

TONS OF
USEFUL STUFF

Men's Health

OCTOBER 2006

NATURAL CURES
YOUR DOCTOR
NEVER HEARD OF

THE FALL CLOTHES
THAT LOOK BEST
ON YOU

IGNITE YOUR
METABOLISM TO
BURN FAT ALL DAY

WHAT
SUCCESSFUL
COUPLES KNOW

759
WAYS
TO
LIVE
THE
PERFECT
LIFE!



The Men's Health Guy

**DANE
COOK**

THE SLACKER'S
GUIDE
TO BUILDING
AN EMPIRE



First-class foods, delivered

ORDER THE BEST CHOW IN THE WORLD WITH A MOUSE CLICK

Food delivered by mail used to mean hard sausage and canisters of caramel corn. Things have freshened up, thanks to the Internet, overnight delivery, and dry ice. Goodbye, preservative-laden health travesties; say hello to the country's best fresh produce and specialty foods. From wild salmon to buffalo to far-flung fruits whose names we can't pronounce, nothing is more than a phone call or a few clicks (and a few extra bucks) away.

BEST CRUSTACEANS

TRENTON BRIDGE LOBSTER POUND

Why you need it: Dozens of companies will send you elaborate live-sea-critter dinners, clam chowder, shell crackers, and all. We just want really good lobster, and this is the best we've tasted. Crack a beer, have a bite of this superfresh, sweet product, and pretend you're at a seaside shack in Maine.

How to buy it: www.trentonbridgelobster.com; \$125 for four 1½-pound live lobsters

BEST SPECIALTY FOODS

THE CHEF'S WAREHOUSE

Why it's the best: Your local market probably doesn't carry buffalo, white balsamic vinegar, or black truffles still moist with Italian soil. These guys have all that and loads more.

How to buy it: www.chefswarehouse.com

BEST EXOTIC PRODUCE

MELISSA'S

Why it's the best: They search the globe for odd fruits and vegetables—strawberry papayas, morel mushrooms, limequats. The tiny, delicate vegetables in the Baby Vegetables Basket are sweet and succulent enough to double as dessert.

How to buy it: melissas.com



BEST FRUIT

FROG HOLLOW FARM

Why you need it: We think these guys grew the tastiest peaches in the world (loaded with vitamin C and antioxidants). Try the Carnucopia of California for a monthly supply of heirloom apples, Satsuma tangerines, and cherimoyas.

How to buy it: froghollow.com; \$600, or \$35 a dozen



BEST SWEET FIX

CHOCOLOVE

Why it's the best: When it comes to the antioxidant powers of chocolate, darker is better—and this Extra Strong Dark has 77 percent cocoa, only 18 grams of sugar, and a finish creamy enough to convert any milk-chocoholic.

How to buy it: chocolove.com; \$20 for 12 bars

BEST FISHMONGER

FISHERMAN'S EXPRESS ALASKA SEAFOODS

Why it's the best: This company's Yukon River king salmon has up to twice the amount of omega-3s in the famous Copper River kings. And don't forget the halibut, black cod, and crab legs.

How to buy it: fishermansexpress.com; \$28 for Yukon River king salmon

BEST PROTEIN PURVEYOR

NIMAN RANCH

Why you need it: This beef gives you the best of both worlds: the high levels of omega-3 fatty acids of grass-fed beef and the rich marbling of corn-fed cattle.

How to buy it: nimanranch.com; \$45 for one 3-inch-thick, dry-aged rib eye that feeds three



BEST CHEESE

ARTISANAL PREMIUM CHEESES

Why it's the best: The selection and ripening process are overseen by New York City's renowned fromage master Terranco Brennan. Try the Fiscoalini Bandaged Cheddar or the buttery Taleggio.

How to buy it: www.artisanalcheese.com

BEST OLIVE OIL

APOLLO

Why it's the best: It squeezed past 600 European oils to reach the world's top 10 in Germany's version of Food & Wine. Unbeatable taste.

How to buy it: apollooliveoil.com; \$23 for 500 milliliters



BEST GRANOLA

MINDFUL MORNINGS

Why it's the best: Handmade whole grains mixed with dried fruits and nuts.

How to buy it: mindfulmornings.com; \$6 for 6 packs