

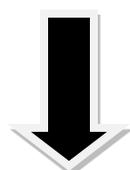
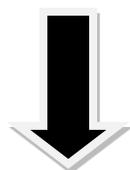
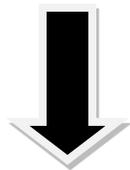
PERSONALLY TRAIN YOURSELF

“INCREASING NATURAL TESTOSTERONE”

2 WEEK GROCERY LIST

- This is a Diet Grocery List of Good Guidelines to what to buy and what not to buy at the store.
- Best Results for Ectomorphs, but all around beneficial to every Body Type to help increase testosterone...Even for Women.
- Remember, this is for educational purposes only and I am not liable to any injury during your workout routine.
- I am not a Doctor or Dietitian.
- This Diet can be repeated every week, but recommended to alternate between this grocery list and the next one for more diversity of meals so you don't get bored.

Lets Begin...



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GROCERY LIST #1

MACRO NUTRIENTS

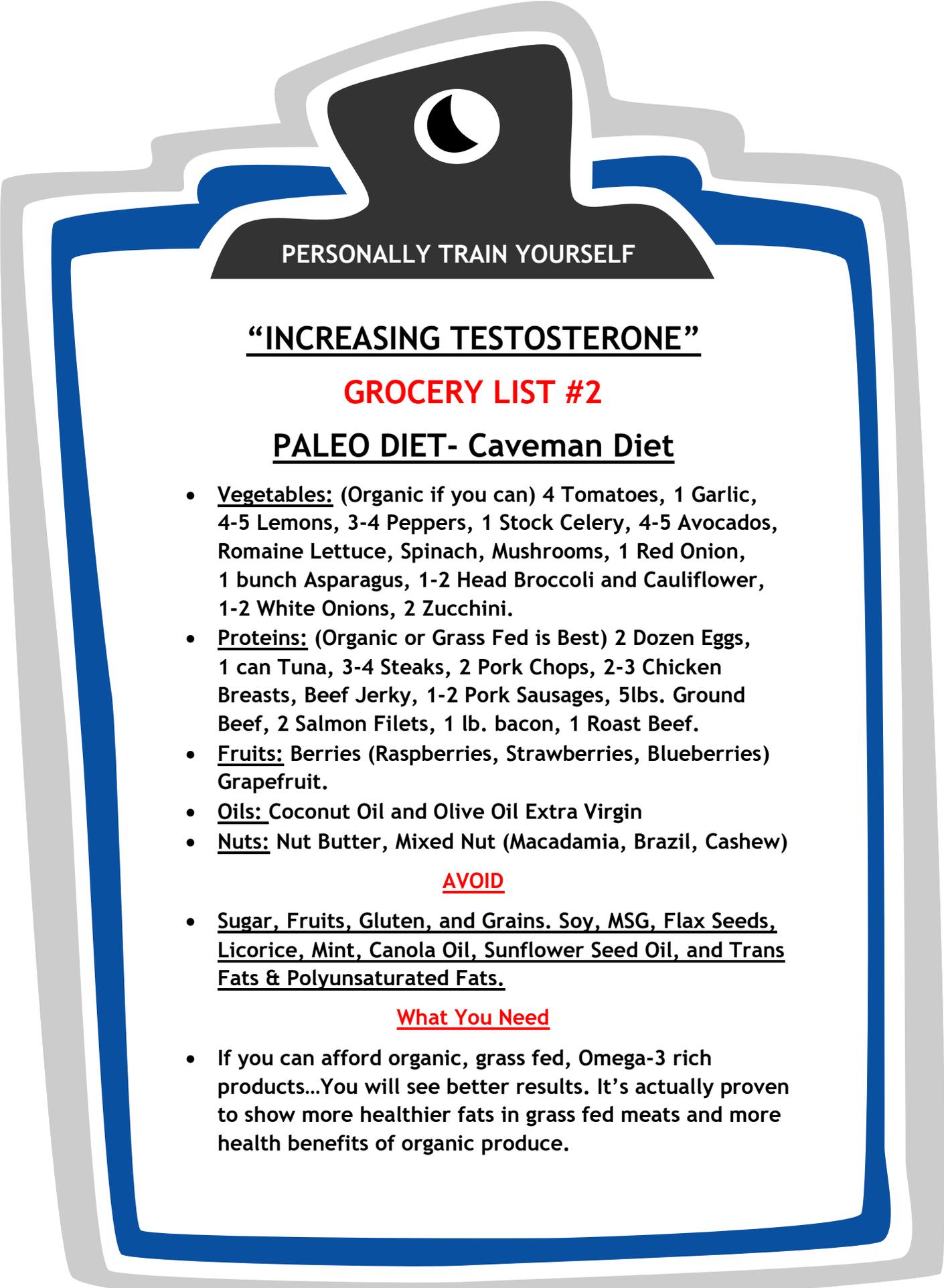
- Healthy Fats: Saturated and Mono Unsaturated Fats
 - Avocados, Olive Oil, Coconut Oils, and Fish
- Protein: Grass Fed Proteins have more CLA & Omega-3's
 - Beef, Chicken, Pork, and Eggs.
- Carbs: Vegetables are the best way to get carbs
 - Potatoes, Yams, Rice, Vegetables.
- Stay Hydrated: Dehydration messes up the Endocrine System that helps regulate your Testosterone levels.

AVOID

- Sugar, Fruits, Gluten, and Grains. Soy, MSG, Flax Seeds, Licorice, Mint, Canola Oil, Sunflower Seed Oil, and Trans Fats & Polyunsaturated Fats.

What You Need to Know

- Macro Nutrients are easier to regulate than you think.
- Fats+ Protein+ Carbs for every big meal.
- Remember, if you decide to have cheat days to limit your cheat meal to the same things every week, so your body doesn't get shocked of the cheat meal going into your body, and storing all the access fats.
 - I decided to eat a hamburger every week, but no deep-fried foods for your sides.
- Watch your Dairy intake, Grains, and Processed Sugars.



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GROCERY LIST #2

PALEO DIET- Caveman Diet

- Vegetables: (Organic if you can) 4 Tomatoes, 1 Garlic, 4-5 Lemons, 3-4 Peppers, 1 Stock Celery, 4-5 Avocados, Romaine Lettuce, Spinach, Mushrooms, 1 Red Onion, 1 bunch Asparagus, 1-2 Head Broccoli and Cauliflower, 1-2 White Onions, 2 Zucchini.
- Proteins: (Organic or Grass Fed is Best) 2 Dozen Eggs, 1 can Tuna, 3-4 Steaks, 2 Pork Chops, 2-3 Chicken Breasts, Beef Jerky, 1-2 Pork Sausages, 5lbs. Ground Beef, 2 Salmon Filets, 1 lb. bacon, 1 Roast Beef.
- Fruits: Berries (Raspberries, Strawberries, Blueberries) Grapefruit.
- Oils: Coconut Oil and Olive Oil Extra Virgin
- Nuts: Nut Butter, Mixed Nut (Macadamia, Brazil, Cashew)

AVOID

- Sugar, Fruits, Gluten, and Grains. Soy, MSG, Flax Seeds, Licorice, Mint, Canola Oil, Sunflower Seed Oil, and Trans Fats & Polyunsaturated Fats.

What You Need

- If you can afford organic, grass fed, Omega-3 rich products...You will see better results. It's actually proven to show more healthier fats in grass fed meats and more health benefits of organic produce.

