

# 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

**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



## JERKY

### WHO YOU CALLIN' JERKY?

#### Epic Chicken Meat

• The savory herbed chicken bites in Epic's Currant & Sesame BBQ snacks are chewy with a semisweet/spicy flavor and made from protein-packed, 100% non-GMO raised chicken. [epicbar.com](http://epicbar.com)

#### Organic Prairie Mighty Bar

• With bold flavors like Bacon & Apple, the Mighty Bar is packed with 8 grams of protein and has just 3.5 grams of fat. Toss one in your gym bag or purse for a post-workout or midday

protein bump.  
[organicprairie.com](http://organicprairie.com)

#### Fusion Rosemary Citrus Turkey Jerky

• Hear the word *jerky* and you think loads of fat and preservatives. Not so with this turkey jerky. The Rosemary Citrus flavor has a burst of seasoning and a light turkey-meat flavor that's all natural and gluten-free. [fusionjerky.com](http://fusionjerky.com)



## CHIPS

### YOU DON'T HAVE TO EAT JUST ONE

#### Lentil Snaps Harvest Snaps

• Reach for this balanced savory snack, made with high-protein lentils in flavors like Tomato Basil. It's higher in protein and lower in sodium than

