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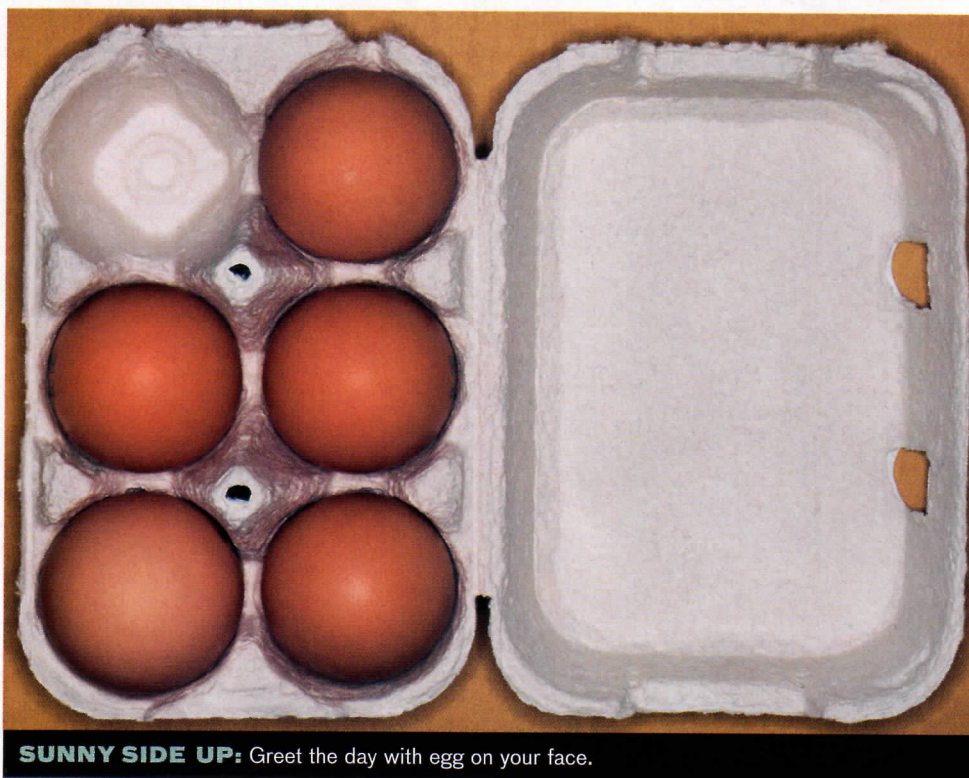
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SUNNY SIDE UP: Greet the day with egg on your face.

Crackin' Yourself Up

Four egg-cellent ways to start the day | DEVIN ALEXANDER

Even if you're a complete kitchen klutz, you can still manage to cook up these four mighty delicious — and surprisingly quick — breakfasts.

THE ALL-AMERICAN SCRAMBLWICH

Breakfast doesn't get any easier than this. Heat a nonstick frying pan over medium-high heat. Crack in 1–2 eggs and stir until no longer runny — about 2–3 minutes. Place cooked eggs on ½ of a toasted whole-wheat English muffin and top with a slice of low-fat cheese and/or lean ham or low-fat sausage patty. Add muffin top. Eat.

FILL-AND-FOLD OMELET

Scramble 2–3 large eggs in a bowl. Place a medium-sized nonstick frying pan over medium heat and pour the eggs into it. Cook until set (no longer runny, even in center). Sprinkle with your favorite toppings: chopped low-fat breakfast sausage, sautéed onions, diced peppers, mushrooms, shredded low-fat cheese, black olives, spinach, or tomatoes. Fold omelet in half. Cook for 20 seconds, then flip and cook for 20 more.

NUCLEAR ENERGY

Microwaved eggs are mess-free and taste much better than you'd think. To make 'em, coat a small bowl with

butter-flavored cooking spray. Crack 1–2 eggs into the bowl and nuke on high for 1 minute. Continue cooking in 20-second intervals (the time will vary by microwave) until the egg whites are no longer runny. Top the cooked eggs with salsa or place them on a whole-grain bagel with a low-fat sausage patty or slice of cheese.

EGG TOSS

Coat a nonstick pan with cooking spray and place over medium heat. Add 2 eggs. As they cook, scrape a wooden spoon from one side of the pan to the other, allowing the uncooked egg to run onto the bottom of the pan. When the eggs are nearly done, add chunks of cooked low-fat breakfast sausage, onions, peppers, fresh chopped spinach, or diced tomatoes. Eat as soon as everything is warm.

Look Sharp

A point-and-click guide to kitchen blades

Whether you're carving turkey, dicing peppers, or chasing down a masked intruder, you need the right knife for the job.

■ **Chef's knife:** Ideal for chopping, this is the workhorse of knives — so plan on investing some cash. We like the the Shun blades from Kershaw (which are said to be as sharp as a samurai sword). **\$129**
@ kershawknives.com



■ **Utility knife:** The second mate of the chef's knife — with a narrower blade for lighter jobs, such as cutting gristle from meat or slicing raw breast (chicken, that is). German manufacturer Messermeister has two great models in its Meridian Elite line, each of which has the blade extending through the riveted handle. That means the handle will never crack or separate from the knife. **\$72 and \$82**

@ messermeister.com



■ **Paring knife:** Use this blade for detailed projects, such as peeling carrots and coring apples. The 3½-inch paring knife from OXO, with its superfine tip and soft, nonslip handle, is ideal. (Just don't plan on the knife lasting a lifetime — it *will* dull and rust over time.)

\$7 @ oxo.com

—DA

