

Introduction

Low testosterone can be brutal. It sabotages your sex drive, robs you of a good mood and depletes all your energy.

If you've been noticing any of these symptoms, then you are not alone. Low T affects an estimated 5 million men across America.

One of the best things you can do is start eating right. You might be surprised to learn there are many foods that not only boost your mood, but help bring your T levels back up.

Which foods are best when it comes to restoring testosterone levels and which should you avoid? To answer in the most simplistic way, a nutrient rich diet filled with super foods is the best way to improve your immune system, prevent muscle loss, bone loss and also prevent oxidative damage. On the opposite end of the spectrum is highly processed and sugar based foods that further damage your body and is a known culprit in lower testosterone levels.

Based on research, we also know that healthy fats like olives, olive oil, raw nuts, avocados, and grass fed meats, have been shown to lead to a decrease in testosterone levels.

In this short report, we will reveal the top foods to help boost your testosterone levels as well as provide some easy recipes you can use for your daily meals. There is no reason to go through life with low testosterone feeling lethargic and unenergetic. Learn what you can about low T and apply what you know. Follow these recipes for a week and notice the difference in how you think (better clarity) and how you feel (more energy).

Here's to better health and improving your T levels.

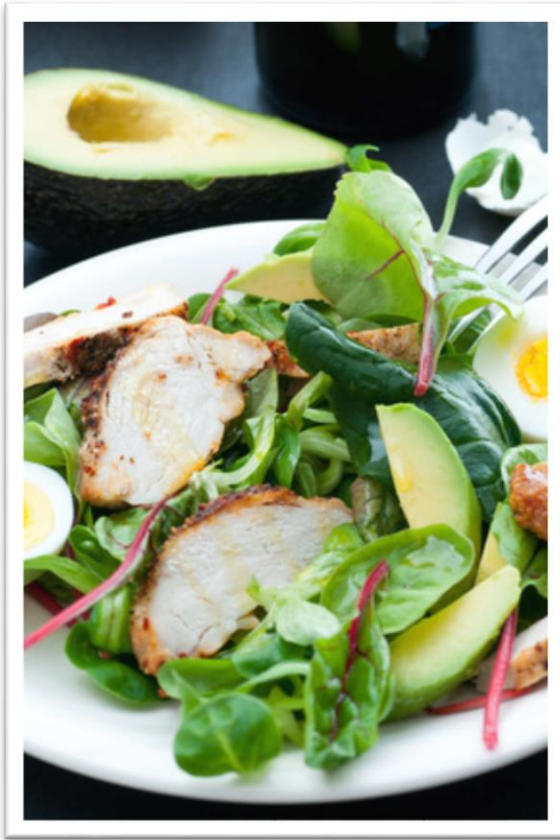
Top Foods to Boost Low T

Foods	How it Helps You
Broccoli	<i>Rids body of estrogen</i>
Garlic	<i>Contain diallyl disulfide which stimulates release of a hormone connected with testosterone</i>
Eggs	<i>Rich in vitamin D necessary to raise T levels</i>
Pumpkin Seeds	<i>Contains vitamins E, C, D, K, B, zinc and magnesium</i>
Bananas	<i>Contains bromelain which helps raise testosterone</i>
Oysters	<i>Contains zinc which helps increase muscle growth and T levels</i>
Pineapple	<i>Contains bromelain which helps raise testosterone</i>
Cauliflower	<i>Rids body of estrogen</i>
Brazil nuts	<i>High in magnesium to help raise testosterone</i>
Salmon	<i>Rich in vitamin D necessary to raise T levels</i>
Sweet potatoes	<i>Rich in vitamin A proven in research to increase T levels</i>
Chia Seeds	<i>Rich in Omega 3's</i>
Brussel Sprouts	<i>Contain essential building blocks for testosterone</i>
Citrus Fruits	<i>High in Vitamin C which helps lower cortisol</i>
Grass Fed Beef	<i>High in omega 3's</i>
Watermelon	<i>Contains citruline shown to increase blood flow</i>
Spinach	<i>It's an anti-estrogenic</i>
Avocado	<i>Contains vitamins A,B, C, D, E, K</i>
Blueberries	<i>Contains Calcium-D-Glucarate for lowering estrogen</i>

Weekly Menu Plan to Boost Low T

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
Day 1	Greek yogurt with blueberries/Turkey Bacon	1 apple and Toasted Pumpkin Seeds	Protein Super Salad	1/2-cup of plain yogurt w/ drizzle of honey/ handful almonds	Ginger Citrus Roast Chicken with Spinach salad
Day 2	Eggs with Fresh Spinach	1-cup pineapple / sprinkled unsweetened coconut	Chicken Salad Lettuce Wrap	Roasted Almonds and a banana	Broiled Halibut Parmesan w/ Roasted Garlic Brussels Sprouts
Day 3	Oatmeal with Chia Seeds	½ cup fat-free cottage cheese w/ ¼ cup of fresh blueberries	Salmon Burger with fresh guac	Edamame with Hummus	Baked Chicken/ Wilted Cabbage with Cumin
Day 4	Breakfast Protein Smoothie	Quick and Easy Guacamole/ Veggie for dipping	Stuffed cabbage rolls	1-cup snap peas with 2 tablespoons of Ranch dressing	Thai BBQ Oysters Sauteed Snow Peas
Day 5	Greek yogurt with blueberries/Turkey Bacon	1 c watermelon/1 oz feta cheese/a tsp. mint/squeeze of fresh lime.	Protein Super Salad	Toasted Pumpkin Seeds	Sesame Crusted Beef and Spinach Salad
Day 6	Eggs with Fresh Spinach	Quick and Easy Guacamole/ Veggie for dipping	Greek Salad	Baby carrots with Hummus	Salmon Burgers with Sweet Potato Fries
Day 7	Hamburger-Egg Veggie Scramble	1-cup pineapple / sprinkled unsweetened coconut	Caprese Salad (avocado, onion, tomato)	Greek yogurt with blueberries	Lean Beef Kabobs Roasted Cauliflower

Testosterone Boosting Recipes



PROTEIN POWER SALAD

Ingredients

- 1 – 1 1/2 cups fresh spring mix
- 1/2 cup grilled chicken breasts, chopped
- 1 hardboiled egg, chopped
- 1/3-1/2 cup avocado, diced
- 1 tablespoon brazil nuts

Dressing

- 2 tablespoons extra virgin olive oil
- 1 tablespoon soy sauce
- salt and pepper to taste

Directions

Place all the ingredients in a salad bar and mix. Add dressing and gently blend with salad.



GREEK SALAD

Ingredients

- 3 roma (plum) tomatoes, chopped
- 1 green bell pepper, sliced
- 1 small English cucumber, chopped
- 1 small onion, chopped
- 1/4 cup sliced black olives (optional)
- 2 ounces tomato basil feta cheese, crumbled
- 1/4 cup olive oil
- 1 teaspoon red wine vinegar
- 1 teaspoon lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon dried oregano
- salt and pepper to taste

Directions

In a salad bowl, combine the tomatoes, bell pepper, cucumber, onion and olives.

Whisk together the oil, vinegar, lemon juice, garlic, oregano, salt and pepper.

Let sit for 1 hour, occasionally stirring to blend flavors.

Pour dressing over salad, add feta cheese and toss before serving.

BUSY BREAKFAST SMOOTHIE

Ingredients

- 1 cup raw spinach
- 1 cup frozen peaches
- 1 cup frozen pineapples
- 1 teaspoon organic flax seed
- 1 teaspoon dried coconut flakes
- 1 cup almond milk
- 1 teaspoon of your favorite protein powder
- ½ banana

Blend!



ROASTED CAULIFLOWER

Ingredients

- 1 1/2 cups cauliflower florets
- 1 teaspoon extra-virgin olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- Salt to taste

Directions

Preheat oven to 425 degrees.

In a medium bowl, combine the Cauliflower and spices. Toss to mix. Drizzle on the oil and toss again.

Transfer the mixture to a small nonstick baking dish. Bake for 15-17 minutes, tossing as needed, or until lightly browned and crisp tender. Serve immediately.

THAI BARBECUE OYSTERS

Place the oysters right on the grill and cook until the steam inside the oysters pops the shells open. Drizzle with some Thai sauce and you're good to go!

SESAME CRUSTED BEEF

Ingredients

- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 4 (4-ounce) beef tenderloin steaks (about 1 inch thick)
- 4 teaspoons black sesame seeds



Directions

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Sprinkle salt and pepper evenly over steaks. Coat both sides of each steak with 1/2 teaspoon sesame seeds, pressing gently to adhere. Add steaks to pan; cook 3 minutes on each side or until desired degree of doneness.



PARMESAN HALIBUT

Ingredients

- 1/2 cup grated Parmesan cheese
- 1/4 cup butter, softened
- 3 tablespoons mayonnaise
- 2 tablespoons lemon juice
- 3 tablespoons chopped green onions
- 1/4 teaspoon salt
- 1 dash hot pepper sauce
- 2 pounds skinless halibut fillets

Directions

Preheat the oven broiler. Grease a baking dish.

In a bowl, mix the Parmesan cheese, butter, mayonnaise, lemon juice, green onions, salt, and hot pepper sauce. Arrange the halibut fillets in the prepared baking dish.

Broil halibut fillets 8 minutes in the prepared oven, or until easily flaked with a fork. Spread with the Parmesan cheese mixture, and continue broiling 2 minutes, or until topping is bubbly and lightly browned.



WILTED CABBAGE WITH TOASTED CUMIN

Ingredients

- 2 teaspoons olive oil
- 12 cups coarsely chopped Savoy cabbage (about 2 pounds)
- 1/2 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon cumin seeds
- 1 tablespoon sherry vinegar

Preparation

Heat the olive oil in a Dutch oven over medium heat. Add cabbage and water; cook 6 minutes or until cabbage wilts, stirring occasionally. Stir in salt and black pepper.

Place cumin seeds in a small nonstick skillet; cook over medium heat 1 minute or until seeds are toasted and fragrant, shaking pan frequently. Add the toasted cumin seeds and vinegar to cabbage; cook 6 minutes or until tender, stirring mixture occasionally.



ROASTED BRUSSEL SPROUTS

Ingredients

- 1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- Feel free to add bacon and sliced onions for more flavor

Directions

Preheat oven to 400 degrees F (205 degrees C). Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat.

Pour onto a baking sheet, and place on center oven rack. Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning.

Brussels sprouts should be dark brown, almost black, when done. Serve immediately.



QUICK AND EASY GUACAMOLE

Ingredients

- 3 medium avocados
- 1 tomato, finely diced
- 1/2 white onion, finely diced
- 1/2 cup cilantro, chopped
- 2 tbsp lime juice
- salt and pepper

Directions

Open the avocados and scoop out the flesh. Mash the flesh with a fork; chunky or smooth. Stir in the other ingredients. Serve immediately, or coat the top with olive oil to stop it browning.



GINGER CITRUS ROAST CHICKEN

Ingredients

- 1 lemon
- 1 roasting chicken, about 5 pounds
- Grated zest of 1 lemon, then lemon cut into quarters
- Grated zest of 1 orange, then orange cut into quarters
- 3 tablespoons peeled and grated fresh ginger root
- Salt and freshly ground black pepper
- 5 tablespoons margarine, melted, or olive oil
- 4 tablespoons fresh lemon juice
- 1/2 cup fresh orange juice
- 3 tablespoons honey
- Orange sections for garnish

Directions

Preheat an oven to 350°F.

Cut the lemon into quarters. Rub the outside of the chicken with one of the lemon quarters, then discard. In a small bowl, stir together the lemon and orange zests and 1 tablespoon of the grated ginger.

Rub this mixture evenly in the cavity. Put the lemon and orange quarters inside the bird. Place the chicken on a rack in a roasting pan. Sprinkle it with salt and pepper. In the now-empty small bowl, combine the melted margarine or olive oil, lemon and orange juices, honey, and the remaining 2 tablespoons ginger. Mix well.

Place the chicken in the oven and roast, basting with the citrus juice mixture at least 4 times during cooking, until the juices run clear when the thigh is pierced with a knife, about 1 hour.

Transfer to a serving platter and let rest for 10 to 15 minutes. Carve the chicken. Garnish with orange sections.



STUFFED CABBAGE ROLLS

Ingredients

- 1 pound Lean Ground Beef (96/4)
- 2 cups Brown Rice, cooked
- 1 tablespoon grass fed butter
- 1 large Egg
- 1(26 ounces) can Spaghetti Sauce, Hunt's Zesty & Spicy
- 1.5 tablespoon Olive Oil
- 1/2 large raw Cabbage
- 1 tablespoon Garlic powder
- 1 tablespoon Onion Powder
- 1 tablespoon Salt
- 1 tablespoon Black Pepper
- 1/4 cup Water

Directions

Prepare cabbage by peeling off 12 leaves, trying to keep each leaf intact.

Put the leaves into a pot of boiling water until they start to soften, about 5 minutes. Use tongs to carefully remove the cabbage from the water; set cabbage aside; discard water.

In a large bowl, mix ground beef, rice, 1/2 cup of spaghetti sauce, egg and seasonings together until well-mixed. Place one cabbage leaf on a plate; place 2 tablespoons of beef mixture into center of leaf.

Roll up cabbage, burrito style. Place 2 toothpicks into each roll to keep cabbage from unrolling during cooking time. Repeat process until all cabbage leaves have been used.

In large dutch-oven pot, add oil and 1/2 cup of the spaghetti sauce. Place cabbage rolls into pot. Continue layering the rolls into the pot. Pour on the remaining spaghetti sauce.

Add 1/4 cup water. Cover pot with lid and simmer over a medium low flame until done, about one hour.



SWEET POTATO FRIES

Ingredients

- 1 large or two medium sweet potatoes, peeled
- 1 tablespoon sea salt
- 1 teaspoon lemon pepper
- 1 teaspoon chili powder
- ¼ teaspoon cayenne pepper
- Cooking spray or 1 tablespoon olive oil

Directions

Cut the sweet potatoes in half cross wise and cut each half into 1/2-inch slices, then cut the bundle of slices into 1/2-inch fries. Combine the spices in a small dish.

Coat the cut fries with the olive oil or cooking spray and toss in a bowl with the mixed spices.

Set a wire rack over a sheet pan and arrange the fries on the rack.

Put the fries in the cold oven and turn the oven on to 500F.

Bake the spicy fries for 25 minutes. Check them after that time – turn the pan in the oven and bake another 5 to 10 minutes to crisp them.

If you don't have a wire rack, crumple up a large sheet of aluminum foil then spread it out over a sheet pan. Give it a light coating of cooking spray, then arrange the fries in a single layer over the top. Bake as directed above.