



**Quick Bite**

**GREEN TEA  
BET 'N' BERRY  
SMOOTHIE**

In a blender, dump in half a #92, half a #5, a small #11, a palmful each of frozen blueberries and #48, and the juice of a blood orange. Drop in a dollop of #42. Buzz until smooth. Want it creamier? Add more yogurt. Thinner? More tea. Makes 2 servings

**PER SERVING: 171 CALORIES,  
7g PROTEIN, 1g FAT, 37g CARBS**



**50. CHICKEN ENTRÉE**  
BEETHIK ORGANIC CHICKEN MEATBALLS  
These orbs are slathered in a luscious sweet-and-smoky BBQ sauce.



**51. BEEF ENTRÉE**  
STOUFFER'S FIT KITCHEN BOURBON STEAK  
This box contains 27 grams of protein and 410 calories.



**52. VEGETARIAN ENTRÉE**  
LIVO QUINOA & VEGETABLE ENCHILADAS  
Fill your gut with 7 grams of fiber. Top with a dollop of #72.



**53. BURRITO**  
EVOL CHICKEN FAJITA  
This spicy roll-up contains antibiotic-free chicken and 6 grams of fiber. Fast-food burritos fear it.



**54. PIZZA**  
NEWMAN'S OWN FOUR CHEESE THIN & CRISPY PIZZA  
Add sautéed #13s. Or go spicy with thinly sliced #9s.



**55. BEF CREAM**  
FORTE HIGH PROTEIN GELATO PURE ORGANIC MADAGASCAR VANILLA  
Enjoy it: You're taking in 15 grams of protein per serving!

**BEST CANNED/JARRED**



**56. CANNED TOMATOES**  
CENTO SAN MARZANO PEELLED TOMATOES  
Drain, smash, sea-salt, and sauté for



**57. HOT SAUCE**  
DINGSOUR BAR-B-QUE ORIGINAL SENSUOUS SLATHERING  
The flavor blast comes from tomatoes, not HFCS.

**BEST SNACKS**



**58. PICKLE**  
WOODSTOCK ORGANIC KOSHER BABY DILL  
These snappy, crispy cukes are awesome on



**59. CANNED WILD PLANT**  
ALASKAN  
It's kacha! (hainalea) malalo! (taste!)!



**60. MUSCLE**  
3 Lifts That Will Transform Your Body



**61. BREAKFAST NACHO**  
SIZZLE



**62. BREAKFAST NACHO**  
Toss 2 handfuls of tortilla chips with a pinch of chili powder and top with grated cheddar; melt in the oven.

**Per Serving**

<b>570</b>	<b>25g</b>	<b>37g</b>	<b>33g</b>	<b>4g</b>
CALORIES	PROTEIN	FAT	CARBS	FIBER

**THE READER ISSUE** Real Guys, Real Results!

**Men's Health**

THE WEEKLY MAGAZINE BY

**FIRE FIGHTER STRONG!**

Get Big, Torch Fat, Save a Life (Yours)

**FREE WORKOUT POSTER!**

**THE PALEO SEX SECRET**

Invent Fire... in the Bedroom

**BOOST YOUR SALARY IN 12 SECONDS**

**MAX MUSCLE**

3 Lifts That Will Transform Your Body

**837** READERS SHOW YOU HOW TO:

Stop Heart Disease  
Drop 10 to 200 Pounds  
Dodge Depression & Change the World!

**125** BEST FOODS FOR MEN

**COVER CONTEST WINNER**  
Tim Rodehorst  
Louisiana, KY

**570 CALORIES** **25g PROTEIN** **37g FAT** **33g CARBS** **4g FIBER**

**BEST FROZEN FOODS**

**45. FATTY FROZEN FISH**  
VITAL CHOICE WILD ALASKAN SOCKEYE SALMON  
Six ounces nets you a substantial 36 grams of protein.

**46. WHITE FROZEN FISH**  
VITAL CHOICE WILD ALASKAN COD  
It's mild-tasting, flaky fish packs 39 grams of protein into 6 ounces.

**47. FROZEN SHELLFISH**  
VITAL CHOICE FROZEN LIVE PACIFIC MUSSELS  
Eat 10 or so and you'll score 19 grams of protein.

**48. FROZEN FRUIT**  
EARTHBOND FARM ORGANIC STRAWBERRIES  
They help fight cancer, reports an Oklahoma State review.

**49. FROZEN VEGETABLES**  
CASCADIAN FARM ORGANIC CALIFORNIA-STYLE BLEND  
Broccoli! Cauliflower! Carrot!