

**Burn Body Fat in 6 Minutes!** p20

mensfitness.com  
**Mens' Fitness**

EXERCISE/NUTRITION/SPORTS/SEX

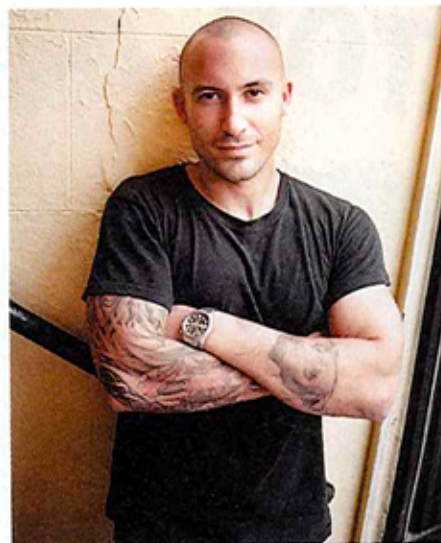


**EAT SMART**

# SECRETS OF THE LEANEST CHEFS

When you cook for a living, you're constantly surrounded by tempting dishes. But these world-class chefs haven't let that make them fat—they combine **their life of food with fitness**. Here's how they do it.

BY NOELLE PISTILLI



**Michael Chernow**

THE MEATBALL SHOP  
NEW YORK CITY

> Though he makes a living serving meat, Chernow keeps his body tight with veggies. "You can never go wrong with a pile of greens," he says. Chernow is a big Muay Thai fan and has fought as an amateur. "A favorite dish of mine is a big bowl of broccoli and spinach with tomato sauce. It's a filling snack or good late-night meal when I'm at the restaurant."

**50 CALORIES** p34

**BENCH 20 lbs MORE  
IN JUST 3 WEEKS** p11

**SEX!**  
p76

MARCH 2011

