

# Robert Irvine

## Quotes

*Military, People, Guy, Children, Done, Responsibility, Restaurants, Sweet, America, Tables, Two, Teamwork, Running, Cancer, Meals, Issues, Immigrants, Bread, Thinking, Competition*

Every meal should end with something sweet. Maybe it's jelly on toast at breakfast, or a small piece of chocolate at dinner - but it always helps my brain bring a close to the meal.

~Robert Irvine

I always worked in institutions, I never had a restaurant of my own before, but I have opened over 30 hotels, restaurants and casinos. I understand what it takes to keep them running.

~Robert Irvine

Food is culture, and we need to listen to it.

~Robert Irvine

The sharing of food is like breaking bread, it's very symbolic.

~Robert Irvine

The military taught me discipline, how to problem solve, teamwork and loyalty, a perfect parallel to the kitchen. If we could take that and bottle it, it would be a amazing thing.

~Robert Irvine

America was built on immigrants, and what they bring 'to the table.'

~Robert Irvine

I travel 330 days a year and eat every two and a half hours - I'm a big guy. I always carry a fork, little bottles of spices, and Sriracha. I eat what I feel like eating.

~Robert Irvine

When I'm on the road, I'll break my exercise into a cardio session and a weights session.

~Robert Irvine

Food should be fun, but it should also be functional.

~Robert Irvine

The children don't choose to be in the business, but the harming and long-term effects through arguments, divorce and conflicts over the financial issues in a business are huge.

~Robert Irvine

I love working out. It's my release. I've done it since I've been in the military.

~Robert Irvine

I created 'Dinner: Impossible' with a guy named Bryan O'Reilly and I shot the pilot as a 30 minute show and we sold it.

~Robert Irvine

Every meal should end with something sweet.

~Robert Irvine

The impression that is out there about me is that I'm really hard-nosed, but the people who really know me, know that I am a soft touch.

~Robert Irvine

I've never been a competition guy.

~Robert Irvine

I found that most people who buy restaurants should never have done it, because they don't understand money.

~Robert Irvine

God does not treat us as our sins deserve, man treats us as our sins deserve.

~Robert Irvine

I was wrong to exaggerate in statements related to my experiences in

the White House and the Royal Family. I am truly sorry for misleading people and misstating the facts.

~Robert Irvine

Every time I tour military outlets, I dedicate the food, fitness and set-ups to their service, because it all came to me through the military.

~Robert Irvine

Whenever I deal with children or the military, that becomes special to me.

~Robert Irvine

I had written two cookbooks, and they had done well, but I wanted to move to fitness, because it's big with me.

~Robert Irvine

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