



Four manly meals get the *Clean Eating* treatment without giving up even one iota of taste. BY ALLISON YOUNG, PHOTOGRAPHY BY EDWARD POND

Meat & Potatoes Go Healthy!

Some guys prefer that their basic meals avoid becoming adventures of the palate. For taste, who can blame 'em: They want their meat and potatoes, and that's it. Not only can this mean preparing two entrées (you're eating clean, after all), but more than likely it also means he may be missing out on valuable vitamins, minerals, fiber and other goodies that are good for his heart and girth – which really impacts his overall health. “The average American gets about 14 to 15 grams of fiber per day, while the recommended daily allowance is 20 to 35 grams,” says Melina Jampolis, MD, a physician, nutritionist and author of *The No Time to Lose Diet* (Thomas Nelson, 2007).

She goes on to note that bumping up fiber intake can improve heart health and decrease the risk of type 2 diabetes. Studies have also shown that fiber translates to weight reduction, which also helps your guy stay strong and healthy. According to certified nutritionist and author of *Skinny Chicks Don't Eat Salads* (Rodale, 2009) Christine Avanti, fiber also adds to a feeling of fullness – which translates into less noshing later – because it fills him up while aiding his digestion. Sure, potatoes may be America's most loved vegetable, but taters alone don't supply the full spectrum of nutrients necessary to keep you or him healthy and robust. “Eating a diversity of vegetables provides a variety of phytonutrients, which function as

a team of powerful antioxidants and disease-fighters,” adds Dr. Jampolis.

Of course, we know that your guy may not give a hoot about all of these benefits, and we're certainly not here to knock meat and potatoes – both contain essential nutrients. We are proposing, however, a solid way to clean them up and offer options; and we know he won't really complain once you dish out this hardy fare. So, rather than downing a super-sized sirloin, salted to the hilt, paired with a baked potato, loaded with butter and full-fat sour cream, try these four healthy meat-and-potato meals that will convince him that he's still eating his favorites – and give you some alternatives to plain chicken breast, rice and broccoli.