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Men's Fitness

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Pigskin Party

Need some game-day grub? Try these Super Bowl fillers.

DEVIN ALEXANDER

They may not be serving up any nipples during this year's Super Bowl (we're guessing), but even so, that doesn't mean you have to suffer through the game without enjoying any mouth-watering treats. But before you dial up Domino's for a quick and FCC-approved fix, keep in mind that those slices can put close to a thousand calories into you. You're best defense against that ab-busting assault? Change your gridiron strategy and go for the unexpected, like these home-cooked eats that can tackle even the heartiest party-going appetites.



DIG IN: Ab solution is at hand.

HOME-TEAM HOAGIES

French bread (look for a loaf that's 16 inches long and 4 inches wide)	2 oz light mozzarella, sliced very thin
Olive-oil cooking spray	3 whole tomatoes, sliced very thin
½ lb sliced low-fat ham	Small white onion, sliced very thin
½ lb sliced smoked turkey breast	2 cups shredded lettuce
4 slices low-fat beef salami	Red-pepper flakes
	Dried oregano

(1) Cut the loaf of bread in half, lengthwise, and open. (2) Lightly coat the inside of both halves with olive-oil spray. (3) Place ham, turkey, and salami evenly over the bottom portion of the sandwich. (4) Add the cheese, tomato, onion, and lettuce. (5) Sprinkle the red pepper and oregano on the inside of the sandwich top. (6) Close the sandwich, fasten with toothpicks, and refrigerate until needed. Slice into 10 equally sized portions before serving.

Per serving: 233 calories, 14 g protein, 29 g carbs, 6 g fat, 2 g fiber

TOUCHDOWN CHILI

1 lb top-round steak	1 can (28-oz) diced tomatoes
1 tsp salt	1 can (6-oz) tomato paste
1¼ tsp chili powder	1 tbsp sugar
2 tsp olive oil	½ tsp cumin
1 large red pepper, chopped	Hot sauce to taste
1 large onion, chopped	1 can (15-oz) black beans
1 clove garlic, minced	
1½ tbsp chili powder	

(1) Trim all visible fat from steak. (2) Cut beef into ½-inch cubes. Season cubes with salt and chili powder. (3) Place a large nonstick pot over medium-high heat. Add olive oil and meat to pan and brown on all sides. Add red pepper, onion, and garlic, then cook until tender. Add remaining ingredients — except black beans. (4) When mixture comes to a boil, turn heat to low, cover pot, and allow to simmer for 60–90 minutes. (5) Add beans and cook another 30 minutes. (6) Spoon chili into bowls. Makes 4 servings.

Per serving: 333 calories, 35 g protein, 39 g carbs, 7 g fat, 9 g fiber

Starting Lineup

MF's Crunch Committee picks party-snack All Stars

Best Potato Chip

Kettle Crisp's Low-Fat Hickory-Barbeque Gourmet Baked Potato Chips

Most baked chips taste like cardboard chunks rolled in Day-Glo-colored artificial flavoring. That's why we love Kettle Crisp's subtly seasoned "real" potato chips, which look like they're made with real potato slices rather than processed spud flakes.



Best Exotic Chip

Terra's Mediterranean Vegetable Chips

Think of these chips as the Franz Ferdinand or Scissor Sisters of the snacking world. They're trendy but still

fairly unknown to the masses — meaning you can feel like the *one* who discovered them. Each bag of the Original, Zesty Tomato, or Krinkle Kut blends is packed with veggies such as parsnips and sweet potatoes and contains 30% less fat than your standard Pringle.



Best Cheese Snack

Frito-Lay's Baked! Cheetos

These finger-dying orange twists have the same satisfying crunch and rich, cheesy taste of regular Cheetos, with only a fraction of the fat and calories.

