

MUSCLE & FITNESS Hers

Free!
GET-LEAN
WORKOUT
POSTER

Alexa
BLISS

From IFBB
Bikini Pro to

WWE
Superstar

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**BURN
MORE
CALORIES**

219 Exercises
to Torch Fat

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BODY
BLUEPRINT**

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in Just 12 Weeks! p132

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BOOTY EVER** p96



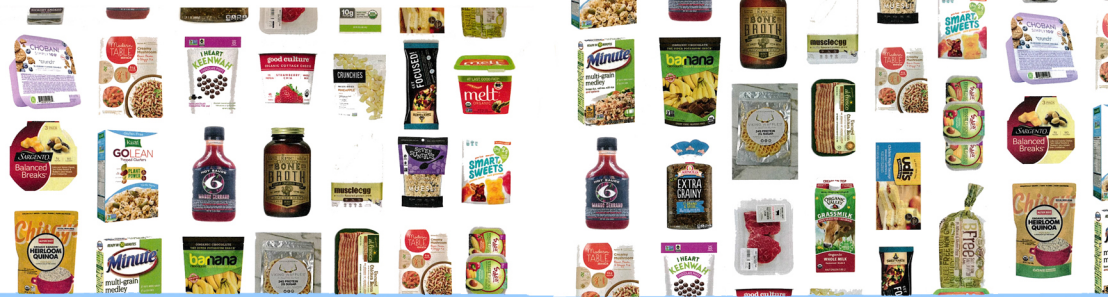
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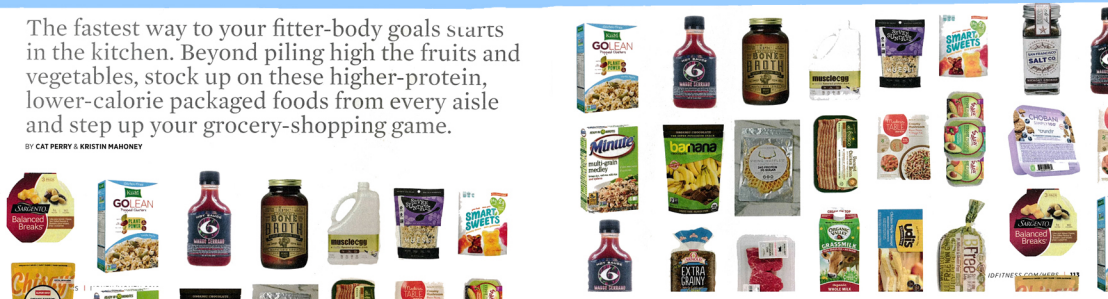
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2016 HERS CLEANEST PACKAGED FOODS GUIDE

The fastest way to your fitter-body goals starts in the kitchen. Beyond piling high the fruits and vegetables, stock up on these higher-protein, lower-calorie packaged foods from every aisle and step up your grocery-shopping game.

BY CAT PERRY & KRISTIN MAHONEY



Breads, Grains, Pasta & Cereal



SEVEN SUNDAYS BLUEBERRY CHIA BUCKWHEAT MUESLI

Protein, gluten-free, non-GMO, high-fiber

A delicious blend of chewy blueberries and apples, crispy coconut, and superfood chia seeds, it has 6 grams of protein and only 7 grams of sugar per half cup. sevensundays.com



MODERN TABLE MEALS CREAMY MUSHROOM PASTA KIT

Gluten-free, high-protein, high-fiber

Protein-filled comfort food? Feel free to have a second serving. These healthier pasta kits are made from beans and legumes—like black beans and red lentils—offering 21 grams of protein per cup and tons of potassium, vitamin C, and iron. moderntable.com



ALTER ECO HEIRLOOM QUINOA

Whole-grain, gluten-free

This quinoa has a unique nutty flavor which makes it perfect for shaking up your grain game. alterecofoods.com



BFFREE BREAD

Gluten-free, vegan, non-GMO

Every gluten-free bread wants to taste as soft and satisfying as this one. BFree makes bagels, multigrain loaves, sliced, and pita. So satisfying, you won't miss the other stuff. us.bfreefoods.com



ARNOLD EXTRA GRAINY BREAD

This bread has 18 grams of whole grains that are visible inside and out, along with 4 grams of fiber per slice.

A healthier, less-processed option for sandwiches and toast. Available at Walmart



GRAINFUL STEEL CUT MEALS IN UNSTUFFED PEPPER

Gluten-free, whole grains

A fast, flavorful, and macro-friendly frozen dinner (18 grams protein, 260 calories) provides you with hearty veggies, turkey, and grains in just minutes. Comes in a ton of flavors, including Porcini Mushroom Chicken and Tuscan Bean & Kale, proving that oats are more than just a breakfast food. grainful.com



MINUTE RICE MULTI-GRAIN MEDLEY

Gluten-free, whole grains

This medley of quinoa, brown, thai red, and wild rice, is 100% whole grain and ready to eat in just 10 minutes. minuterice.com



SIMPLE MILLS PANCAKE & WAFFLE MIX

Gluten-free, non-GMO, grain-free, soy-free

Delicious lower-carb pancake and waffle mix made with almond flour is ideal for clean eating (18 grams of carbs per two cakes). Just add in a dash of your favorite protein powder when mixing, for a healthy silver dollar that's free of refined sugars and grains. simplemills.com



KASHI GO LEAN CLUSTERS CEREAL IN VANILLA PEPITA

Non-GMO, gluten-free, vegan

This sweet and crunchy cereal is made from plant-powered ingredients that give you 9 grams of protein and 6 grams of fiber, leaving you full and satisfied until lunchtime. Whole Foods



NOR-WEGIAN PROTEIN MAGIC WAFFLES

Gluten-free

A single waffle is packed with 24 grams of protein and only 2 grams of sugar. It's a perfect combo of macros to create a healthy and tasty breakfast or post-workout snack. vikingwaffles.com