

Men's Health

THE BEST PACKAGED FOODS FOR MEN

125 Best Foods for Men

Restock your kitchen with foods that taste as good as they are good for you

Here's your ultimate shopping list, one filled with great-tasting foods that can fight fat, build muscle, and boost your health. Our methodology: We analyzed more than 1,000 supermarket foods and awarded points for products that are low in calories and high in protein and fiber, and made with whole ingredients. Then we pared down our selections and held taste tests to determine the final winners. In the case of a tie, the item with the shortest ingredient list won.

#101

Best Chicken Entree

EVOL Bowls Chicken Enchilada

Make it even better with a squeeze of lime juice and some chopped fresh cilantro.



Per meal: 390 calories, 22 g protein, 49 g carbs (7 g fiber), 13 g fat

#106

Best Burrito

EVOL Fire Grilled Steak Fajita

Cilantro-lime rice and special salsa (tomatillo and roasted corn) raise this treat to new frozen-food heights.



Per burrito: 370 calories, 20 g protein, 52 g carbs (4 g fiber), 9 g fat

Find the entire article online at
<http://www.menshealth.com/nutrition/best-foods>