

WORLD WRESTLING ENTERTAINMENT



JOHN CENA

DESTROYS THE ROAD TO

WRESTLEMANIA 25TH ANNIVERSARY APRIL 5

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WE INDUCT SUPERSTARS INTO
THE BACKSTABBING HALL OF SHAME

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MEAT MARKET

Toss the T-bone to the dogs and carve into these protein-packed cuts recommended by nutrition expert Georgianna Donadio, Ph.D.



BISON

This pricey meat has fewer calories than beef or chicken, yet its **beef-like flavor** isn't compromised. Plus, bison is a healthy, hormone-free alternative, says Dr. Donadio, because these horned beasts graze on all-natural grasses.



CAPON

Chicken is among the most versatile of meats. But not all fowl are created equal. Donadio says that capon, a **castrated rooster**, is more succulent than regular chicken. The downside? This bird's a bit expensive, and its fat content is quite high.



TOP SIRLOIN

Don't let the "95% Lean" sticker fool you; all beef is high in artery-clogging fat. "A **cut of bovine** has more fat than either chicken or bison," says Donadio. If you must, top sirloin is your best bet—it's the leanest cut of beef there is.



VENISON

A great source of protein, B12 and iron, venison is the **leanest of all meats**. Donadio urges you to cook it sooner than later, however, as it goes bad quickly.



YELLOWFIN TUNA

High in protein and low in saturated fat and calories, yellowfin is nearly perfect, except for its **mercury levels**. Stick with yellowfin from the Philippines or Australia, says Donadio, as the mercury count is lower in fish from those regions.

EXOTIC JERKY

Snap into these dried meats from around the world!

WESTERN OSTRICH

It's hard and chewy, but this low-cal ostrich jerky is tangy, thanks to hickory and teriyaki spices. *Jerky.com*, \$26



ALLIGATOR

Marinated in brown sugar and soy sauce, this jerky is packed with authentic gator flavor! *beefjerkyoutlet.com*, \$42

ELK PEPPER PLANKS

Elk has a mild taste, so the makers of this jerky bathe it in a special garlic-pepper marinade to add some zest. *elkusa.com*, \$12



PEPPER GARLIC SMOKED SALMON

Smoked with hickory wood, this premium Alaskan salmon is packed in an airtight sack for the freshest delivery. *alaskasmokehouse.com*, \$24

TIP YOUR WAITER



Wait until you see the main course.