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FAT-BURNING TIPS

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D.I.Y. SAUSAGE

► Making your own chorizo, a type of sausage popular in Spain and Mexico, can cut the fat content found in the store-bought version by more than 50%.

MAN MEALS

CLASSICS MADE LEANER

Your go-to cheat foods don't have to be fattening. We asked **Devin Alexander**, author of the new *The Biggest Loser: Flavors of the World Cookbook*, to help us cut calories and amp up the nutrients in three guy staples: nachos, steak sandwiches, and cheap Chinese.

CHORIZO NACHOS

INGREDIENTS

For the homemade chorizo
(Makes 16 oz)

- ¼ cup + 1 tbsp old-fashioned oats
- ¼ cup red wine vinegar
- 2 tbsp egg substitute
- ¼ cup chili powder
- 2 tsp freshly minced garlic
- 1 tsp dried oregano
- ½ tsp salt
- 1 pound extra-lean ground pork
- olive oil spray

For the nachos

- 1 oz (about 1 large handful) all-natural, baked tortilla chips
- ½ cup canned, no-salt-added black beans, rinsed and drained then heated
- 2 tbsp all-natural salsa con queso, heated
- ¼ cup well-drained, fresh pico de gallo or fresh salsa
- 1 tbsp finely chopped whole scallions

MAKE IT

- **1)** First, prepare the chorizo. Combine the oats, vinegar, and egg substitute in a medium bowl. Allow to stand for 3 minutes, or until the oats begin to soften. Add the chili powder, garlic, oregano, and salt, and stir until well combined. Using your clean hands or a fork, mix in the pork until well combined. Transfer the mixture to a resealable container and refrigerate at least 24 hours before using.
- **2)** Place a small nonstick skillet over medium-high heat. When hot, lightly spray

the pan with oil and add the chorizo. Cook, breaking it into large chunks, for 1 to 2 minutes, or until it's no longer pink.

- **3)** To make the nachos, arrange the chips on a dinner plate. Top them evenly with the beans, then 2 ½ oz of the chorizo. Drizzle the salsa con queso evenly. Top with pico de gallo and scallions.

SERVES 1

Nutritional Breakdown
335 calories, 22g protein,
47g carbs, 7g fat, 7g fiber



PHILLY BUFFALO CHEESESTEAK

INGREDIENTS

- 1 6-inch whole-wheat baguette
- 4 oz trimmed bison sirloin
- Olive oil spray
- ¼ cup onion slivers
- ¾ oz light provolone cheese, sliced
- 2 tsp sliced, pickled hot chilies (optional)
- 1 tbsp ketchup

MAKE IT

- **1)** Cut the bread lengthwise so it opens like a book.
- **2)** Place the steak flat on a cutting board. To shave it for the sandwich, hold a very sharp knife at a 45-degree angle and cut the meat into slivers. (You're basically tearing the steak until it's all shaved. The pieces should be cut much more finely than if they were simply sliced.)
- **3)** Place a nonstick skillet over medium-high heat and mist it with spray. Add the onion. Cook, stirring frequently, for 4 to 7 minutes, or until tender and caramelized. Remove from the pan and cover to keep warm.
- **4)** Turn the heat to high and add the bison shavings. Pull apart the shavings using a couple of wooden spoons

GO EXOTIC

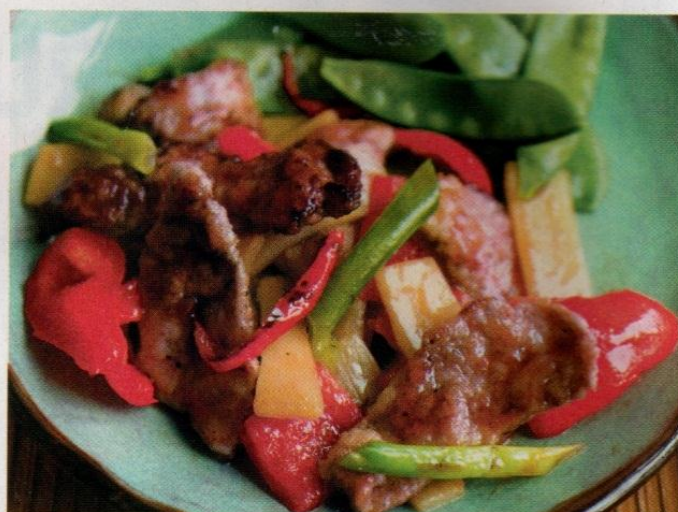
➤ Bison meat is not only lower in calories and fat than beef, it's also packed with more nutrients, including energy-boosting B vitamins; selenium and CLA (which have been shown to fight cancer); and heart-healthy omega-3s.

or spatulas to ensure even browning as the shavings cook. Cook for 2 minutes, or until the steak is just barely pink on the inside and lightly browned on the outside. Pile it toward one side of the pan and turn the heat down to medium. Place the cheese over the pile of meat. Add the open baguette, cut side down, to the empty side of the pan, and toast until it's a light golden brown. Open the baguette on a plate.

- **5)** When the cheese is melted, use a spatula to transfer the meat evenly to the baguette. Top with the onions and chilies, if desired, followed by the ketchup.

SERVES 1

Nutritional Breakdown
354 calories, 35g protein,
33g carbs, 8g fat, 3g fiber



SWEET AND SOUR PORK

INGREDIENTS

- 1¼ lbs pork tenderloin, cut into ½-inch cubes
- 5 tbsp rice vinegar
- 3 tbsp agave nectar
- 2 tbsp low-sodium soy sauce
- 1½ tbsp tomato paste
- 1 tbsp dry sherry
- 1½ tbsp cornstarch
- olive oil spray
- 3 whole scallions, diced
- 1 red bell pepper, diced
- 2 tbsp slivered red chilies
- 2 tsp minced garlic
- ½ cup drained, canned bamboo shoots
- 2 tsp avocado oil

MAKE IT

- **1)** Place the pork in a single layer between two sheets of waxed paper and pound with the side of a meat mallet until thin (about ¼-inch thick). Cut each in half lengthwise and put in a bowl with 2 tbsp of rice vinegar. Let marinate, covered, in the fridge for 20 minutes.
- **2)** Meanwhile, whisk the agave, soy sauce, tomato paste, sherry, and remaining vinegar in a small bowl.
- **3)** Remove the pork from the vinegar, shake off any excess liquid, and transfer the pieces to a clean medium bowl. Add the cornstarch and toss until coated evenly.

SKIP THE RICE

➤ To keep calories low, serve the pork with broccoli or snow peas. For a milder dish, seed the chilies before cooking.

- **4)** Place a large nonstick wok over high heat. When hot, lightly spray it with olive oil and add the scallions, bell pepper, chilies, garlic, and bamboo shoots. Cook, stirring frequently, for 3 to 5 minutes, or until the veggies just start to become tender. Remove from the pan and cover to keep warm.

- **5)** Return the wok to the heat, add 1 tsp of the avocado oil and half of the pork in a single layer. Cook briefly, stirring frequently, until the pork is just barely pink inside. Add it to the veggie mixture. Repeat with the remaining oil and pork.

- **6)** Dump the pork and veggies back into the wok and pour the sauce over the top. Turn off the heat. Stir until the sauce thickens slightly enough to coat the meat and veggies.

SERVES 4

Nutritional Breakdown
269 calories, 31g protein,
21g carbs, 6g fat, 1g fiber