

TONS OF
USEFUL STUFF

Men's Health

YOUR COMPLETE
15-MINUTE
MIND/BODY PLAN

HOW TO
REMEMBER
ANYTHING!

SEE PAGE...
UM...96!

GET STRONG

7

FAST-CASH
SECRETS

EAT THE
PERFECT
MEAL—
EVERY
TIME

KEEP
THE JOB,
LOSE THE
STRESS

ARE YOU
AS FIT
AS YOU
THINK?
TAKE OUR
TEST, P.148

HER SECRETS,
EXPOSED!

700 WOMEN
REVEAL
WHAT YOUR
WOMAN IS
HIDING

The Men's Health Guy,
True Blood's

Ryan Kwanten

"I want to be the best.
I want to be the champion."

Ryan wears a Converse by John Varvatos
shirt and Gap 1969 jeans

93. BEST JERKY
Matador Beef Jerky, Original
 Pack it in your gym bag—jerky is a delicious on-the-go muscle food.
 Per 1 oz: 80 calories, 11 g protein, 6 g carbs, 1.5 g fat



99. BEST CHOCOLATE BAR
Dagoba Organic Beaucoup Berries
 Dried fruit boosts flavor and antioxidants.
 Per bar: 250 calories, 5 g protein, 27 g carbs (7 g fiber), 19 g fat



104. BEST VINEGAR
Colavita Balsamic Vinegar
 Mix ¼ cup of this with ½ cup of olive oil, chopped herbs, some shavings of Parmesan cheese (#47), salt, and pepper. Stir well for an easy vinaigrette.
 Per Tbsp: 15 calories, 3 g carbs



94. BEST NUT
Planters Nutrition Almonds
 For an instant gut-filling snack, reach for these nuts, seasoned only with sea salt.
 Per 28 g (about 2 Tbsp): 170 calories, 6 g protein, 6 g carbs (3 g fiber), 15 g fat



100. BEST COOKIE
Country Choice Organic Soft Baked Double Fudge Brownie Cookies
 Rich and chewy—without calorie overload.
 Per cookie: 90 calories, 1 g protein, 16 g carbs (1 g fiber), 3 g fat



105. BEST SALT
Maldon Sea Salt Flakes
 This salt is perfect for heightening the flavors of fish, meat, or vegetables after they're cooked. Try it on a rib eye steak (#21) and taste the difference.
 0 calories



95. BEST NUT ALTERNATIVE
Eden Organic Pumpkin Seeds
 A high-protein snack equally suited to the ballpark or the office.
 Per ¼ cup: 200 calories, 10 g protein, 5 g carbs (5 g fiber), 16 g fat



Cooking Staples

106. BEST BLACK PEPPER
Simply Organic Whole Black Peppercorns
 Forget the preground stuff in the shaker. Freshly ground pepper and sea salt (#105) are the cornerstones of flavorful cooking. Use each to your taste.
 0 calories



96. BEST DRIED FRUIT
Peeled Snacks Much-Ado-About Mango
 No added sugar or artificial flavors, and only one ingredient: mango.
 Per bag: 120 calories, 2 g protein, 28 g carbs (2 g fiber)



101. BEST HOT SAUCE
Huy Fong Foods Tuong Ot Sriracha
 Made from hot chilies, this sauce delivers a burn that enhances everything from scrambled eggs to chicken wings to salsa.
 Per tsp: 5 calories, 1 g carbs



107. BEST BREAD CRUMBS
Wel-Pac Japanese Style Panko Bread Crumbs
 A lighter, crunchier Japanese variety that's great sprinkled over sautéed string beans.
 Per ½ cup: 110 calories, 4 g protein, 20 g carbs (1 g fiber), 1 g fat



97. BEST TRAIL MIX
Sahale Snacks Southwest Cashews
 Not your forest ranger's gorp: This snack is flavored with chili powder and Cheddar.
 Per ¼ cup: 140 calories, 5 g protein, 10 g carbs (1 g fiber)



102. BEST EVERYDAY OIL
Spectrum Organic Canola Oil
 Its neutral taste is suitable for everyday cooking, and it has a well-balanced fatty acids profile, to help fight disease.
 Per Tbsp: 120 calories, 14 g fat



108. BEST LOW-SODIUM BROTH
Pacific Natural Foods Organic Free Range Chicken
 Tastes like homemade, with far less sodium than most brands. Use it as a base for soups.
 Per 1 cup: 15 calories, 2 g protein, 1 g carbs



98. BEST SNACK BAR
Lärabar Peanut Butter Cookie
 The perfect way to power through to a late lunch.
 Per bar: 220 calories, 7 g protein, 23 g carbs (4 g fiber), 12 g fat



103. BEST HIGH-END OLIVE OIL
Yellingbo Gold Extra Virgin Olive Oil
 This peppery, light-bodied oil tastes amazing drizzled on fresh pasta, mozzarella, or crusty bread.
 Per Tbsp: 120 calories, 14 g fat



109. BEST SOY SAUCE
Kikkoman Less Sodium Soy Sauce
 Use it as a salt substitute in soups, marinades, and dressings to add a savory flavor to your meals that's deeper than salt.
 Per Tbsp: 10 calories, 1 g protein, 1 g carbs

