

WORLD WRESTLING ENTERTAINMENT



# JOHN CENA

## DESTROYS THE ROAD TO

### WRESTLEMANIA 25<sup>TH</sup> ANNIVERSARY APRIL 5

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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.