

THE 6 NEW RULES OF STRENGTH

TONS OF USEFUL STUFF

Men's Health

YOUR BEST SUMMER BODY!

- ★ FLATTEN YOUR BELLY
- ★ SCULPT A V-SHAPED TORSO
- ★ BURN FAT FASTER

Amazing Sex Tonight

THE ULTIMATE NO-WEIGHT WORKOUT

2018 GROOMING AWARDS

LOOK BETTER—INSTANTLY!

597

BEST NEW FITNESS, SEX, NUTRITION & HEALTH SECRETS



ALL YOU CAN EAT

CHOW DOWN & STAY LEAN

BIG ARMS NOW

ARE YOU NINJA FIT?

TAKE OUR TEST

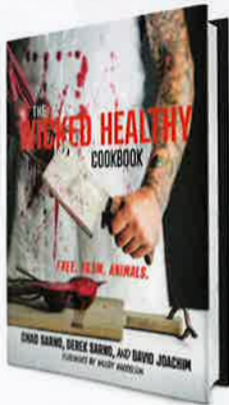
The Men's Health Group
*Wes*world
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toes (with liquid), and
¼ cup low-sodium

1 Tbsp olive oil, 2 tsp
chopped fresh dill,

taste with salt and
pepper. Feeds 4.

and 2 Tbsp chopped
parsley. Feeds 6.

MEN'S HEALTH COOKBOOK OF THE MONTH

THE WICKED HEALTHY COOKBOOK

Stop settling for steamed broccoli—there's far more flavor to be had in "getting your vegetables": sweet potato gratin with crispy onions, sloppy BBQ jackfruit sliders, a big honkin' noodle bowl loaded with a bushel of farmers' market produce. The book, out now, is by Chad and Derek Sarno.

BEST TIP Buy better pasta by sight. Cream-colored, dusty-looking pasta is a sign of high-quality production. The matte texture helps sauce cling to cooked noodles. A smooth, shiny surface and yellowish hue indicates lackluster, mass-produced stuff.