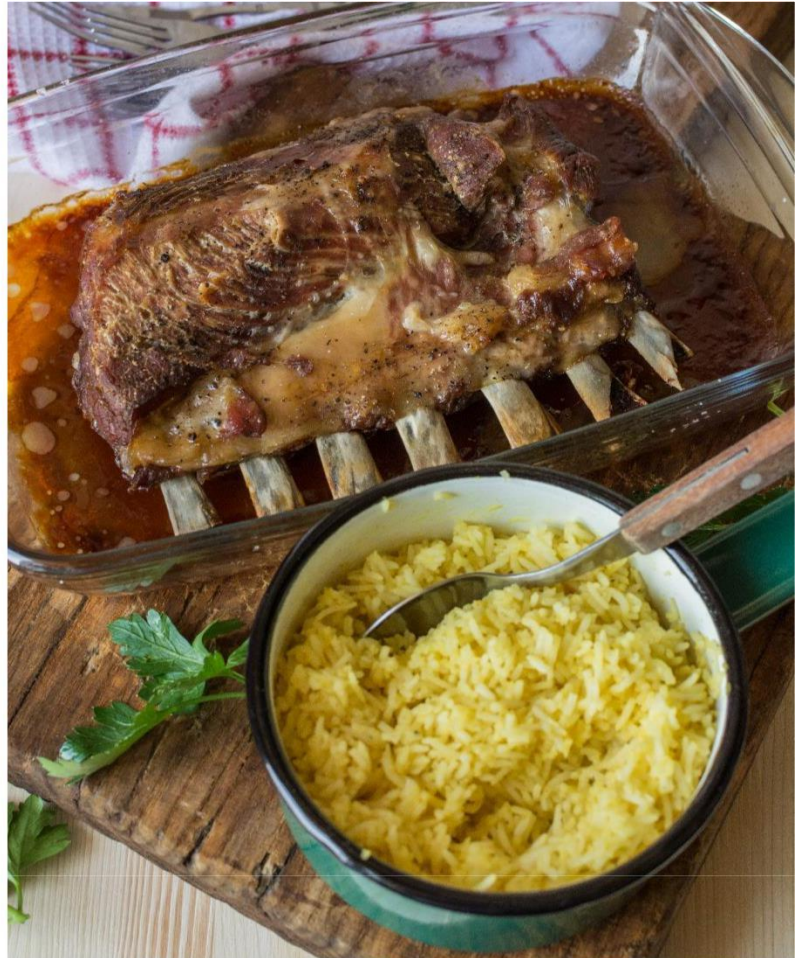
Place the rice in a pot and fill with water. Add 1 tablespoon of salt and bring to a boil.

Cook for 2 minutes more than the time indicated on the package.

Transfer the rice to a sieve and rinse under running water. Set aside to drain.

Melt the butter in a pan and add the rice and the rest of the spices.

Set the heat to low and cook for 6-7 minutes. Serve near the ribs.



SERVES 4

NUTRITION INFORMATION: Calories: 577 Fat: 23.6g Carbs: 19g Protein: 67g

Baked Cajun Chicken Breast

INGREDIENTS

1-2 large bone-in chicken breast,
with some cuts on it using a
knife Sea salt to taste
1/4 tsp cayenne pepper
1/8 tsp crushed red
chili
1/4 tsp paprika
1/4 tsp onion powder
1/4 tsp dried oregano
1/4 tsp dried thyme
A pinch of turmeric powder
1/2 tsp ginger garlic paste*



DIRECTIONS

Preheat the oven to 450 F and
grease a baking pan. Keep aside.

Mix all the ingredients in a bowl and rub this mixture onto the chicken breast.

Bake for almost 20 minutes. Remove the breast from the oven, cover in aluminum foil and bake for an additional 5 minutes.

Serve and enjoy.

*Ginger Garlic Paste (Or you can use store bought)

4 ounces garlic, chopped

4 ounces fresh ginger root, chopped

1 tablespoon olive oil, or as needed

Combine all ingredients in a food processor and pulse until the consistency is a smooth paste. Use the desired amount for your recipe and refrigerate or freeze the rest for future use.

SERVES 2-4

NUTRITION INFORMATION: Calories: 119 Fat: 10g Carbs: 12g Protein: 21g

Grilled Steak with Chimichurri

INGREDIENTS

Steak
2 lbs. steak
½ cup extra virgin olive oil
2 cups parsley, chopped
2 cups coriander, chopped
3 tbsp lemon juice
2 garlic cloves, minced
Salt & pepper to taste

Baked Potato Chips
3 large potatoes
Olive oil
Salt & pepper to taste



DIRECTIONS

Preheat the grill.

In a blender, blend the parsley, cilantro, lemon juice, garlic, and olive oil together. Add salt and pepper to taste and blend again. Keep aside.

Rub the steak with olive oil and season with salt and pepper generously.

Grill over medium heat for 3 to 5 minutes each side. Remove from the heat and let it rest for 5 minutes.

Arrange on a serving plate with chimichurri and baked potato chips.

Baked Potato Chips

Heat the oven to 480 F.

Cut the potatoes into wide slices and then into thick sticks.

In a roasting pan, drizzle the potato slices with olive oil and season with salt and pepper.

Bake in the oven for almost 20 minutes, turning the potatoes twice.

Serve with steak.

SERVES 3-4

NUTRITION INFORMATION: Calories: 451 Fat: 12g Carbs: 6.7g Protein: 27g

About Exercises For Injuries

Exercises For Injuries – Your Trusted Resource for Pain-Free Living

Recognized as a global leader in injury prevention and recovery since 2008!

At Exercises For Injuries (EFI) we recognize that traditional exercise and treatment programs often do NOT produce the results that people are looking for. We believe that understanding the cause of injuries and painful conditions can help heal and prevent them. Therefore, our programs are based on years of research, study, creativity, and hands-on testing. Our methods successfully determine what really works to heal injuries and eliminate pain, *without expensive appointments, addictive prescriptions, or risk-laden surgery.*

Often recognized as the ‘Trainer to the Trainers’ and the ‘Expert to the Experts’, company founder, Rick Kaselj, has been featured in major publications such as Livestrong.com, Men’s Health Magazine, San Francisco Chronicle, Canada.com, Iron Man Magazine, Men’s Journal Magazine, and has delivered presentations and seminars to *more than 6,000 health and fitness professionals across North America*. As an internationally renowned injury and pain expert, Kinesiologist, author and public speaker, Rick has made it his personal mission to make his ground-breaking programs available to as many people as possible, so they can return to pain-free lives.

Today, the EFI team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, pain-free lives by addressing all areas of health, fitness, and personal wellbeing.

Access our vast FREE library of health-promoting recipes, pain-relief resources and injury recovery information, online at: ExercisesForInjuries.com

About Rick Kaselj

Hi, I'm Rick Kaselj. I create exercise programs that help people heal injuries, eliminate pain, lose weight, increase energy and more... so they can go back to living a full, active, healthy life.

Here are a few relevant facts about me:

- I've been a Kinesiologist and pain and injury specialist since 1994.
- I spent 6 years at university studying Kinesiology, Corrective Exercise and Therapeutic Exercise, and got my Master's Degree in Exercise Science.
- I have 25+ years of hands-on experience, working directly with clients and teaching my techniques and programs to fitness professionals, Kinesiologists, and healthcare providers.
- I have conducted thousands of personal training sessions.
- I have reviewed and carefully scrutinized hundreds of scientific and medical research papers and studies.
- I'm also an author and speaker, and I've given over 260 presentations to more than 6,000 fitness professionals across Canada and the USA.



I USE RESEARCH, STUDY, AND HANDS-ON TESTING TO FIND WHAT REALLY WORKS TO HEAL INJURIES AND ELIMINATE PAIN

I'm all about finding what works... and unfortunately, a lot of the advice out there, even from trained professionals and reputable sources... does not work!

Some of the most effective methods I've discovered for eliminating pain and healing injuries are *counterintuitive* - they required extensive research, testing, and *creativity* to discover.

People get the best results when they follow a program that's been *properly designed*. The best programs include only the exercises that are necessary, instructions on how to perform them properly, the proper order in which to perform them, and instructions on what the right amount of rest is, and when to take it.

What My Clients and Customers Say

"Your exercises have changed my life. I have been in constant pain for 15 years."

-- **Shelley Watson, Carmel, CA**

"I just wanted to say thank you for providing what I needed to resolve my hip problem! After following your exercises, I went through work all day with no pain and no pain medication. Yeah!! Thanks so much for a simple answer to a problem I have been dealing with for months."

-- **Tracy Walker, North Carolina**

"Before I used the information, I couldn't walk normally for at least the first 15 minutes each morning. After using the program, I only have a little pain, but it eventually all got better with continued attention."

-- **Cher Anderson, Athens, TN**

"Thank you Rick, you saved my career!"

-- **Marco Mura, Professional Forester, Sardegna, Italy**

"I thought I would just have to retire due to foot pain, but now my pain is gone with your program. It has helped me a lot. Thank you, Rick!"

-- **Audal Acosta**

"I noticed a difference by the second morning. I was able to get up out of bed without the immediate pain and stiffness I am used to experiencing in the morning. I am now able to walk 1.5 miles without pain during or after my walk. That is exciting! I was in constant pain before I started the program and now I am able to take walks with my husband, pain-free."

-- **Jennifer Dixon, Payroll Supervisor, CPP, Wenatchee, WA**

"I have suffered with Plantar Fasciitis for over a year, with no relief, no matter what I tried. One week into your program and I'm able to do exercises that I have been unable to perform for some time now."

-- **Dave Elder, CFT, Infinite Fitness, Ft. Wayne, IN**

"The best thing about the program is that it starts to work quickly. I have already started to notice improvement. My heel says, 'Thank You, Rick!'"

-- **Sue, Former Fitness Instructor**

Free DVD Offer

Free DVD Offer

I HAVE A FREE GIFT FOR YOU... *THAT WILL START DECREASING YOUR PAIN NOW!*

I want to send you some of my very best *pain-hacking techniques* FOR FREE!

It's a DVD called "The Pain Hacker" and I want you to have it for free.

On the DVD, you'll find an extensive collection of 90-second pain fixes, which are exactly what they sound like - techniques you can do in just 90 seconds that can start reducing your pain almost immediately! In the video, I go through each technique slowly and carefully to show you exactly how to do them. Here's what you can look forward to...



- "The Pain Hacker" DVD contains 90-second fixes for shoulder pain, back pain, knee pain, elbow pain, foot pain, neck pain, wrist pain, hip pain, hand pain, and more.
- The pain techniques in this DVD will work for you regardless of your current health condition, gender or age.
- **TWO SURPRISE BONUSES!** With your free DVD, I'm also going to throw in two bonus programs that will teach you simple exercises that could radically change the way you feel, day-to-day.

We have limited supplies right now... so get your FREE copy of "The Pain Hacker" DVD before we run out. Go here to get yours now:

ThePainHacker.com/Free-DVD-2

Our TOP 5 Best Selling Exercise Programs

#1: The Whole Enchilada

The “Whole Enchilada” is the most comprehensive collection of research-based and scientifically proven pain and injury recovery programs available anywhere. This package includes a total of 31 unique exercise programs, each designed to heal a specific injury, eliminate a specific pain, or help improve your health in a specific way.

These programs WORK, because they were all developed using the most cutting-edge research, scientific studies, and medical papers. Here are the programs included:



- *10 Easy Movements for Hip Bursitis*
- *Achilles Tendinitis Exercise Solution*
- *Ankle Sprain Solved*
- *Arthritis Handbook*
- *Balance Training Handbook*
- *Best Gluteus Maximus Exercises*
- *Best Gluteus Medius Exercises*
- *Effective Rotator Cuff Exercises*
- *Frozen Shoulder Solution*
- *Hamstring Injury Solution*
- *Hip Replacement Handbook*
- *Iliotibial Band Syndrome Solution*
- *Jumper's Knee Solution*
- *Knee Pain Solved*
- *Knee Replacement Handbook*
- *Low Back Pain Solved*
- *Lumbar Spinal Fusion Recovery*
- *Meniscus Tear Solution*
- *Neck Pain Solved*
- *Patellofemoral Syndrome Solution*
- *Piriformis Syndrome Solution*
- *Plantar Fasciitis Relief in 7 Days*
- *Recovery Workouts*
- *Sacroiliac Pain Solution*
- *Scapular Stabilization Exercises*
- *Shin Splints Solved*
- *Shoulder Pain Solved*
- *Tennis Elbow Pain Solution*
- *Thoracic Outlet Syndrome Solves*
- *Unlock Your Tight Ankles*
- *Unlock Your Tight Shoulders*

When you order "The Whole Enchilada", we'll send you a USB Flash Drive that comes pre-loaded with all 31 programs. You only need to plug it in your computer or gadget to instantly access the programs.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **The Whole Enchilada.**

#2: Flexibility Over 40 Handbook

You probably already know that inflexibility can lead to balance problems, which can lead to dangerous falls, which can lead to serious injuries... especially in older individuals.

But did you know that inflexibility may be a signal that your arteries are clogged?

SCIENTIFIC RESEARCH has shown that a specific kind of stretching can improve your balance (so you can avoid dangerous falls and injuries), and may even help prevent and reverse heart disease.



Here is some good news...

- Improving your flexibility can make you feel better than you have in years (maybe even decades!)
- Improving your flexibility can make it much easier to do your day-to-day tasks and movements.
- Improving your flexibility can help you resume the activities you LOVE.
- Improving your flexibility can help you regain solid balance and stability.
- Improving your flexibility can help you prevent, and possibly even reverse heart disease.

IMPORTANT NOTE: Most exercise programs that improve flexibility are too advanced and too difficult for older adults, but the stretching routine in our Flexibility Over 40 program was designed specifically for women and men over the age of 40.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Flexibility Over 40 Handbook.**

#3: Piriformis Syndrome Solved

At last, there is a comprehensive, yet simple to follow program that contains the exercises you need to know to naturally rid yourself of Piriformis Syndrome pain.

Imagine being able to bend over or walk up stairs without feeling sharp pain...

Imagine no longer having to spend your money on injections, pain medication and inferior solutions that only work temporarily, or worse, not at all...

Imagine being able to play your favorite sport once again, pain free...

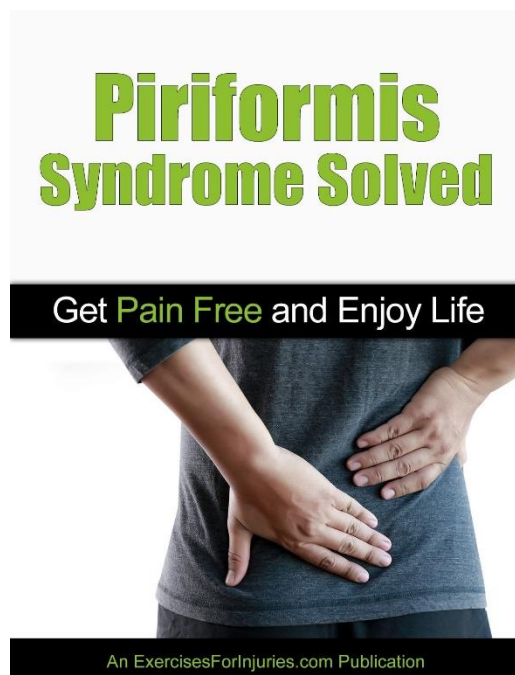
The Piriformis Syndrome Solution is filled with expert tips and exercises that will allow you to eliminate discomfort and pain as fast as possible.

Plus, with the videos, you can see exactly how to properly execute the exercises, so you can avoid using bad form that could negatively impact your results.

Save yourself money and frustration – get the Piriformis Syndrome Solved today and restore pain-free movement!

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Piriformis Syndrome Solved.**

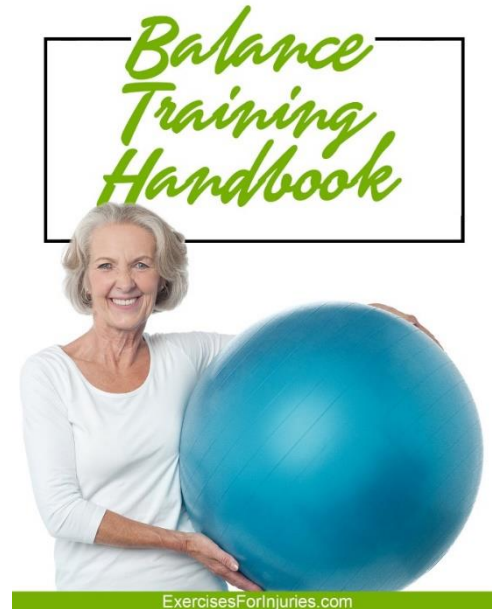


#4: Balance Training Handbook

Regain Your Balance and Your CONFIDENCE with the Balance Training Handbook.

This simple, easy, gentle 8-minute exercise routine will help you improve your balance, prevent falls and protect you from the “bad balance negative downward health spiral.”

Replace your fears of falling and increase your physical activity with confidence! Strengthen your legs, stabilize and strengthen your core and get back to living your life fully.



Return to doing the day-to-day things you NEED to do, and doing them YOURSELF, so you don't have to depend on or burden other people!

Visit: ExercisesForInjuries.com/Shop

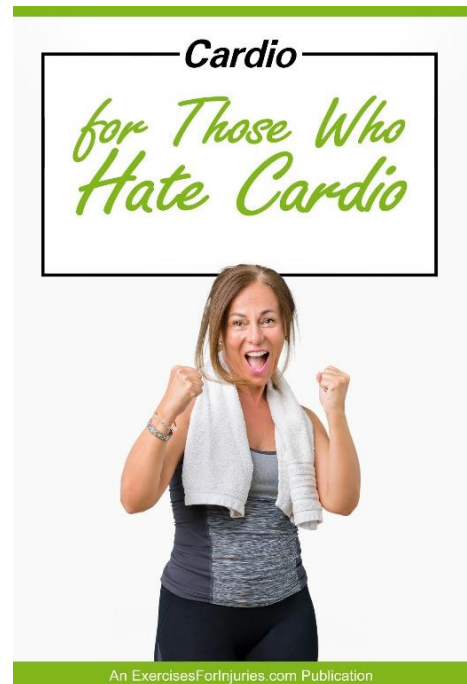
Type or paste in the Search box one or more keywords of the product name: **Balance Training Handbook**

#5: Cardio for Those Who Hate Cardio

Cardiovascular exercise has been proven to help keep your heart healthy... but you HATE CARDIO!

Did you know... you don't have to do "traditional" cardio exercises? This program provides you with a much easier and more enjoyable way to keep your heart healthy, get fit, feel great, and even lose weight.

- This program is designed specifically for women and men over the age of 45, so it's gentle, safe, and very easy to do.
- It's also fast—you can do the entire routine in under 7 minutes a day.
- And you don't need a gym, any expensive equipment, or special workout clothes.
- This program can ALSO help you lose weight (because you'll be burning more calories throughout the day automatically), increase your energy, prevent injuries, improve coordination and balance, improve your flexibility, and protect against chronic pain



So, get moving today! Burn those calories and invest in your heart-health without the typical boring cardio activities that most people dread.

Visit: ExercisesForInjuries.com/Shop

Type or paste in the Search box one or more keywords of the product name: **Cardio For Those Who Hate Cardio.**

GOT PAIN? We Have a Program for You

If you have a specific pain or injury you need help with... *you're in the right place*. For 25+ years, Rick Kaselj has been developing easy-to-learn, easy-to-do, highly-effective, research-based, low-impact exercise programs that are designed to reduce, heal and eliminate specific pains and injuries. **Below are just some of Rick's programs, categorized by pain and injury:**

BACK PAIN

- Best Gluteus Medius Exercises (back and hip pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Sacroiliac Pain Solution (low back pain)
- Lumbar Fusion Exercises (recover faster from lumbar fusion surgery)
- Effective Exercises For Scoliosis (back pain)
- Low Back Pain Solved (low back pain)

KNEE PAIN

- Patellofemoral Syndrome Solution (knee pain)
- Best Gluteus Maximus Exercises (low back, hip and knee pain)
- Knee Replacement Handbook (recover faster from knee replacement surgery)
- Iliotibial Band Syndrome (knee pain)
- Meniscus Tear Solution (knee pain)
- Jumper's Knee Solution (knee pain)
- Knee Pain Solved (knee pain)

FOOT, HEEL, ANKLE PAIN

- Plantar Fasciitis Relief In 7 Days (foot and heel pain)
- Ankle Sprain Solved (ankle pain)
- Unlock Your Tight Ankles (ankle pain)

SHOULDER PAIN

- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)
- Frozen Shoulder Solution (shoulder pain)
- Effective Rotator Cuff Exercises (shoulder pain)
- Scapular Stabilization Exercises (shoulder pain)
- Shoulder Pain Solved (shoulder pain)
- Unlock Your Tight Shoulders (shoulder pain)

NECK PAIN

- Neck Pain Solved (neck pain)
- Thoracic Outlet Syndrome Solved (shoulder, neck and arm pain)

LEG PAIN

- Hamstring Injury Solution (hamstring pain)
- Shin Splints Solved (shin pain)
- Achilles Tendonitis Exercise Solution (calf pain)

MISCELLANEOUS

- Arthritis Handbook (joint pain)
- Piriformis Syndrome Solved (buttock pain)
- Recovery Workouts (speed up recovery between workouts)
- Tennis Elbow Pain Solution (elbow pain)

**To find out more about any of these
or our other pain, injury or exercise programs, go to:**

ExercisesForInjuries.com/Shop