



The 125 BEST FOODS

For MEN

2015



Quick Pick

GREEN TEA BEET 'N' BERRY SMOOTHIE

In a blender, dump in half a #92, half a #5, a small #11, a palmful each of frozen blue-



90. CHICKEN ENTRÉE BEETNIK ORGANIC CHICKEN MEATBALLS

These orbs are slathered in a luscious sweet-and-smoky BBQ sauce.



91. BEEF ENTRÉE STOUFFER'S FIT KITCHEN BOURBON STEAK

This box contains 27 grams of protein and 410 calories.