

February 2016

Prevention

CLEAN MEALS YOU'LL LOVE

Comfort Food Favorites Without the Guilt

Walk
Off
Fat

(+MAKE
IT FUN!)



**HEALTHY
SWAP!**
Mac &
Cheese
Makeover,
p. 110

SPECIAL
REPORT
**TRUST
YOUR
GUT**
**SAVE
YOUR
HEART**

p. 86

\$3.99US



Joan Lunden Exclusive

**Face Every
Challenge & Thrive!**



The Junk-Free Way to Get Your Carb Fix

Finally! A slew of new brands are offering a better way to eat carbs, with breads, pastas, and pancakes that swap refined flour for grain-free subs like high-protein almond meal. Our top picks: Simple Mills Pancake & Waffle Mix, Mikey's Muffins Paleo English Muffins, and Cappello's Fettuccine.