

A photograph of a muscular man's torso, showing his chest, abdomen, and hands on his hips. He is wearing black briefs. The background is a dark, gradient blue. Overlaid on the image is a large, white, distressed-style font for the title and a yellow banner for the subtitle.

TESTOSTERONE BOOSTER

THE ULTIMATE FOOD GUIDE FOR MUSCULAR STRENGTH

CONTENTS

TABLE OF CONTENTS	2
BEST FOODS THAT NATURALLY INCREASE TESTOSTERONE LEVELS	3
TESTOSTERONE BOOSTING BREAKFAST.....	3
POWERFUL LUNCH	6
MUSCULAR DINNER DELIGHT	8
RECAP	10
DAY 1	11
POWER BREAKFAST : CABBAGE AND EGG SCRAMBLE	11
LUNCH : ROASTED BROCCOLI AND TOMATO STEW.....	12
DINNER DELIGHT: STUFFED BEEF AND BEETROOT STEW	13
DAY 2	14
POWER BREAKFAST : TEX-MEX CHILI EGGS	14
LUNCH : HONEY PARMESAN ROASTED BRUSSELS SPROUTS	15
DINNER DELIGHT: VENISON STEAK WITH RED ONION RELISH	16
DAY 3	17
POWER BREAKFAST : TRUFFLE EGGS TOAST	17
LUNCH : TABBOULI SALAD (PARSLEY SALAD)	18
DINNER DELIGHT: LIBIDO-BOOSTING STIR FRY.....	19
DAY 4	20
POWER BREAKFAST : BLUEBERRY ALMOND BREAKFAST POLENTA.....	20
LUNCH : SWEET, SPICY AND SALTY CANDIED NUT MIX	21
DINNER DELIGHT: GARLIC TURKEY-BROCCOLI STIR-FRY	22
DAY 5	23
POWER BREAKFAST : PINEAPPLE EMPANADITAS.....	23
LUNCH : CHICKEN WITH HONEY-ORANGE SAUCE.....	24
DINNER DELIGHT: CHICKEN WITH PEPPERS, BROCCOLINI, AND BASIL	25
DAY 6	26
POWER BREAKFAST : GRILLED CHOCOLATE BANANAS.....	26
LUNCH : BLUEBERRY SOUP	27
DINNER DELIGHT: AMERICAN ENCHILADAS RECIPE.....	28
DAY 7	29
POWER BREAKFAST : ONION AND MUSHROOM SCRAMBLED EGGS	29
LUNCH : DARK CHOCOLATE AND BANANA SANDWICH	30
DINNER DELIGHT: BROCCOLI RABE AND BEEF FLAT BREAD	31
POWERFUL TESTOSTERONE BOOSTING FOODS	32
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BEST FOODS THAT NATURALLY INCREASE TESTOSTERONE LEVELS

The source of all manly power is testosterone, which is vital for fertility and virility in men. Low testosterone level is a sign of weakness and results in brain drain, lack of energy, reduced libido, and in extreme cases - impotency.

Exercise and supplements are the perfect way to increase your testosterone levels and gain muscle mass. However, there is another potent route to fulfill your manliness and to boost the testosterone levels in your body. A number of testosterone-boosting foods are available that helps you in increasing the essential male hormones in a perfectly natural manner.

This ultimate food guide will enlist 30 food items that result in increased testosterone production in the body. Are you craving for more? The eBook also contains recipes of seven delicious appetizers that contain testosterone-boosting foods for a perfect way to munch on and to increase your testosterone levels.

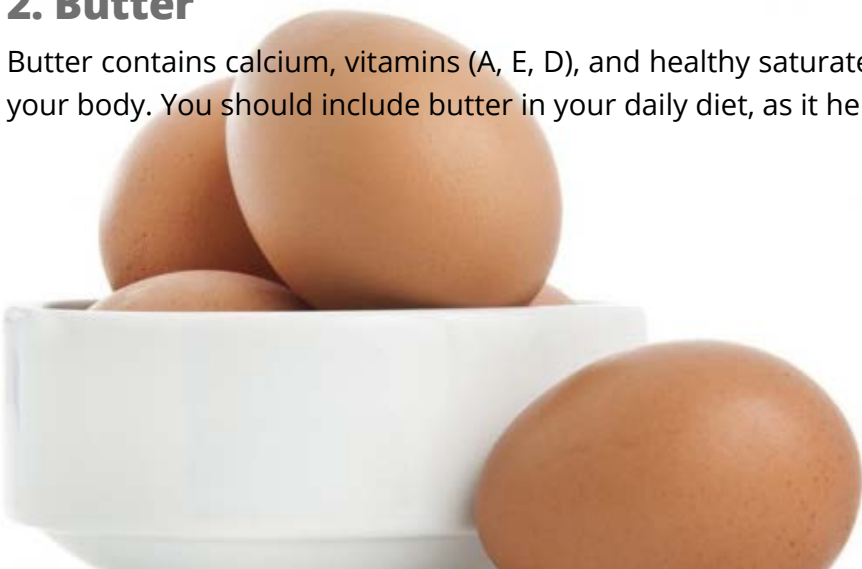
TESTOSTERONE BOOSTING BREAKFAST

1. Eggs

Nutritionists say that the egg yolk is the precursor for testosterone. Eggs are best to increase your testosterone levels and help build muscle mass. They are also a rich source of saturated fat, Omega-3 fatty acids, vitamin D, and most important of all - proteins.

2. Butter

Butter contains calcium, vitamins (A, E, D), and healthy saturated fat, which boost testosterone levels in your body. You should include butter in your daily diet, as it helps you remain muscular and brawny.



3. Oats

Oats are a rich source of saponins that results in increased level of testosterone in your body. Saponins stimulate the pituitary glands that results in increased production of luteinizing hormone.

This hormone further stimulates leydig cells, which helps in increasing testosterone levels in your body. So eat those oats and gain quick muscle mass for the perfect muscular body that is sure to attract furtive glances especially from the ladies.

4. Bananas

Bananas are considered a symbol of fertility and manliness since generations. It is said that parents in Africa used to give a basket full of bananas to young couples in the hope that it would make them reproductively agile.

It is not surprising that bananas can also boost testosterone levels in men. Bananas are rich in an enzyme called Bromelain that stimulates the production of the male hormone. So peel away those bananas, eat these soft delights, and improve your manly hormones in style.

5. Pomegranate

Some say pomegranate was the forbidden fruit that was supposed to bestow immortality to humans. Researchers in Turkey found that that 47% of impotent men reported improvement in their conditions when pomegranate was included in their diet. Intake of pomegranate is said to increase testosterone levels in men.

You should not wait for a serpent to tell you the benefits of pomegranates in improving your live. A daily glass of pomegranate juice in your diet will do wonders in increasing your testosterone levels.



6. PINEAPPLE

Bodybuilders back in the 40s and 50s used to consume pineapple before every meal. Pineapple contains an enzyme called Bromelain, which increases testosterone levels and helps digest protein in your body for quick lean muscular mass.

7. AVOCADO

Avocado is rich in folic acid, Omega-3 fatty acids, potassium, and a number of essential vitamins (A, B, C, D, E, and K). Presence of these essential nutrients in the body results in increased production of testosterone. Furthermore, avocado increases LDL cholesterol, which increases blood flow in the body.

As if it was not enough, researchers at Penn State University found that men who increased intakes of foods that contain monounsaturated fat - avocado, nuts, and vegetable oil - experienced increased levels of testosterone in their body.

You can spread mashed avocado on a bagel, and top it up with pieces of salmon for a perfect way to boost testosterone in your body.

8. CELERY

Celery contains androstenediol and androstenedione, which are power androgens that accelerates the production of testosterone. Celery also is rich in flavonoid called luteolin, which is anti-estrogen and boosts testosterone levels in males. Even the smell of celery has been linked with increased production of testosterone in the body that facilitates gaining muscle mass in men.

9. MUSHROOMS

Mushrooms are considered anti-estrogenic and are a rich source of vitamin D. They help in boosting testosterone levels in men, which allows them to increase their muscular mass and strength.

10. BLUEBERIES

Blueberries contain Calcium-D-Glucarate that helps in lowering of estrogen levels in the body. In addition, blueberries also include resveratrol, which is a vital compound that increases testosterone levels in the body.



POWERFUL LUNCH

1. ASPARAGUS

Asparagus is a natural aphrodisiac that contains abundant amount of potassium, folic acid, and vitamin-E. It facilitates in raising testosterone levels in the body, which aids in gaining macho muscular strength.

2. BROCCOLI

Broccoli is one of the best foods to increase your testosterone naturally. It contains Diindolylmethane (DIM) that increases testosterone production in men. In addition, it has also been linked with reduced estrogen levels that cause impotency and other reproductive problems in men.

3. BRUSSEL SPROUTS

Eating Brussel Sprouts is a great way to boost your testosterone levels and gain muscle mass. The “mini cabbage” contains indole-3-carbinol that aids in quick recovery of DNA in cells after a heavy workout.

One study found that a diet high in Brussel Sprouts lowers the estrogen level by as much as 50%, which results in increase in testosterone levels in men.

It increases testosterone production by countering the effect of aromatase enzyme. Aromatase is a chemical substance in your body that converts male testosterone into female hormones called estrogen. Presence of estrogen in high amounts may cause male impotency and removes the macho manly traits that make man a man.

4. PARSLEY

Parsley contains a flavonoid called apigenin. Various studies have proven the benefits of apigenin in boosting testosterone levels in men. As much as 100 gm of parsley contains 300 milligrams of apigenin that is enough to significantly boost testosterone to normal levels.



6. DARK CHOCOLATE

Who can avoid the sensuous temptation of chocolate? This dark sugary delight contains calcium, magnesium, zinc, tryptophan, arginine, and other essential nutrients. It is the most effective aphrodisiac that increases blood flow and clears up the arteries. Furthermore, it is also a great way to boost testosterone in the body that helps you gain muscle and strength.

7. NUTS

Is low level of testosterone driving you nuts? Do not worry and chomp on salty nuts to boost testosterone production and gain quick muscle mass. Nuts contain a high level of selenium and zinc that are crucial in increasing testosterone production in men. What's more, nuts also contain omega-3 fatty acids, which are sure to lift your testosterone levels to elevated highs.

When purchasing nuts, be sure to buy unpeeled ones, as they contain the most beneficial nutrients.

8. SPINACH

Spinach is anti-estrogenic and contains key minerals and vitamins that boost testosterone levels in men. The secret behind Popeye the Sailor's herculean strength, spinach contains vitamin C, E, and magnesium, which are essential minerals for our body and keep us lean, muscular, and brawny.

9. COCONUT OIL

Coconut contains essential nutrients that help in raising testosterone levels in males. Studies have found that coconut oil contains high level of saturated fat and other complex fats that work like a miracle in raising testosterone levels in the body. You should try consuming them to raise your testosterone levels and gain maximum muscular mass.

10. CHIA SEEDS

When looking for foods that boost testosterone, you should consider Chia seeds. Chia seeds are androgenic and contain Omega-3 fatty acids, which boosts testosterone levels in the body.

They also slowdown the process of conversion of carbohydrates into sugar that lower testosterone levels in the body. The Mayas used Chia seeds as an energy source for messengers, hence, they are also known by the name of "Indian running food".



MUSCULAR DINNER DELIGHT

1. RED MEAT

Red Meat contains saturated fat, zinc, & cholesterol. These three are vital testosterone boosters that will allow you to boost your testosterone levels and help gain muscular strength.

2. GRASS-FED ORGANIC BEEF

Industrial beef contain traces of steroids that are fed to the animals to gain more meat. These steroids consists mainly of estrogen, which if present in high levels in males may result in impotency.

Beef obtained from grass-fed animals, on the other hand, contain rich nutrients such as healthy cholesterol, vitamins, and omega 3's. This results in an increase in testosterone levels in men that helps them gain muscle strength.

3. OYSTERS

Oysters are high in calcium, zinc, iodine, potassium, and selenium, which are essential in boosting testosterone levels in men. These nutrients help regulate the hormones that increase production of testosterone in the body.

4. COD LIVER OIL

Cod Liver Oil is rich in Omega-3 fatty acids that boost testosterone in the body. You should supplement your diet with cod liver oil or fatty fish like salmon, mackerel, and others to stock up on omega3's.

5. OLIVE OIL

Olive oil facilitates absorption of cholesterol in the cells. This cholesterol is then converted into free testosterone. When choosing cooking oils, you should always use olive oil as it helps in maintaining and regulating testosterone levels in the body.



6. CAYENNE PEPPER

Cayenne pepper is also a rich source of capsaicin, which burns fat and is a nice way to increase testosterone levels in the body.

7. ONIONS

Onions increase the production of luteinizing hormone, which helps in boosting testosterone levels in men. In one research, onions tripled the testosterone levels that resulted in increased muscles mass and strength.

You should eat this food in small amounts as overdose of onion has been reported to result in bad odor to emanate from the mouth. The smell then permeates the surroundings that cause everyone to run away the source of that smell.

Eating small quantities of onions, however, will keep you muscular and brawny along with all the macho traits that differentiates men from kids.

8. GARLIC

Garlic is not only a great way to ward off vampires, but it is also a healthy food source. When combined with high protein diet, garlic elevates testosterone levels and lowers the stress hormone called cortisol. Raw fresh garlic contains the maximum amount of nutrients and minerals. Therefore, you should try to eat them uncooked or lightly prepared for the best results.

9. GINGER

A study conducted in Tikrit (Iraq) showed that infertile men who included ginger in their diet had improved their condition. This was made possible due to increased production of testosterone in the body, which cured their condition and made them sexually active and fertile.

10. BEET ROOTS

Beetroots are great natural methylators that remove estrogen and increase testosterone levels in your body. Methylators allow your body to start the chelation process, which flush bad estrogens through the bowels. Estrogen, as you know, is a girlie hormone that should not be present in high levels in men. Eating beetroots will ensure that you have a healthy testosterone level and keep the estrogen at bay.





RECAP

Simple changes to your diet can do wonders in increasing your Testosterone concentrations and allowing you to experience the epitome of manhood. Indeed, increased production of testosterone in your body allow you to gain more muscle mass, boost your libido, improve your blood flow, and decrease chances of blood clots, prostate cancer, and a host of other diseases.

In order to boost your testosterone levels naturally, your breakfast should include eggs, butter, oats, bananas, pomegranate, pineapple, avocado, celery, mushrooms, and blueberries.

For light testosterone-boosting snacks, you can try asparagus, broccoli, Brussels sprouts, parsley, dark chocolate, nuts, spinach, coconut oil, citrus fruits, and Chia seeds.

Finally, your dinner should comprise of such foods as red meat, organic beef, oysters, cod liver oil, olive oil, onions, cayenne pepper, beetroots, garlic, and ginger.

Next, we include a 7-day meal planner for your convenience that contains a daily sample recipe for breakfast, lunch, and dinner. These recipes are based on the testosterone-boosting foods that we have just mentioned afore.

POWER BREAKFAST

DAY 1 : CABBAGE AND EGG SCRAMBLE

INGREDIENTS

- 4 EGGS
- 2 LARGE GARLIC CLOVES
- 1 CHILI PEPPER
- 250 GRAMS CABBAGE
- 4 TABLESPOONS OLIVE OIL
- SALT

DIRECTIONS

1. *Heat olive oil in a frying pan over medium heat.*
2. *Add shredded cabbage to the pan, and cook it for a few minutes until it is well cooked.*
3. *Now, add chili pepper and garlic to the pan, and stir-fry a few more minutes.*
4. *Lower the heat from medium to low, and add eggs into the frying pan. Stir-fry until the eggs are cooked through, and remove heat.*
5. *Add salt to taste and serve the dish while it is still hot.*



LUNCH

DAY 1 : ROASTED BROCCOLI AND TOMATO STEW

INGREDIENTS

- 3 GARLIC CLOVES
- 2 BUNCHES OF BROCCOLI
- 1 PINT CHERRY TOMATOES
- 1 MEDIUM SHALLOT
- 4 TABLESPOONS OLIVE OIL
- 1/2 TEASPOON RED PEPPER FLAKES
- BLACK PEPPER
- 1/3 CUP PARMESAN

DIRECTIONS

1. *Pre-heat oven to 450°F.*
2. *Add 4 tablespoons olive oil in a large bowl.*
3. *Toss broccoli, shallots, cherry tomatoes, garlic, and red pepper flakes into the bowl.*
4. *Now, spread onto a large baking sheet and sprinkle with salt and pepper flakes.*
6. *Roast for about 18 minutes until broccoli turns lightly golden brown.*
7. *Grate the Parmesan over the broccoli, and serve warm.*



DINNER DELIGHT

DAY 1 : SPICED BEEF AND BEETROOT STEW

INGREDIENTS

- 1 KG. STEWING BEEF, SLICED INTO 3CM CUBES
- 2 TBSPS. OLIVE OIL
- BUTTER
- 2 CLOVES OF GARLIC
- 16 SHALLOTS, PEELED
- 1/2 LITER CHICKEN STOCK
- 4 TBSPS VINEGAR
- 8 CRUSHED JUNIPER BERRIES
- 2 TBSPS GROUND ALL-SPICE
- 1 TBSP BROWN SUGAR
- HALF RED CHILI, FINELY DICED
- BLACK PEPPER, SALT
- 8 SMALL UNCOOKED BEETROOTS, HALVED AND PEELED
- 2 TBSPS MUSTARD, DRY
- 2 TBSPS CRÈME FRAICHE
- 3 TBSPS CREAMED HORSERADISH
- 1/2 TEASPOON RED PEPPER FLAKES
- BLACK PEPPER
- 1/3 CUP PARMESAN

DIRECTIONS

1. *Place butter and olive oil in a saucepan over high heat.*
2. *Place beef in the casserole. Heat the beef till it turns brown, and set aside.*
3. *Now, reduce the heat and place shallots, garlic, and chili in a casserole.*
4. *Heat the mixture until the shallots are softened. At this moment, pour in vinegar and chicken stock and again raise the heat.*
5. *Stir in sugar and allspice, and then add beetroot and beef to the sauce.*
8. *Season well with black pepper and salt and cover the casserole.*
9. *Put the casserole for 1½ -2 hours in a preheated oven (160° C).*
10. *Afterwards, remove the casserole from the oven and let it rest for a few minutes, remove any fat if remains.*
11. *If the sauce is a little thin, add half butter and half flout to thicken it. Mix together mustard, crème fraiche, horseradish, and add to the casserole.*
12. *Enjoy this dish with celeriac and potato mash.*

POWER BREAKFAST

DAY 2 : TEX-MEX CHILE EGGS

INGREDIENTS

- 1/2 ONION, MEDIUM-SIZED
- 1/2 GREEN BELL PEPPER
- 4 CLOVES GARLIC
- 4 WHOLE GREEN CHILE PEPPERS
- 1 CAN OF DICED TOMATOES AND
- BLACK PEPPER, SALT
- RED PEPPER FLAKES
- 2 CORN TORTILLAS
- 4 EGGS
- GREEN CHILE
- FRESH CILANTRO LEAVES
- NON-FAT OR LOW-FAT CREAM

DIRECTIONS

1. *Preheat oven to 375°F.*
2. *Enclose baking sheet in an aluminum foil.*
3. *Add chopped onions and green pepper in a frying pan and heat until it is just soft.*
4. *Add garlic, tomatoes, green chilies, and heat until fragrant.*
5. *Reduce heat to low and season with pepper and salt.*
6. *Let it simmer for a few minutes to thicken the sauce and combine flavors.*
7. *Now, smear vegetable oil on both sides of the corn tortillas. Place the tortillas on a baking sheet and put in the oven.*
8. *Heat it for a few minutes until softened and heated through.*
9. *In another frying pan fry the eggs.*
10. *Serve by placing one heated tortilla on each plate. Top the tortilla with some tomato sauce and place the eggs carefully over the sauce.*
11. *Sprinkle cilantro leaves (chopped) over the top of each serving, and add a dollop of sour cream. Serve with a dish of orange slices or pink grapefruit.*



LUNCH

DAY 2 : HONEY PARMESAN ROASTED BRUSSELS SPROUTS

INGREDIENTS

- 1 LB FRESH BRUSSELS SPROUTS
- 1 TSP SALT
- 1 TSP GARLIC POWDER
- 1/2 TSP ONION POWDER
- PEPPER
- 1/4 CUP PARMESAN CHEESE, GRATED
- 1/8 CUP HONEY

DIRECTIONS

1. *Pre-heat oven to 450°F.*
2. *Line a sheet pan in foil. Spray the pan with non-stick cooking spray.*
3. *Now, heat brussels sprouts in a bowl covered with saran wrap. Pierce with a knife to let out the steam.*
4. *Place brussel sprouts on the prepared pan and again spray with cooking spray.*
5. *Season with pepper, salt, and add garlic and onion powder.*
6. *Spread the parmesan cheese evenly over the brussels sprouts.*
7. *Now, roast brussels sprouts for about twelve to fifteen minutes, until it becomes lightly golden brown.*
8. *Remove from the over, drizzle with honey, and enjoy.*

DINNER DELIGHT

DAY 2 : VENISON STEAK WITH RED ONION RELISH

INGREDIENTS

- 2 TSP OLIVE OIL
- 3 MEDIUM ONION
- 2 TSP MUSTARD SEEDS
- 2 TSP LIGHT BROWN SUGAR
- 2 TBSPS VINEGAR
- MARINATED STEAK
- 5 COOKING SPRAYS
- 2 PORTIONS VENISON HAUNCH
- 1 PINCH SALT
- 1/8 TSP BLACK PEPPER
- 120 G COOKED MIXED VEGETABLES

DIRECTIONS

1. *Pre-heat oil in a pan, and add onion.*
2. *Cover the pan and cook for 15 min.*
3. *Now, uncover the pan and add sugar and mustard seeds. Leave to cook for further 15 min., until the onion turns tender.*
4. *Stir in balsamic vinegar and cook the 2 min., and set aside to cool.*
5. *Season the steak with salt and pepper and place it in the frying pan.*
6. *Cook for 5 - 8 min. until the steak turns brown, and set aside.*
7. *Serve the steak with spoonful of relish and selection of vegetables while warm.*

POWER BREAKFAST



DAY 3 : TRUFFLE EGGS TOAST

INGREDIENTS

- 4 ENGLISH MUFFIN BREAD (1 ½ INCH SLICES)
- 8 EGG YOLKS
- OLIVE OIL
- 8 OUNCES SWISS CHEESE
- ¼ CUP PARMESAN CHEESE, GRATED
- 1 TO 2 TBSPS TRUFFLE OIL
- ASPARAGUS, COOKED AND SLICED

DIRECTIONS

1. *Pre-heat oven to 450°F, and lightly spray baking sheet with olive oil.*
2. *Make a hollow indentation in the bread large enough to add two egg yolks. Leave a sufficient cushion around the bread to avoid leakage.*
3. *Place the bread on a baking sheet and add two egg yolks in the hollow indentation.*
4. *Place slices of cheese over the entire bread, and place the bread into the oven for 12 min.*
5. *After around 10 minutes, add Parmesan cheese on top of each toast.*
6. *Remove from oven and using a spatula place the bread on individual serving plates.*
7. *Top with truffle oil and season with pepper and salt. Sprinkle asparagus spears around the toast, and Enjoy!*



LUNCH

DAY 3 : TABBOULI SALAD (PARSLEY SALAD)

INGREDIENTS

- 150 GM. FRESH LEAF PARSLEY, FINELY CHOPPED
- 6 SPRINGS ONIONS, FINELY CHOPPED
- 4 LARGE TOMATOES
- 3 LEMONS
- 5 TBSPS OLIVE OIL
- 1 CUP WATER, BOILED
- 1/8 TSP. GROUND BLACK PEPPER
- 1/8 TSP. SALT
- 1 CUP BULGUR (BOURGHUL)

DIRECTIONS

1. Add a cup of boiled water and one cup of bulgur in a small bowl, and mix. Place a towel over the bowl and set it aside.
2. Place spring onions, finely chopped parsley, and tomatoes in a separate bowl.
3. Extract juice from the lemons and pour it over the salad mixture. Add salt and pepper in the salad as well.
4. Place the salad mixture in the bowl containing bulgur, and serve.



DINNER DELIGHT

DAY 3 : LIBIDO-BOOSTING STIR FRY

INGREDIENTS

- 3 BALL PEPPERS
- 2 GARLIC CLOVES
- 1 ONION
- 2 1/2 CUPS DIAGONALLY CUT ASPARAGUS
- 2 TABLESPOON LIME JUICE
- 2 TABLESPOONS CHOPPED CASHEWS
- 1 TABLESPOON LOW-SODIUM SOY SAUCE
- 1 TABLESPOON PEELED GINGER
- 2 TEASPOONS SESAME OIL
- 1/2 TEASPOON OLIVE OIL
- 1/2 POUND SKIRT STEAK

DIRECTIONS

1. *Cut the steak into quarter inch strips, and add garlic and lime juice (2 tbsps).*
2. *Let it marinate for 15 minutes.*
3. *Heat olive oil (half a teaspoon) in a frying pan for a few seconds.*
4. *Now start cooking the steak and stir it until its medium-rare; and transfer it to a large bowl.*
5. *Create an onion and pepper mixture separately, and cook it for a little more than 5 minutes, then add it to the bowl containing medium rare steak.*
6. *Add preheated olive oil along with asparagus to the wok; cook it and stir it constantly for 4 minutes.*
8. *Now pour the contents of the bowl (steak, onion, pepper) into the wok, and add soy sauce along with some lime juice and sesame oil, then heat it for a couple of minutes.*
9. *Cook for a couple of more minutes, and serve with cashews and cilantro on top.*

POWER BREAKFAST



DAY 4 : BLUEBERRY ALMOND BREAKFAST POLENTA

INGREDIENTS

- 4 CUPS OF MILK
- 3/4 CUP POLENTA
- 1/2 CUP ALMOND
- 4 TBSPS BUTTER
- 1/3 CUP HONEY
- 1 CUP BLUEBERRIES
- 1/2 TSP VANILLA EXTRACT
- 1/4 TSP CARDAMOM
- CRÈME FRAICHE

DIRECTIONS

1. *Boil milk in a medium saucepan over high heat.*
2. *Reduce heat and add polenta, stirring constantly until smooth.*
3. *Add almond and continue stirring until the polenta turns into a creamy consistency.*
4. *Now, add melted butter and turn off the heat.*
5. *Further, add blueberries, cardamom, vanilla, and serve with a dollop of crème fraiche.*



LUNCH

DAY 4 : SWEET, SPICY AND SALTY CANDIED NUT MIX

INGREDIENTS

- 2 TBSPS BUTTER
- 2 TBSPS BROWN SUGAR
- 1/2 TSP SALT
- 1/2 CUP BLANCHED ALMONDS
- 1/2 CUP WHOLE CASHEWS
- 1/2 CUP UNSALTED PEANUTS, ROASTED
- 1/2 CUP WHOLE PECANS
- 1/4 TSP CHILI POWDER
- 1/4 TSP GROUND CUMIN
- 1/8 TSP CAYENNE PEPPER
- 1 TBSP FRESH ROSEMARY LEAVES

DIRECTIONS

1. *Heat a large skillet over medium flame, and add butter, sugar, and salt.*
2. *When the butter melts, add cashews, peanuts, pecans, almonds, and cinnamon.*
3. *Further, add chili powder, cumin and cayenne. Now cook for 5 – 6 min until the sugar melts completely.*
4. *Toss in rosemary and spread on a parchment lined baking sheet.*
5. *Serve the dish in a bowl when it has cooled completely.*



DINNER DELIGHT

DAY 4 : GARLIC TURKEY-BROCCOLI STIR-FRY

INGREDIENTS

- 1 POUND TURKEY TENDERLOIN
- 1 CUP FAT FREE CHICKEN BROTH
- 4 GARLIC CLOVES
- 1 1/2 TABLESPOONS CORNSTARCH
- 1/4 TEASPOON RED PEPPER
- 1/2 TEASPOON SALT
- 1 RED BELL PEPPER
- 2 CUPS FRESH BROCCOLI
- 8 OUNCE SLICED WATER CHESTNUTS
- 2 TABLESPOONS SOY SAUCE
- 2 TEASPOONS SESAME OIL

DIRECTIONS

1. *Heat a skillet or wok over medium-high heat.*
2. *Now, add sesame oil (1-teaspoon), and coat it evenly on the pan.*
3. *Add turkey to the pan and fry it for 5 minutes while stirring. Heat the turkey until it is no longer pink in center.*
4. *Combine chicken broth, garlic cloves, cornstarch, and red pepper in a bowl, and stir it until the cornstarch dissolves.*
5. *Heat sesame oil in another pan separately. Add pepper strips and broccoli into the pan and stir-fry for about 1 minute.*
6. *Now, add water chestnuts to the pan and stir-fry for another 30 seconds.*
7. *Increase heat from medium-high to high and add this mixture to the pan containing turkey, soy sauce, and other accumulated juices.*
8. *Cook for 1 - 2 minutes, and serve with white rice while warm.*

POWER BREAKFAST

DAY 5 : PINEAPPLE EMPANADITAS

INGREDIENTS

- 1 CUP WHOLE WHEAT FLOUR
- 1/2 CUP CORNMEAL
- 1/4 CUP SUGAR
- 1 1/2 TSP BAKING POWDER
- 1/2 TSP SALT
- 2 TBSPS CREAM CHEESE, CUT INTO SMALL PIECES
- 4 TBSPS CANOLA OIL
- 4 TBSPS LOW FAT MILK
- 1 1/2 CUPS CHOPPED PINEAPPLE
- 1/3 CUP APRICOT PRESERVES
- 2 TBSPS BREADCRUMBS
- 1/4 TSP GROUND CINNAMON

DIRECTIONS

1. Whip cornmeal, flour, salt, sugar, and baking powder in a large bowl.
2. Add canola oil and cream cheese, and blend with fingers until crumbly.
3. Sprinkle the mixture with milk, and stir until the dough comes together. Knead the dough a few times in the bowl, then turn it outwards and knead again.
5. Afterwards, divide the dough in half and shape into two discs. Wrap it in plastic and place in the refrigerator for half an hour.
6. Now, add pineapple and apricot preserves in a small saucepan. Heat and cook, while stirring, until it turns syrupy.
7. Mash the pineapple into small chunks with a fork or potato masher, and remove from the heat. Add breadcrumbs and cinnamon, and set aside.
8. Coat a baking sheet with cooking spray. Roll out the dough into 1/8 inch thick circle, one inch at a time.
9. Using a cookie cutter, cut circles in the dough and add pineapple and apricot filling inside the dough. Place in baking sheet and bake in oven for 12 – 15 min. Serve while hot.



LUNCH

DAY 5 : CHICKEN WITH HONEY-ORANGE SAUCE

INGREDIENTS

- 2 ORANGES
- 2 TBSP FLOUR
- 1/2 TSP SALT
- 1/4 TSP GROUND PEPPER
- 4 BONELESS CHICKEN BREASTS
- 1 CUP REDUCED SODIUM CHICKEN BROTH
- 1 TBSPS CANOLA OIL
- 1 CUP VINEGAR
- 1/2 CUP GOLDEN RAISINS
- 2 TBSPS HONEY
- 1 3-INCH CINNAMON STICK
- 1/2 CUP SLIVERED ALMONDS, TOASTED

DIRECTIONS

1. *Extract juice from one orange, remove the skin and white pit from the other.*
2. *Now, combine flour, pepper and ¼ tsp salt in a bowl. Dab chicken in the flour and shake off any excess.*
3. *Transfer the remaining flour in another bowl and add chicken broth, set aside in a serving plate.*
4. *Place a large skillet over medium heat and add the chicken. Cook the chicken for 3 – 4 minutes until browned, and transfer to a plate.*
5. *Add flour-broth mixture to another pan. Further, add reserved orange juice, zest, honey, zest, ¼ tsp salt, and cinnamon stick.*
6. *Boil the mixture for a few minutes and reduce the heat. Return the chicken to the pan and cook for 10 – 12 minutes until the sauce has thickened.*
7. *Transfer the chicken to the serving plate and discard the cinnamon stick.*
8. *Add the sauce over the chicken and decorate with the reserved almonds and orange slices.*



DINNER DELIGHT

DAY 5 : CHICKEN WITH PEPPERS, BROCCOLINI, AND BASIL

INGREDIENTS

- 3/4 POUNDS BROCCOLINI
- 1 1/2 CUPS WHOLE WHEAT COUSCOUS
- 3 TEASPOONS PEANUT OIL
- 2 LARGE RED BELL PEPPERS
- 1 LARGE ONION
- 4 GARLIC CLOVES
- 1 POUND OF BONELESS SKINLESS CHICKEN BREASTS
- 2 TABLESPOONS VINEGAR
- 1/2 CUP FRESH BASIL LEAVES
- 3 TABLESPOONS SLICED ALMONDS

DIRECTIONS

1. *Boil a pot of water and add broccolini into the pot.*
2. *Cook for three minutes until the broccolini turns soft and tender.. Remove from heat and add 2 cups of water and wheat couscous to the bowl.*
3. *Now, cover the bowl and let it stand for about 15 minutes after which transfer the broccolini (fully drained) to a plate.*
4. *Place wok over medium heat and add peanut oil (1 1/2 teaspoons). Toss pepper, onion, and garlic into the pan and stir for 4 minutes. Transfer the mixture to a bowl, and cover it.*
5. *Now, again add peanut oil (1 1/2 teaspoons) to a wok and toss skinless chicken breasts to the pan.*
6. *Cook for 4 minutes until chicken is almost cooked and add 1-tablespoon vinegar. Stir-fry for 1 more minute more until chicken is thoroughly cooked.*
7. *Uncover the bowl containing wheat couscous; and add vinegar (1-tabsp.) and half of basil.*
8. *Top platter with almonds, broccoli, peppers, chicken, and remaining basil. Serve while Warm.*

POWER BREAKFAST



DAY 6 : GRILLED CHOCOLATE BANANA

INGREDIENTS

- 1 BANANA
- 2 TABLESPOONS MINI MARSHMALLOWS
- 2 TABLESPOONS CHOCOLATE CHIPS
- 2 TABLESPOONS CINNAMON TOAST CRUNCH CEREAL

DIRECTIONS

1. *Heat grill to medium heat.*
2. *Slice banana lengthwise, and fill the inside with chocolate chips and marshmallows.*
3. *Now, wrap banana packets in aluminum foil and put them on the grill for 5 minutes.*
5. *Remove from the grill and carefully unwrap the banana packets.*
6. *After the melt has cooled slightly, add cinnamon toast crunch cereal and serve with a spoon.*



LUNCH

DAY 6 : BLUEBERRY SOUP

INGREDIENTS

- 3 CUPS FRESH BLUEBERRIES
- 1 CUP SEEDLESS WHITE GRAPES
- 1 CUP NON-FAT SOUR CREAM
- 1 CUP CLUB SODA, CHILLED
- 2 TABLESPOONS SUGAR

DIRECTIONS

1. *Puree grapes and berries in a blender or food processor.*
2. *Transfer the juice to a bowl through a sieve, while discarding the solids.*
3. *Whip lemon juice, sour cream, and sugar into the juice.*
5. *Stir in seltzer, and enjoy!*



DINNER DELIGHT

DAY 6 : AMERICAN ENCHILADAS RECIPE

INGREDIENTS

- 1 LBS GROUND BEEF
- 1/2 CUP SOUR CREAM
- 1/2 CUP MEDIUM SIZE ONION
- 1/2 CUP CHEDDAR CHEESE
- 1/4 TSP GROUND CAYENNE PEPPER
- 1/2 TSP GROUND CUMIN
- 1/4 TSP OREGANO
- 1/4 TSP GARLIC POWDER
- 1/4 TSP SALT FREE ADOBO SEASONING
- 1/2 TSP CENTRAL STREET SEASONING
- 1 PACK FLOUR TORTILLAS
- 1/2 CUP ENCHILADA SAUCE
- WHITE CHEESE
- FRESH CILANTRO, CHOPPED

DIRECTIONS

1. Heat the ground beef until it turns brown, add onions, and set it aside to cool.
2. Mix cheese, sour cream, cheese and onions in a bowl.
3. Transfer beef along with onion into the bowl and mix well, set aside.
4. Warm the tortillas in a skillet, until they are heated through.
5. Remove from heat and fill with 1 – 2 tbsps of the beef fillings.
6. Roll the tortilla in the form of a cylinder and place it inside a pan sprayed with vegetable spray. Place a thin layer of enchilada sauce into the pan and cover with the remaining sauce and cheese.
7. Now, place the pan in a preheated 375 degrees oven. Bake until the cheese is browned, about 18 min.
8. Take the pan out of the oven and garnish with cilantro.
9. Serve with rice, guacamole, or refried beans.

POWER BREAKFAST

DAY 7 : ONION AND MUSHROOM SCRAMBLED EGGS

INGREDIENTS

- 1 1/2 TBSPS OLIVE OIL
- 8 OUNCES FRESH MUSHROOMS
- 1 ONION, SLICES
- 1 1/2 TBSPS SEASONINGS
- 1 GARLIC CLOVE, MINCED
- 5 EGGS
- SALT AND PEPPER
- 1/3 CUP MOZZARELLA CHEESE, SHREDDED
- 2 TBSPS HERB CHEESE SPREAD AND GARLIC

DIRECTIONS

1. Place olive oil in a skillet and turn the heat to medium-high.
2. Add onion, garlic, and mushrooms in the skillet. Stir-fry for about 15 min until onion is browned, and add 1 tbsp seasonings. Set it aside.
3. Whip eggs with herb cheese and garlic in a bowl and season with salt and pepper.
4. Transfer the mixture to the skillet containing mushroom mixture.
5. Stir fry for about 1 min until the eggs are nearly set. Fold mozzarella into the eggs and cook for 30 seconds more until it melts.
6. Serve while warm. Enjoy!



DAY 7: DARK CHOCOLATE AND BANANA SANDWICH

INGREDIENTS

- 2 LARGE BANANAS
- 8 SLICES OF SOURDOUGH BREAD OR SPROUTED WHEAT
- 4 OZ. DARK CHOCOLATE, CHOPPED
- 4 TSP HONEY

DIRECTIONS

1. *Place banana slices on 4 pieces of bread separately.*
2. *Sprinkle with 3 tbsps of chocolate and add 1 tsp. honey.*
3. *Pre-heat sandwich maker, and coat with butter flavored cooking spray.*
4. *Cook sandwich for 3 - 4 minutes. Serve after it has cooled after five minutes..*



DINNER DELIGHT

DAY 7 : BROCCOLI RABE AND BEEF FLAT BREAD

INGREDIENTS

- 1 TBSP OLIVE OIL
- 1/2 POUND GROUND BEEF
- 2 CUPS BROCCOLI RABE, CHOPPED
- 1 POUND PIZZA DOUGH
- 1/2 RED ONION, SLICED
- 2 CUPS MOZZARELLA CHEESE
- SALT AND PEPPER

DIRECTIONS

1. *Pre-heat oven to 425°. Sprinkle a baking sheet with corn meal.*
2. *Heat olive oil in a large skillet and add beef to the skillet. Cook it for 3 to 4 minutes until the beef is no longer pink.*
3. *At this time, sprinkle a baking sheet with corn meal. Shape the pizza dough in large oval shape and place it on the baking sheet.*
4. *Add broccoli rabe, beef, mozzarella cheese, onion, and ¼ tsp salt and peer to the dough. Place it inside the oven, and bake for around 20 – 25 min.*
5. *Serve while hot. Enjoy!*

POWERFUL

TESTOSTERONE BOOSTING FOODS

The list of food items along with mouth watering sample recipes included in this food guide can assist you in boosting your testosterone level and gain muscle mass in quick time. You can experience the epitome of manhood and increase the quality of your life with improved mental focus, increased libido, and greater satisfaction from your life.

We hope that you enjoyed reading our testosterone boosting food guide. If you need further assistance in regarding the recipes included in this book, you can head over to YouTube and enter the name of the recipe in the search box.

You will get detailed step-by-step instructions in preparing the food that you can enjoy while on a Spartagen XT testosterone booster supplement.

Bon Appétit!





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