

MUSCLE & FITNESS Hers

9X IFBB FITNESS CHAMP
TANJI JOHNSON

FIT AT 40
CAN YOU
BELIEVE IT?

**SEXY
ABS**
IN 30 DAYS
P78

THE BEST WAYS TO

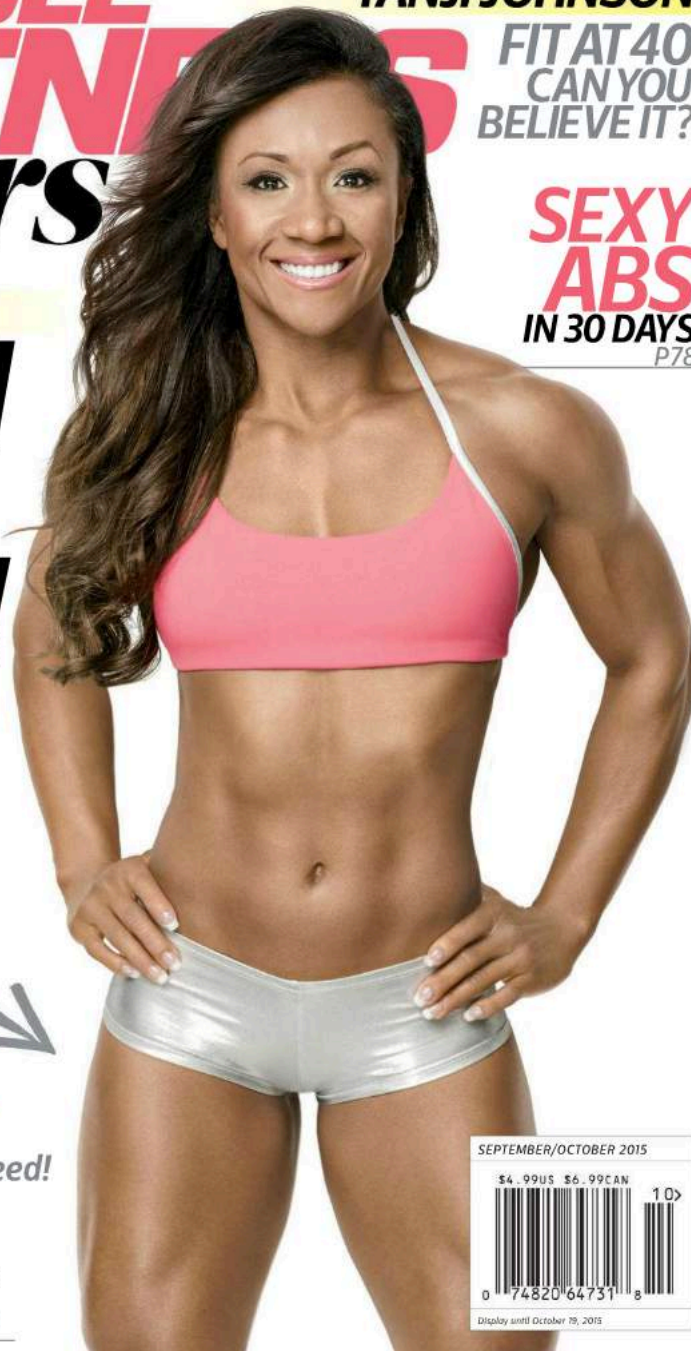
BURN FAT FAST!

147 Shortcuts
To A Trimmer,
Slimmer You

**GET A ROCK
STAR BODY**
WITH MADONNA'S TRAINER

**SCULPT
ATHLETIC
LEGS NOW** 
1 Machine Is All You Need!

**EAT CARBS,
GET LEAN** P60



SEPTEMBER/OCTOBER 2015

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Display until October 15, 2015

BEST CHOICES FOR

CLEAN EATING & MUSCLE BUILDING

 The road to fit-body success is paved with a bullet-proof clean-eating plan, filled with contingencies for any occasion. And since we know you're busy juggling your fitness, family, and career, *Hers* has crafted a solid arsenal of muscle-building, fat-fighting foods that will help your body get stronger and leaner, ounce by ounce. Take this list on your next shopping trip to stock up on the best packaged eats of the year. **BY CAT PERRY, KRISTIN MAHONEY & PAMELA NULLET**



BREAKFAST UP & OUT!

Chia Co Chia Pod

• The perfect mix of chia seeds, coconut milk, and fruit makes for an easy, energy-boosting breakfast on the go. thechiaco.com

Siggi's Yogurt

• An Icelandic style of strained yogurt, skyr (pronounced "skeer") tastes similar to Greek yogurt but has less sugar and more protein. siggisdairy.com

Chobani Simply 100 Greek Yogurt

• A light and smooth Greek yogurt, with a slightly tangy finish. With less sugar than regular yogurt, 12 grams of protein, and only 100 calories, it's perfect for smoothies or a low-cal a.m. snack. chobani.com

Dannon Oikos Triple Zero

• With 15 grams of protein, Triple Zero mixed with muesli or fresh fruit is a convenient, protein-packed breakfast. dannon.com

Better Oats

• These portable packets of high-fiber oatmeal have little to no added sugar and come in seven different styles, including steel-cut, ancient grains, 100-calorie, and real-fruit varieties. betteroats.com

Trader Joe's Cage-Free Eggs

• These cage-free eggs contain no added hormones or antibiotics and are a bargain at less than \$3 a dozen. traderjoes.com

Eggland's Best Egg Whites

• For those who prefer egg whites over whole eggs: Made from farm-fresh shelled eggs, each 3-tablespoon serving contains 25 calories, 5 grams of protein, and zero fat. egglandsbest.com

Organic Valley Lowfat Cottage Cheese

• Add this organic cottage cheese to omelets, salads, burgers, sides, and more—it's got 14 grams of creamy protein per half cup. organicvalley.coop

Quorn Breakfast Sausage Patties

• With 5 grams of protein, this juicy vegetarian patty, made with soy-free mycoprotein and egg whites helps kick morning hunger. quorn.com

Vans's Power Grains Waffles

• Packed with 10g of protein per serving, these yummy waffles are made with nutritious steel-cut oats and brown rice. vansfoods.com

LEAN PROTEINS SURF, TURF & MORE

Safe Catch Elite Wild Tuna

• Safe Catch tests 100% of the tuna it packages for mercury—a more rigorous screening than any other brand available. safecatch.com

Lightlife Smart Patties Meatless Burger

• Available in two varieties, Original with Quinoa and Black Bean, they're grill-ready and packed with 10 grams of protein, with only 100 calories per patty, for a quick, filling vegetarian meal. lightlife.com

Applegate Naturals Presliced Roast Beef

• This roast beef adds 12 grams of protein without all the cons of typical deli meat—it has no antibiotics or nitrates and is non-GMO. Roll it up with cheese for a high-protein, low-carb snack. applegate.com

Echo Falls Wild Alaskan Sockeye Smoked Salmon

• Wild Alaskan Sockeye is experiencing a banner year. Choose from cold smoked varieties and spreads—with 15 grams of protein per serving you can't go wrong. oceanbeauty.com / echo-falls.com



Perdue Simply Smart Olive Oil & Rosemary Chicken Strips

• Take the guesswork out of meals with delicious antibiotic-free, cage-free chicken breast that packs 18 grams of protein per serving. perdue.com

Diestel Presliced Turkey

• These turkey slices are non-GMO and antibiotic- and hormone-free and have no added nitrates, which makes them a clean choice for deli slices. diestelturkey.com

FROZEN FOODS CHILL OUT

Ocean Beauty Salmon Burger

• Juicy with a spicy kick, this meaty salmon burger is supersatisfying and cooks up in just eight minutes. oceanbeauty.com

Organic Prairie Grass-fed 85% Lean Ground Beef

• Organic grass-fed beef is higher in omega-3s and has less total fat and more

antioxidants and conjugated linoleic acid than other beef. organicprairie.com

Bubba Burger Original

• These tasty frozen patties are ready in 10 minutes and are a great source of protein without the long meal prep. bubbafoods.com

Green Giant Valley Fresh Steamers Broccoli Florets

• Pop this bag of frozen veggies in the microwave for five minutes for the most convenient way to get greens on your plate in a jiffy. greengiant.com

Cluck n' Moo Burger

• This burger patty is a chicken-and-ground-beef combo with less than half the amount of fat and saturated fat of regular beef burgers and a third of the calories. cluckmoo.net

Kashi Frozen Dinners

• Kashi's Chicken Florentine combines a unique blend of whole grains with grilled white meat chicken, with 22 grams of protein per serving. kashi.com

Trader Joe's Edamame

• This little green bean is loaded with nutrients—each half-cup serving has about 9 grams of complete protein and 5 grams of fiber. traderjoes.com

