



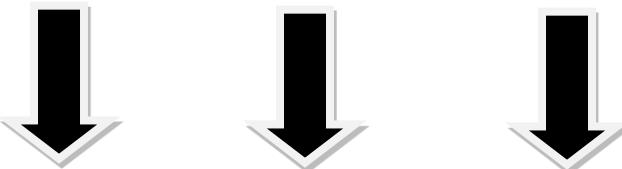
PERSONALLY TRAIN YOURSELF

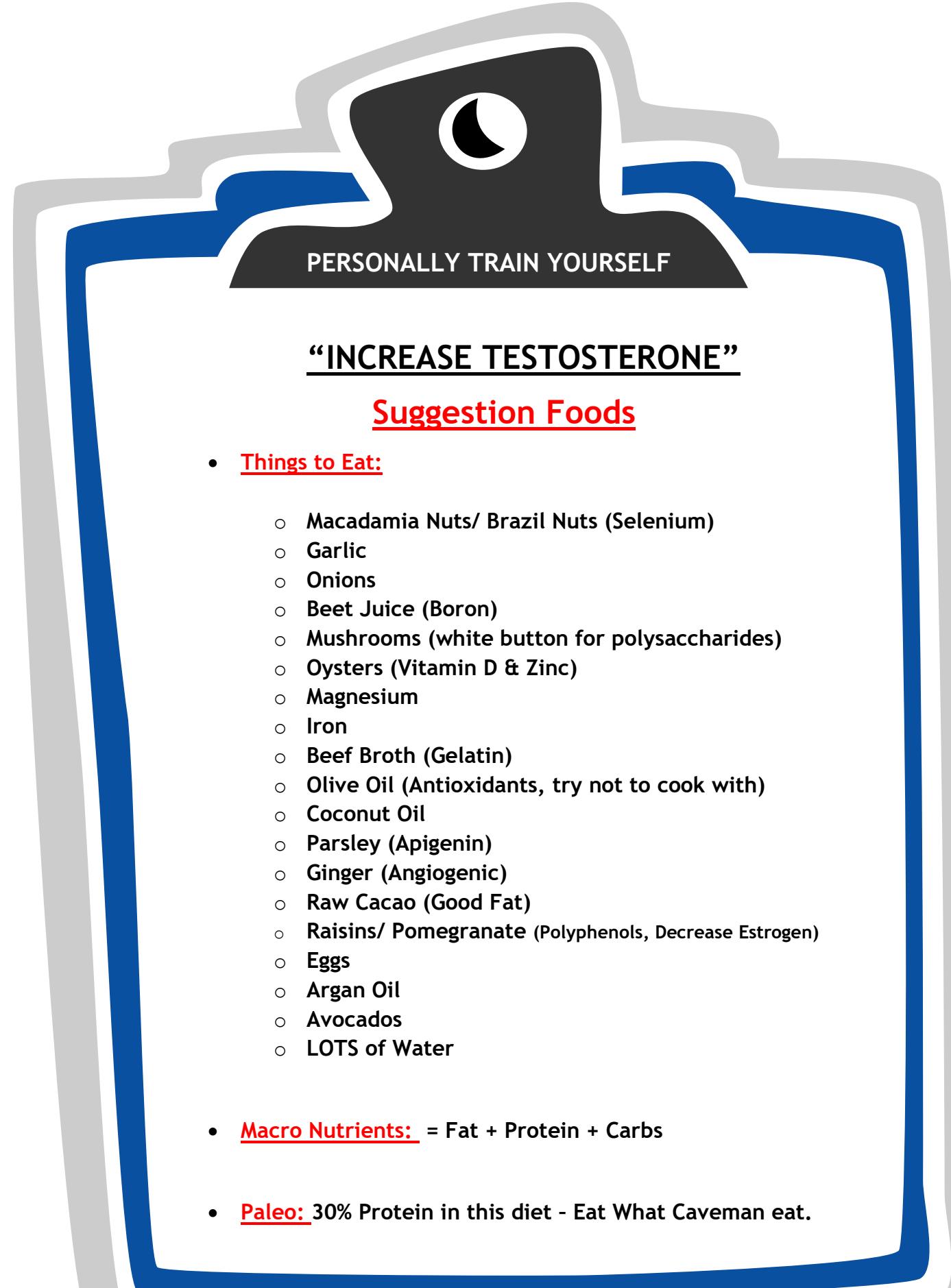
## **“INCREASE TESTOSTERONE”**

### **MEALS**

- Increasing Testosterone is easier than you think to do with a sound diet, but don't become miserable by stressing out about dieting.
- Just know the essentials of what the diet contains (food group wise) and you will enjoy it more than you think.
- 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.
- Knowing what to do and what not to do to increase testosterone will dramatically change your life in the best way possible. Also, you can have something to talk about with your friends and family to share the meals with.
- (I do not own the rights to the recipes)

Lets Begin...





## PERSONALLY TRAIN YOURSELF

### “INCREASE TESTOSTERONE”

#### Suggestion Foods

- Things to Eat:
  - Macadamia Nuts/ Brazil Nuts (Selenium)
  - Garlic
  - Onions
  - Beet Juice (Boron)
  - Mushrooms (white button for polysaccharides)
  - Oysters (Vitamin D & Zinc)
  - Magnesium
  - Iron
  - Beef Broth (Gelatin)
  - Olive Oil (Antioxidants, try not to cook with)
  - Coconut Oil
  - Parsley (Apigenin)
  - Ginger (Angiogenic)
  - Raw Cacao (Good Fat)
  - Raisins/ Pomegranate (Polyphenols, Decrease Estrogen)
  - Eggs
  - Argan Oil
  - Avocados
  - LOTS of Water
- Macro Nutrients: = Fat + Protein + Carbs
- Paleo: 30% Protein in this diet - Eat What Caveman eat.



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### **MEAL PREP- Macro Nutrients- 1 Day**

#### **Meal 1 (Breakfast) - 564 calories**

- 1 tbsp Natural peanut butter
- 1 cup 27g Rice Chex
- 4 Whole Eggs
- Protein Shake-1 cup almond milk
- Cup of coffee with 1 tbsp. half & half

#### **Meal 2 - 274 calories**

- 2 cups raw spinach
- 2 tbsp Oil & Vinegar dressing
- 3 oz ground turkey
- 1 half avocado
- 2 oz black beans
- 1 cup cooked Jasmine rice

#### **Meal 3 - 442 calories**

- 4.5 oz baked white potatoes
- 2 tbsp salsa
- 4oz grilled chicken breast

#### **Meal 4 - 287 calories**

- 1/2 cup whole cottage cheese
- 1 half avocado
- 6 oz organic broccoli florets  
(steamable bag)

#### **Meal 5 - 461 calories**

- 1/4 cup cheese
- 3 oz grilled flank steak
- 1 cup cooked white Jasmine rice

#### **Meal 6 (Post) - 331 calories**

- 3 white corn tortillas
- 3 oz grilled chicken breast
- 1 scoop Protein Shake

#### **Total Macros**

- Calories: 2359
- Protein: 220g
- Carbs: 225g
- Fat: 60-65g
- Fiber: 30-35g
- Sugar: under 15g



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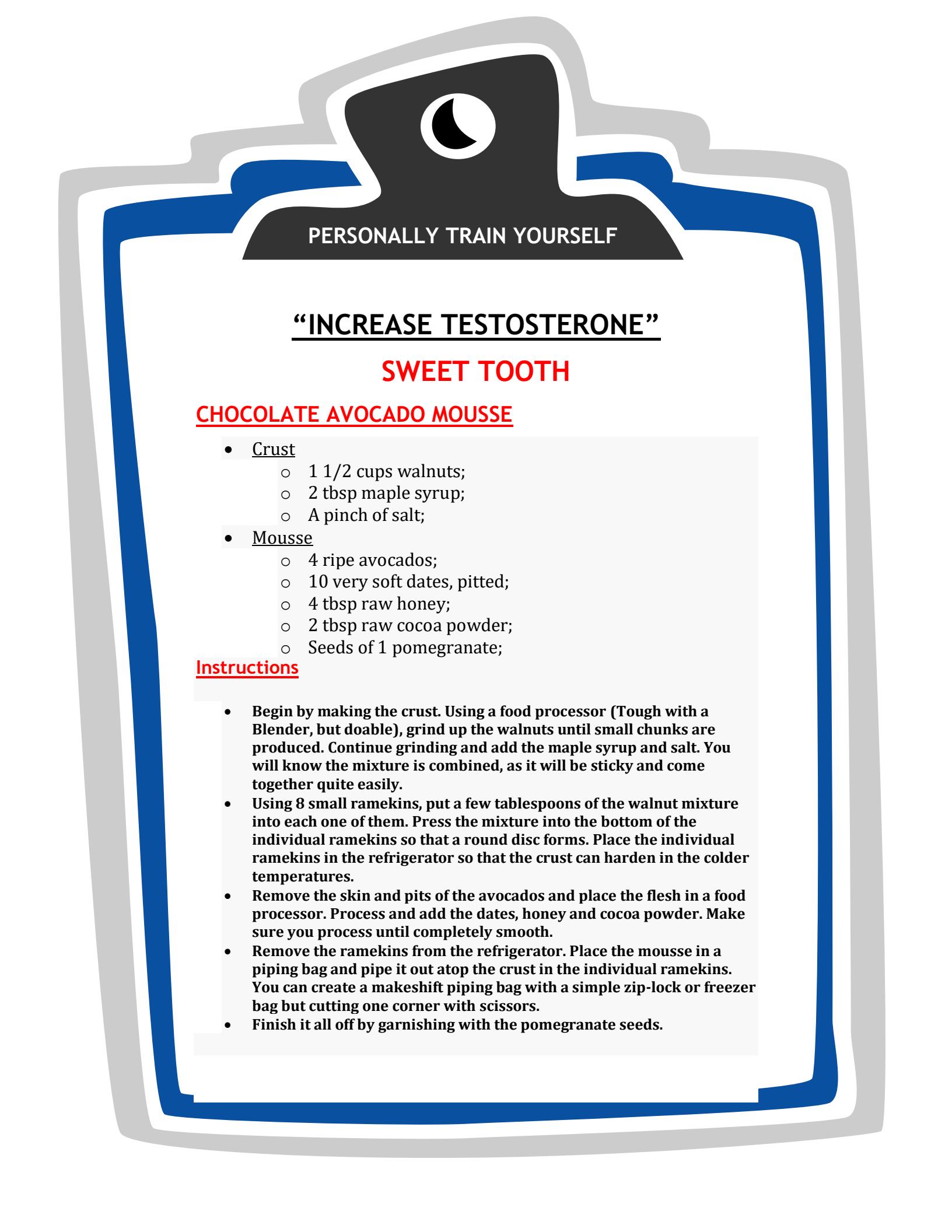
### **PALEO MEAL**

#### **Balsamic Roast Beef or Pork**

- 3 lb. beef chuck roast or pork, boneless;
- 2 to 3 sweet potatoes, cut into big pieces;
- 4 carrots, cut into big pieces;
- 1 onion, sliced;
- 2 cloves garlic, minced;
- 1 cup red wine (optional);
- 1/3 cup balsamic vinegar;
- 1 ½ cup beef stock;
- 2 tbsp. cooking fat;
- Sea salt and freshly ground black pepper to taste;

#### **Instructions**

1. Season the roast on all sides with sea salt and black pepper.
2. Melt some cooking fat over a medium-high heat in a large skillet, and sear the roast for 2-3 minutes on each side.
3. Place the meat in the slow cooker and top with the onion, minced garlic, balsamic vinegar, beef stock, and red wine (if using).
4. Cover the slow cooker, turn it on low, and cook for 6 hours.
5. Add the carrots and sweet potatoes, set the slow cooker to high, and cook for about another 3 hours, or until the vegetables are nice and soft and the meat is fork tender.
6. Pour the liquid from the slow cooker into a saucepan and bring to a slow boil over a medium-high heat. Keep it boiling and let it reduce until you get the desired consistency for your sauce.
7. Pour the sauce back in the slow cooker and serve with the meat and vegetables.



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## **“INCREASE TESTOSTERONE”**

### **SWEET TOOTH**

#### **CHOCOLATE AVOCADO MOUSSE**

- Crust
  - 1 1/2 cups walnuts;
  - 2 tbsp maple syrup;
  - A pinch of salt;
- Mousse
  - 4 ripe avocados;
  - 10 very soft dates, pitted;
  - 4 tbsp raw honey;
  - 2 tbsp raw cocoa powder;
  - Seeds of 1 pomegranate;

#### **Instructions**

- Begin by making the crust. Using a food processor (Tough with a Blender, but doable), grind up the walnuts until small chunks are produced. Continue grinding and add the maple syrup and salt. You will know the mixture is combined, as it will be sticky and come together quite easily.
- Using 8 small ramekins, put a few tablespoons of the walnut mixture into each one of them. Press the mixture into the bottom of the individual ramekins so that a round disc forms. Place the individual ramekins in the refrigerator so that the crust can harden in the colder temperatures.
- Remove the skin and pits of the avocados and place the flesh in a food processor. Process and add the dates, honey and cocoa powder. Make sure you process until completely smooth.
- Remove the ramekins from the refrigerator. Place the mousse in a piping bag and pipe it out atop the crust in the individual ramekins. You can create a makeshift piping bag with a simple zip-lock or freezer bag but cutting one corner with scissors.
- Finish it all off by garnishing with the pomegranate seeds.

