

THE *Ultimate* MAN'S MENU

7 Hearty Meals to Satisfy Dad



A PainlessNutritionals.com Publication

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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.

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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
1/2 tsp nigella seeds
1/4 tsp fenugreek seeds

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 Sauce

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 Painless Nutritionals

Painless Nutritionals is a natural health and wellness brand. We strive to create products that help people live long healthy lives, free from aches and pains, with a youthful vigor regardless of age. Our core belief is that people shouldn't dread getting older; they should look and feel incredible. Painless Nutritionals features specially chosen and highly effective supplements that nourish the body and fill the gaps that a healthy diet and exercise don't address.

We have products for anti-aging, pain-relief, immunity, and much more. *When diet and exercise aren't enough to get the results you want, we have the solution.*

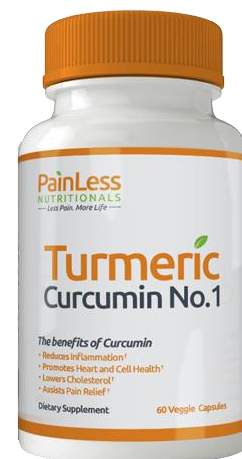
Our Best-selling Products

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Fight back against harmful inflammation with Turmeric Curcumin. Inflammation is now believed to be a leading cause of many diseases. It can also cause joint pain and older looking skin.

In addition to being used as a spice to flavor Indian cuisine, turmeric curcumin has been used for thousands of years in many Asian countries as an anti-oxidant and anti-inflammatory agent to treat a wide variety of conditions, including:

- Chest pain
- Jaundice
- Menstrual difficulties
- Bloody urine
- Hemorrhages
- Toothaches
- Bruises
- Colic
- And more



To date, over 6000 studies have been done on turmeric. Results have proven turmeric to be more beneficial than many prescription painkillers, without the frustrating side effects.

Turmeric could be exactly what you need to recapture your youth and vitality, without taking risky medications. If you want to decrease chronic aches, pains, and stiffness while improving the health of your skin, this is the perfect supplement for you!

Get your bottle here: <https://painlessnutritional.com/shop/>

Thyroid Support

Are you gaining weight more easily? Do you feel tired more often than you should? Do you feel older than you are? If so, you might be surprised to learn your thyroid may be the root of all your problems.

It's true. In fact, according to thyroid.org, one in five Americans have hypothyroidism, and up to 60% of these individuals have no idea!

We created this supplement to support good thyroid health.

Whether you have an unhealthy or healthy thyroid, Thyroid Support will help you maintain optimal health.



Benefits you can experience with a healthier thyroid include:

- Increased Energy
- Improved Strength
- Sharpened Memory
- Better Able to Tolerate Cold Temperatures
- Reduction in Hair Loss & Hair Thinning
- Weight Loss

One more big advantage of good thyroid health – it can help you look and feel younger! That's right, a healthy thyroid helps skin look fuller, more hydrated and more vibrant. It also boosts your energy!

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Balance Booster Formula

The risk of falling increases as we age, and falls are one of the leading causes of debilitating injuries in older adults. One way to lower this risk is to focus on brain health. Our Balance Booster Formula has been formulated using only those ingredients proven to boost brain function.

Not only does this supplement improve balance and reduce your risk of falling, it also helps improve memory, cognition, and cerebral blood flow.



Even better - Balance Booster Formula will better the results from any balance and exercise programs!

This supplement is your best defense against falling as it addresses the root cause of most balance issues, brain health. Balance Booster Formula is made in the USA with 100% natural ingredients, with no artificial fillers, flavorings, or colors. This brain boosting supplement is simply made with premium ingredients you can trust.

Don't put your health and safety at risk! Support your overall balance by boosting your brain function with our Balance Booster Formula.

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Bone Boost Formula No. 1

Bone loss due to the natural aging process can put you at greater risk of fractures.

In fact, according to the latest statistics from the International Osteoporosis Foundation (IOF), 1 in 3 women over age 50 will experience an osteoporotic fracture, as will 1 in 5 men of the same age.

Bone fractures can be painful and debilitating. They can even lead to death. **Protect your health and safety with Bone Boost Formula.**



This supplement is specially formulated with Vitamin K2 and Vitamin D3, which bones need to stay healthy.

This impactful supplement is specially formulated with Vitamin K2 and Vitamin D3 which are proven to support bone health. Without these two powerful vitamins, you put both your bones and your overall immune system at risk.

This formula:

- Stimulates calcium absorption
- Supports bone health and strength
- Reduces risk of bone disease
- Helps your body fight infections better
- Improves quality of life
- And more

Because of the importance of K2 and D3 in our everyday life, we formulated Bone Boost Formula No. 1 in such a way that it will not only provide the body with a daily dose of the nutrients, but also help it metabolize them properly.

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Is your hair conveying good health and an overall sense of well-being, or is it pointing out exactly the opposite?

Get Super Collagen Support and ensure your hair is making the right first impression.

And don't forget the skin benefits of collagen! This formula is the perfect way to maintain your youthful appearance, and even improve it!

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