THE 6 NEW RULES OF STRENGTH

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
STUFFED!

It's an easy way to create a well-rounded meal. Insert one delicious food into another delicious food. Check out our chart. Then stuff yourself.

1. **Chili**
   - Cook ground beef, with chili seasonings, until browned.
   - Add 1 cup frozen pinto beans, 1 cup frozen corn, and 1 cup water.
   - Bring to a simmer, then reduce heat to low.
   - Add 1/2 cup water, 1/2 cup tomato sauce, 1/4 cup chopped onions, and 2 cloves minced garlic.

2. **Tuscan beans and greens**
   - In a large pan on medium heat, cook 1 cup dried black beans in 2 cups water until soft.
   - Add 1 cup cooked rice, 1 can diced tomatoes, 1 can black beans, and 1 can corn.
   - Add 1 cup chopped spinach, 1/2 cup chopped parsley, and 1/4 cup chopped onions.

3. **Salmon salad**
   - In a bowl, mix 1 cup diced celery, 1/2 cup diced red onion, 1/2 cup diced tomatoes, 1/4 cup chopped parsley, and 1/2 cup chopped red pepper.
   - Add 1/2 cup mascarpone cheese, 1/4 cup chopped chives, and 1/4 cup chopped jalapeño.

4. **Shrimp salad**
   - In a large bowl, mix 1 cup cooked shrimp, 1/2 cup mayonnaise, 1/4 cup chopped red onion, 1/4 cup chopped parsley, 1/4 cup chopped dill, and 1/4 cup chopped celery.
   - Add 1 cup chopped cucumber, 1/4 cup Greek yogurt, and 1/4 cup chopped red pepper.

5. **BBQ pork**
   - In a slow cooker, add 1/2 cup BBQ sauce, 1/2 cup brown sugar, 1/2 cup ketchup, and 1/2 cup apple juice.
   - Add 2 lbs pork shoulder, 1 cup chopped onions, and 1 cup chopped peppers.
   - Cook on low for 6-8 hours.

6. **Quinoa salad**
   - In a large bowl, mix 1 cup cooked quinoa, 1 cup chopped tomatoes, 1/2 cup chopped cucumber, 1/2 cup chopped red onion, and 1/4 cup chopped parsley.
   - Add 1/4 cup olive oil, 1/4 cup lime juice, and 1/4 cup chopped cilantro.

**NEEDS**
- 1 cup quinoa
- 1 cup black beans
- 1 cup corn
- 1 cup spinach
- 1 cup diced celery
- 1 cup diced red onion
- 1 cup diced tomatoes
- 1/2 cup chopped parsley
- 1/2 cup chopped jalapeño
- 1 cup chopped cucumber
- 1/2 cup Greek yogurt
- 1 cup chopped red pepper
- 1 cup chopped dill
- 1 cup chopped celery
- 1/2 cup BBQ sauce
- 1/2 cup brown sugar
- 1/2 cup ketchup
- 1/2 cup apple juice
- 2 lbs pork shoulder
- 1 cup chopped onions
- 1 cup chopped peppers
- 1 cup quinoa
- 1 cup chopped tomatoes
- 1/2 cup chopped cucumber
- 1/2 cup chopped red onion
- 1/4 cup chopped parsley
- 1/4 cup olive oil
- 1/4 cup lime juice
- 1/4 cup chopped cilantro