



TESTOGEN

MUSCLE • ENERGY • PERFORMANCE

40 Recipes

For Mens Health

Contents

INTRODUCTION

Get Ready to Hone Your Inner Chef	4
Recipe icon guide	4

RECIPES

Protein Energy Balls	5
Overnight Chocolate Oats	6
Breakfast Egg Muffins	7
Tuna Bagel	8
Beet, Pineapple, Avocado & OJ Smoothie	9
Bacon & Egg Rice Cakes	10
Mango Chicken Rice Bowl	11
Spinach & Cheese Omelette	12
Oreo Protein Smoothie	13
Grilled Buffalo Chicken & Saskatoon Sandwich	14
Sourdough & Smashed Avocado 14	15
Protein Pancakes	16
Roasted Red Pepper Salmon Salad on Toast	17
Vegan Fajitas	18
Vegan Protein Ice-Cream	19
Skinny Dark Peanut Butter Cups	20
Vegan Spiced Chickpea Wrap	21
Mason Jar Apple Cinnamon Overnight Oats	22

Index page

Fat Burning Smoothie	23
Salmon Avocado Salad	24
Matcha Green Latte	25
Shell Pasta & Artichoke Salad	26
Sesame Salmon	27
Spinach & Feta Quesadillas	28
Dark Chocolate Fat Bombs	29
Chicken & Asparagus Stir Fry	30
Ginger Tempeh Lettuce Wraps	31
Homemade Cobb Salad	32
Ground Beef Tacos	33
Cheesy Chicken & Broccoli Pasta	34
Homemade Chicken Nuggets & Sweet Potato	35
Pumpkin Spiced Overnight Oats	36
Ketogenic Meatballs	37
Pumpkin & Avocado Pie	38
Tofu Mexican Bowl	39
Strawberry Chocolate Oatmeal	40
Protein Popsicles	41
Sweet Chilli Turkey Salad on Toast	42
Spaghetti Squash With Pesto & Mushroom	43

Get Ready to Hone Your Inner Chef

Your life is about to get a lot simpler and tastier with these exclusive Testogen recipes designed especially for men's health. Carefully prepared by our resident AfN Registered Nutritionist, you'll find nothing but 100% wholesome, nutritious, delicious meals to support your health and wellbeing. From hand-held favourites like tacos and fajitas to sweet treats like protein pancakes and overnight chocolate oats, there's no fancy cooking skills, exotic ingredients or expensive cooking equipment required. Just simple ingredients, easy prep and a ton of flavour.

Don't forget to take your Testogen each morning (4 capsules 20 minutes before your breakfast) to get your natural testosterone boost.

Visit <https://testogen.com/blog> for more tips & advice for improving your health.

Recipes For Every Goal

We've made it super easy to find the recipes that suit your needs and goals. Just head to the top left hand corner of each recipe page and look out for the following icons:



Testosterone Boosting



Libido Boosting



Muscle Building



Energy Boosting



Fat Burning



Mental Clarity

Special Dietary Requirements

Whether you're lactose intolerant or you eat a plant-based diet, we've got you covered. Just look at the top of each recipe page and you'll find plenty of suitable options for all the following key dietary requirements:



Vegetarian



Vegan



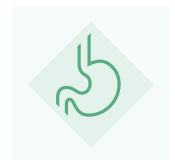
Lactose Free



Gluten Free



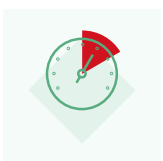
Nut Free



Gut Friendly (no acid)

Speedy Meals

Cooking healthy, delicious meals doesn't have to be time consuming. Meals with this symbol can be prepped, cooked and on your plate in 10 minutes or less.



Ready in Under 10 Minutes

For The Family

Impress the family when it's your turn to cook. Look out for this symbol for easy, tasty, kid-approved meals the whole family will enjoy.



For The Family

Goal



Dietary Reference



Total Time



2 MINUTES

Protein Energy Balls

Energy Boosting / Snacks

Servings: 24

Preparation time: 2 minutes

Cook time: N/A



CALORIES: 115

PROTEIN: 6G

CARBS: 12G

FATS: 5G

INGREDIENTS

3 cups oats
½ cup vanilla protein powder
1 cup peanut butter
1 cup low calorie or sugar-free syrup
1-2 Tbsp milk
¼ cup dark chocolate chips (optional)
½ cup ground flax seeds (optional)

DIRECTIONS

1. In a large mixing bowl, mix your oats with protein powder until combined. Add your peanut butter, syrup and mix well. Fold through your mix-ins of choice.
2. Using a tablespoon, add milk of choice, one tablespoon at a time, until a thick dough remains.
3. Lightly wet your hands (or spray them with cooking spray). Form 20-24 balls of dough.
4. Place on a plate and refrigerate until firm.

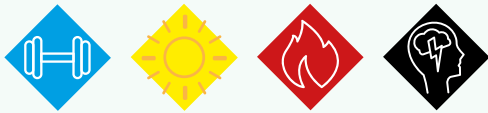
◆ **Muscle Growth** - Protein powder, peanut butter

◆ **Energy** - Oatmeal, peanuts

◆ **Fat Burning** - Protein powder, flax seeds

◆ **Mental Clarity** - Peanuts, flax seeds, dark chocolate

Goal



Dietary Reference



Total Time



10 MINUTES

Overnight Chocolate Oats

Muscle Building / Breakfast

Servings: 1

Preparation time: 10 minutes

Cook time: N/A



CALORIES: 430

PROTEIN: 40G

CARBS: 40G

FATS: 12G

INGREDIENTS

- 1 scoop chocolate protein powder
- 1 cup unsweetened almond milk
- 1 Tbsp peanut butter
- ½ cup dry quick oats
- Handful dark chocolate chips or shavings (optional)

DIRECTIONS

1. Mix all ingredients together inside a sealable mason jar.
2. Shake well and refrigerate overnight .
3. Sprinkle with dark chocolate chips or shavings for additional flavour. Eat within 3 days before it gets hard.

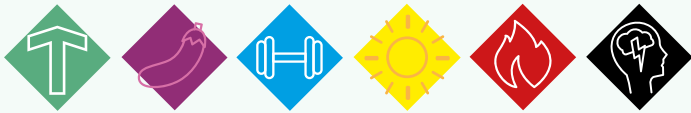
◇ **Muscle Growth** - Protein powder, peanut butter, almond milk

◇ **Energy** - Peanut butter, almond milk, oats

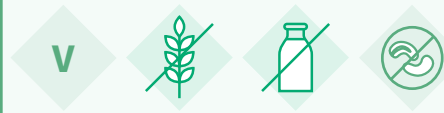
◇ **Fat Burning** - Protein powder

◇ **Mental Clarity** - Dark chocolate

Goal



Dietary Reference



Total Time



Breakfast Egg Muffins

Testosterone Boosting / Breakfast

Servings: 3

Preparation time: 10 minutes

Cook time: 14 minutes



CALORIES: 345

PROTEIN: 25G

CARBS: 14G

FATS: 21G

INGREDIENTS

- 1 Tbsp olive oil
- 1 medium onion
- 1 green pepper
- 1 red pepper
- 12 eggs
- ¼ tsp black pepper
- ¼ tsp salt
- Bunch of spinach leaves

DIRECTIONS

1. Preheat oven to 350 F (175 C).
2. Sauté onions in olive oil over a medium-high heat for 2-3 minutes. Add peppers, spinach leaves and continue cooking for another 2-3 minutes.
3. While peppers are cooking, whisk eggs in a large bowl.
4. Once peppers/onions are cooked, remove from heat and let cool for a few minutes. Mix in the egg mixture and stir well, sprinkling in the salt and pepper.
5. Coat a large muffin pan with olive oil spray or coconut oil spray. Using a 1/4 cup (60mL) measuring cup, fill each muffin cup.
6. Place in the oven for 10-15 minutes. Remove them once the tops get high, fluffy, and golden brown. Pop them out with a butter knife or thin spatula and let them cool.

- ◆ **Testosterone Production** - Raw onion, olive oil, spinach
- ◆ **Muscle Growth** - Eggs

- ◆ **Libido** - Spinach
- ◆ **Energy** - Green pepper, eggs, olive oil, spinach, eggs

- ◆ **Fat Burning** - Eggs, olive oil
- ◆ **Mental Clarity** - Olive oil, eggs

Goal



Dietary Reference



Total Time



10 MINUTES

Tuna Bagel

Libido Boosting / Lunch

Servings: 1

Preparation time: 2 minutes

Cook time: N/A



CALORIES: 380

PROTEIN: 25G

CARBS: 47G

FATS: 10G

INGREDIENTS


1 bagel
2 non-fat cheese slices
1.8oz tuna chunks
Cucumber slices (optional)
Onion slices (optional)
Avocado slices (optional)

DIRECTIONS

1. Toast the bagel in toaster.
2. Add the non-fat cheese slices and tuna.
3. Optional - add cucumber, onion and avocado slices.

 **Libido** – Tuna

 **Testosterone Production**
- Onion

 **Mental Clarity** - Tuna

Goal



Dietary Reference



Total Time



5 MINUTES

Beet, Pineapple, Avocado & OJ Smoothie

Libido Boosting / Lunch

Servings: 1

Preparation time: 5 minutes

Cook time: N/A



CALORIES: 345

PROTEIN: 16G

CARBS: 37G

FATS: 15G

INGREDIENTS

½ avocado
½ cup pineapple
½ cup orange juice pulped
½ cup beets
Sprinkle of chia seeds

DIRECTIONS

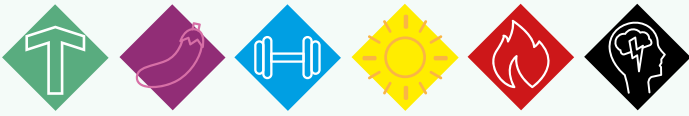
1. Put all ingredients into a blender & blend on high for 1 minute.
2. Add a splash of milk or water to thin it out if needed as desired.

✔ **Energy** – Avocado, pineapple, orange juice, beets

✔ **Mental Clarity** - Orange juice

✔ **Libido** - Avocado, pineapple, orange juice

Goal



Dietary Reference



Total Time



Bacon & Egg Rice Cakes

Energy Boosting / Lunch

Servings: 1

Preparation time: 2 minutes

Cook time: n/a



CALORIES: 425

PROTEIN: 30G

CARBS: 22G

FATS: 24G

INGREDIENTS

- 2 slices turkey bacon
- 2 large eggs
- ½ small avocado
- 2 white cheddar rice cakes

DIRECTIONS

1. Fry 2 slices of turkey bacon in a frying pan, set aside.
2. Spray a frying pan with nonstick cooking spray and fry 2 eggs to your desired liking.
3. Mash 25g of avocado on top of each rice cake, top with turkey bacon and egg, season with salt and pepper.
4. To reduce fat content, 2 egg whites can be substituted.

- ◆ **Muscle Growth** - Turkey bacon, eggs, rice cakes
- ◆ **Energy** - Eggs, avocado, rice cakes

- ◆ **Mental Clarity** - Eggs
- ◆ **Testosterone Production** - Avocado

- ◆ **Fat Burning** - Eggs, avocado
- ◆ **Libido** - Avocado

Goal



Dietary Reference



Total Time



35 MINUTES

Mango Chicken Rice Bowl

Muscle Building / Dinner

Servings: 1

Preparation time: 15 minutes

Cook time: 20 minutes



CALORIES: 610

PROTEIN: 42G

CARBS: 65G


FATS: 20G

INGREDIENTS

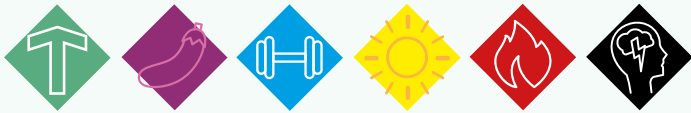
4oz chicken breast
4.5oz jasmine ready rice
1 cup zucchini, chopped
½ cup edamame, shelled
1.5 cup red peppers, chopped
½ Tbsp coconut oil
½ cup mango chicken cooking sauce

DIRECTIONS

1. Bake chicken breast in the oven until fully cooked.
2. Chop chicken into pieces.
3. Cook rice as per package directions.
4. In a fry pan, saute zucchini, peppers and edamame in coconut oil. When veggies are cooked, add in mango chicken sauce and cook until heated.
5. In a bowl, add chicken breast and rice, top with veggie mixture and enjoy.

 **Muscle Growth** – chicken breast, edamame

Goal



Dietary Reference



Total Time



Spinach & Cheese Omelette

Libido Boosting / Breakfast

Servings: 1

Preparation time: 7 minute

Cook time: 5 minutes



CALORIES: 115

PROTEIN: 6G

CARBS: 12G

FATS: 5G

INGREDIENTS

- 5 egg whites
- 1 egg
- 1 cup spinach
- ½ cup mushroom
- ⅓ onion
- 1.5oz cheddar cheese
- Olive oil spray
- Salt and pepper

DIRECTIONS

1. Stir-fry the chopped onions and mushrooms in a skillet coated with olive oil cooking spray on medium-high heat for 5 minutes, or until things begin to brown.
2. Add the spinach and stir for about 30 seconds, just until the spinach becomes dark green and condensed. In a new pan, lightly spray the pan with oil & add the beaten eggs.
3. Wait a couple of minutes until you see bubbles starting to form around the edges of the eggs, then lift a portion of the eggs with a spatula, allowing the runny eggs on top to flow beneath the part that you lifted with the spatula.
4. Do this in three or four places around the perimeter of the omelette. After another minute, flip the omelette.
5. Add the slice of cheese to the top, still exposed in the skillet, and then add the sautéed mixture of turkey and vegetables onto one half of the omelette. Fold the omelette over to cover the contents, then slide it onto a plate. Season with salt & pepper.

◆ **Testosterone Production**
- Spinach, onion

◆ **Muscle Growth** - Eggs, egg whites, cheddar cheese

◆ **Libido** - Spinach

◆ **Energy** - Eggs

◆ **Fat Burning** - Eggs, olive oil

◆ **Mental Clarity** - Eggs, olive oil

Goal



Dietary Reference



Total Time



Oreo Protein Smoothie

Muscle Boosting / Snacks

Servings: 1

Preparation time: 2 minutes

Cook time: N/A



CALORIES: 320

PROTEIN: 26G

CARBS: 36G

FATS: 8G

INGREDIENTS

- 1 scoop chocolate protein powder
- 2 Oreo cookies
- 1 cup unsweetened vanilla almond milk
- ½ small banana
- 1 tsp vanilla extract

DIRECTIONS

1. Throw all ingredients in a blender with 1 cup ice and blend on high for 1 minute.
2. Quick and easy. Enjoy.

✔ **Muscle Growth** – Protein powder, almond milk

✔ **Energy** - Banana

✔ **Libido** - Banana

Goal



Dietary Reference



Total Time



8 MINUTES

Grilled Buffalo Chicken & Saskatoon Sandwich

Muscle Building / Lunch

Servings: 1

Preparation time: 2 minutes

Cook time: 6 minutes



CALORIES: 565

PROTEIN: 35G

CARBS: 68G

FATS: 17G

INGREDIENTS

2 thin slices sourdough bread
3.5oz buffalo chicken (pre cooked)
1 slice marbled cheese
2 Tbsp jam
1 tomato
2 tsp butter
Fresh lettuce
Sliced onion

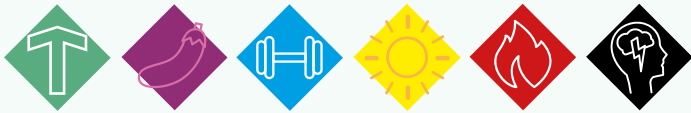
DIRECTIONS

1. Lightly butter the outsides of the bread (to cook) and put jam on the inside of each slice.
2. On 1 slice of bread put the chicken on jam and top with cheese.
3. Put the second piece of bread on top and grill in frying pan butter side down until bread is golden brown. Flip and grill on the other side.
4. Add lettuce, onions and tomato.

 **Testosterone Production** - Onion

 **Muscle Growth** - Chicken

Goal



Dietary Reference



Total Time



4 MINUTES

Sourdough & Smashed Avocado

Muscle Building / Breakfast

Servings: 1

Preparation time: 2 minutes

Cook time: 2 minutes



CALORIES: 515

PROTEIN: 21G

CARBS: 50G

FATS: 25.5G

INGREDIENTS

- 2 thin slices sourdough bread
- 2 eggs
- 1 small avocado
- 1 tsp salt and pepper

DIRECTIONS

1. Smash the avocado with the salt and pepper.
2. Toast the sourdough bread and top with the smashed avocado
3. In a frying pan with a small amount of water, poach the eggs and add on top of the toast.

- ✔ **Testosterone Production** - Avocado
- ✔ **Muscle Growth** - Eggs

- ✔ **Libido** - Avocado
- ✔ **Energy** - Eggs, avocado

- ✔ **Fat Burning** - Eggs
- ✔ **Mental Clarity** - Eggs

Goal



Dietary Reference



Total Time



7 MINUTES

Protein Pancakes

Muscle Building / Breakfast

Servings: 1

Preparation time: 2 minutes

Cook time: 5 minutes



CALORIES: 400

PROTEIN: 21G

CARBS: 39G

FATS: 18G

INGREDIENTS

1 scoop vanilla protein powder
 1 large banana
 1/8 tsp cinnamon
 1/4 tsp baking powder
 1/4 tsp salt
 2 large eggs
 Sugar-free syrup (optional)
 1/2 cup berries (optional)
 0.75oz chocolate chips (optional)

DIRECTIONS

1. Separate the egg whites from the egg yolks into 2 separate bowls and beat the egg whites for 3 minutes.
2. Add the other ingredients (banana, protein powder, baking powder, cinnamon) and whisk until smooth.
3. Add to the egg yolk mixture and beat until smooth.
4. Pour onto the skillet and cook for 1-2 minutes.
5. As soon as you see some bubbles it's time to flip.
6. Add toppings of your choice.

◆ **Testosterone Production**
 - Cinnamon, banana

◆ **Muscle Growth** - Eggs, protein powder

◆ **Energy** - Eggs, banana, berries, cinnamon

◆ **Fat Burning** - Eggs, protein powder

◆ **Mental Clarity** - Eggs, berries

Goal



Dietary Reference



Total Time



2 MINUTES

Roasted Red Pepper Salmon Salad on Toast

Muscle Building / Lunch

Servings: 1

Preparation time: 2 minutes

Cook time: n/a



CALORIES: 420

PROTEIN: 30G

CARBS: 50G

FATS: 11G

INGREDIENTS

- 1 can skinless, boneless pink salmon (or sliced smoked salmon)
- 15ml half fat mayo
- 2 Tbsp roasted red pepper cashew dip
- 1 large slice sourdough bread, halved
- Sesame seeds

DIRECTIONS

1. Toast bread to your liking.
2. Drain canned salmon (or sliced smoked salmon) and add to the bowl.
3. Mix mayo and red pepper cashew dip and any seasoning you'd like together in the bowl.
4. Spread the mixture on toast, sprinkle with sesame seeds and enjoy.

◆ **Testosterone Production** - Salmon

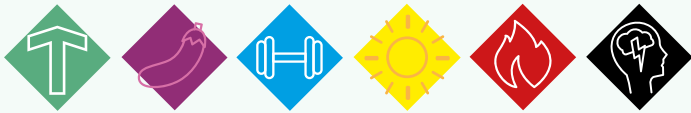
◆ **Muscle Growth** - Salmon

◆ **Energy** - Salmon, sesame seeds, cashew, sourdough

◆ **Fat Burning** - Salmon, sesame seeds

◆ **Mental Clarity** - Salmon, cashew

Goal



Dietary Reference



Total Time



Vegan Fajitas

Muscle Building / Dinner

Servings: 2

Preparation time: 35 minutes

Cook time: 15 minutes



CALORIES: 375

PROTEIN: 10G

CARBS: 48G

FATS: 16G

INGREDIENTS

- 2 Tbsp extra virgin olive oil
- 4 small unsalted corn tortillas
- 1 cup summer squash, sliced
- 1 small zucchini, sliced
- 1 medium green pepper, sliced
- ½ cup raw sweet corn
- ½ cup unsalted black beans, boiled
- 1 tsp distilled vinegar
- ½ tsp dried oregano
- ½ tsp chili powder

DIRECTIONS

1. In a large bowl combine 1 Tbsp olive oil, vinegar, chili powder, and oregano. Add peppers, zucchini, and squash and marinate in the refrigerator for 30 mins.
2. Heat 1 Tbsp of olive oil over medium heat, drain vegetables, and saute until tender (10-15 min)
3. Stir in beans and corn, increase heat to high and cook for 3-5 minutes. Serve in warm corn tortillas.

◆ **Testosterone Production**
- Olive oil

◆ **Muscle Growth** - Black Beans

◆ **Libido** - Herbs

◆ **Energy** - Olive Oil

◆ **Fat Burning** - Distilled Vinegar

◆ **Mental Clarity** - Olive oil

Goal



Dietary Reference



Total Time



2 MINUTES

Vegan Protein Ice-Cream

Muscle Building / Dessert

Servings: 1

Preparation time: 2 minutes

Cook time: n/a



CALORIES: 180

PROTEIN: 23G

CARBS: 13G

FATS: 4G

INGREDIENTS

- 1 scoop chocolate protein powder
- 5 packets natural stevia sweetener
- 2 Tbsp cocoa powder, unsweetened
- 1tsp xanthan gum
- ¼ cup vanilla almond milk
- 2 cups ice

DIRECTIONS

1. Put the ice and almond milk in a blender and blend on low.
2. Add protein powder, cocoa powder, and stevia and slowly increase Blender speed.
3. Add xanthan gum and blend on high until creamy, about 5-10 seconds depending on your blender.
4. Add a splash of water or milk for consistency if needed.

✔ **Muscle Growth** - Protein powder

✔ **Energy** - Protein powder

✔ **Mental Clarity** - Cocoa powder

Goal



Dietary Reference



Total Time



10 MINUTES

Skinny Dark Peanut Butter Cups

Energy Boosting / Snacks

Servings: 20

Preparation time: 10 minutes

Cook time: n/a



CALORIES: 80

PROTEIN: 1G

CARBS: 10G

FATS: 4G

INGREDIENTS

- 1 cup organic powdered peanut butter
- ¼ cup unsweetened almond milk
- 1 cup water
- ¾ cup dark chocolate chips

DIRECTIONS

1. Line a mini cupcake pan with liners. Add the chocolate chips to a microwave safe bowl and microwave in 15 second intervals until fully melted.
2. Gently stir in almond milk until you have a creamy ganache consistency and separate into 2 batches.
3. Using the first batch, distribute mixture evenly among cupcake liners and place the pan in the freezer to help the ganache set a little.
4. Combine powdered PB and water until you have a creamy PB texture, it will be runnier than normal but it makes it easier to pour into the liners and it will solidify once frozen.
5. Pour PB mixture on top of the first chocolate layer, return to the freezer for another 30min. Finally add the second batch of chocolate over top of PB and return to the freezer until cups are fully frozen.

***For a vegan version use vegan chocolate chips.**

✔ **Muscle Growth** - Peanut butter, almond milk

✔ **Energy** - Peanut butter, almond milk

✔ **Mental Clarity** - Dark Chocolate

Goal



Dietary Reference



Total Time



Vegan Spiced Chickpea Wrap

Fat Burning / Dinner

Servings: 4

Preparation time: 10 minutes

Cook time: 20 minutes



CALORIES: 145

PROTEIN: 5G

CARBS: 20G

FATS: 5G

INGREDIENTS

4 tortillas
 1 Tbsp extra virgin olive oil
 3 cups garbanzo beans (chickpeas)
 2 Tbsp lemon juice
 1 tsp maple syrup
 1 tsp soy sauce
 2 tsp paprika
 2 tsp cumin
 1 tsp garlic powder
 ½ tsp cayenne pepper

DIRECTIONS

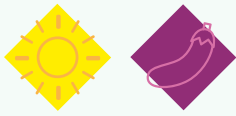
1. Heat oil in a large skillet over medium heat, add chickpeas and fry them until they start turning golden and pop around, this will take 3-5 minutes.
2. In a small glass, mix together the lemon juice, syrup and soy sauce. When the chickpeas are cooked, pour the lemon juice mixture over them and stir.
3. Let the sauce evaporate for 30 seconds and then add the spices. Stir and cook for another 30 seconds and turn off the heat.
4. Add sauce to tortillas, wrap and enjoy.

📦 **Muscle Growth** - Garbanzo beans (chickpeas)

📦 **Energy** - Garbanzo beans (chickpeas)

📦 **Fat Burning** - Olive Oil
📦 **Libido** - Herbs

Goal



Dietary Reference

Ve



Total Time



12 MINUTES

Mason Jar Apple Cinnamon Overnight Oats

Fat Burning / Breakfast

Servings: 1

Preparation time: 12 minutes

Cook time: n/a



CALORIES: 495

PROTEIN: 13G

CARBS: 68G

FATS: 519G

INGREDIENTS

½ cup rolled oats
1 tsp cinnamon
1 packet stevia
1 Tbsp maple syrup
½ cup unsweetened almond milk
1 small apple, chopped
1oz raw almonds, sliced

DIRECTIONS

1. Add oats, cinnamon and Stevia into a Mason Jar.
2. Add almond milk and maple syrup and stir.
3. Add the chopped apple on top and refrigerate overnight.
4. Top with sliced almonds and sugar free syrup (optional) just before eating.

✔ **Energy** - Oats, cinnamon, almond milk, apple, almonds

✔ **Libido** - Cinnamon

Goal



Dietary Reference



Total Time



3 MINUTES

Fat Burning Smoothie

Fat Burning / Snacks

Servings: 1

Preparation time: 3 minutes

Cook time: n/a



CALORIES: 218

PROTEIN: 4.5G

CARBS: 37.5G

FATS: 8.4G

INGREDIENTS

- 1 cup baby spinach
- 2 Tbsp fresh mint leaves
- 1 stalk celery, chopped
- ½ cup brewed green tea, cooled
- ½ large grapefruit, peeled & seeded
- 1 cup pineapple chunks, frozen
- ¼ large avocado
- Dash ground cayenne pepper, optional

DIRECTIONS

1. Place spinach, mint, celery, and green tea into a blender.
2. Puree until smooth.
3. Add remaining ingredients.
4. Blend again. Best served chilled.

✔ **Testosterone Production** - Spinach, avocado, pineapple, celery, grapefruit

✔ **Mental Clarity** - Avocado, spinach

✔ **Libido** - Avocado, pineapple, celery, grapefruit

✔ **Energy** - Avocado, spinach, pineapple, cayenne pepper, mint, celery

✔ **Fat Burning** - Cayenne pepper, mint, green tea

Goal



Dietary Reference



Total Time



Salmon Avocado Salad

Energy Boosting / Lunch

Servings: 1

Preparation time: 10 minutes

Cook time: 10-15 minutes



CALORIES: 335

PROTEIN: 27G

CARBS: 9G

FATS: 21G

INGREDIENTS

4oz wild salmon, raw
1½ cups green leaf lettuce
6 cherry tomatoes, halved
½ avocado, diced
½ Tbsp extra virgin olive oil
1 Tbsp white wine vinegar
2 tsp cilantro

DIRECTIONS

1. Preheat the oven, place salmon on a broiler pan, season with salt and pepper.
2. Broil for 10-15min (depending on the thickness of salmon) until fish flakes with a fork.
3. Cut lettuce into bite-sized pieces and place in a large bowl, add tomatoes, and avocado.
4. Drizzle oil and vinegar over salad and toss.
5. Sprinkle it with cilantro and top with salmon.

◆ **Testosterone Production**
- Avocado, salmon, olive oil

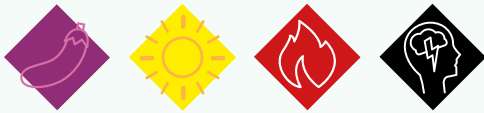
◆ **Libido** – Avocado, olive oil

◆ **Energy** - Avocado, olive oil

◆ **Fat Burning** – Salmon, olive oil,
white wine vinegar

◆ **Mental Clarity** - Salmon, olive oil

Goal



Dietary Reference



Total Time



Matcha Green Latte

Fat Burning / Snacks

Servings: 1

Preparation time: 3 minutes

Cook time: n/a



CALORIES: 128

PROTEIN: 8.2G

CARBS: 17.9G

FATS: 1.5G

INGREDIENTS

- 1 cup low-fat milk
- ¼ cup boiling water
- 1 tsp matcha tea powder
- 1 tsp honey

DIRECTIONS

1. Blend boiling water with matcha powder in a blender until foamy.
2. Heat milk with honey until almost boiling.
3. Whisk the milk until frothy. Pour the milk into a mug, then pour in the tea.

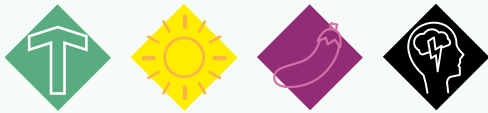
❖ **Energy** - Matcha tea

❖ **Fat Burning** - Matcha tea

❖ **Libido** - Matcha tea, honey

❖ **Mental Clarity** - Matcha tea

Goal



Dietary Reference



Total Time



Shell Pasta & Artichoke Salad

Libido Boosting / Lunch

Servings: 2

Preparation time: 2 minutes

Cook time: 10-15 minutes



CALORIES: 395

PROTEIN: 8G

CARBS: 48G

FATS: 19G

INGREDIENTS

- 1½ cups pasta shells
- 10 marinated artichoke hearts, quartered
- 3 cups baby spinach
- 2 cloves garlic, minced
- 2 Tbsp olive oil
- Bunch of fresh basil

DIRECTIONS

1. Cook pasta according to directions. Drain and set aside.
2. Heat olive oil in a medium skillet, add garlic.
3. Cook garlic for 3-5 min until tender.
4. Add in drained artichoke hearts, baby spinach and cooked pasta, toss together.
5. Garnish with fresh basil.

- ✔ **Testosterone Production** - Spinach
- ✔ **Energy** - Spinach

- ✔ **Libido** - Spinach
- ✔ **Mental Clarity** - Olive Oil

Goal



Dietary Reference



Total Time



Sesame Salmon

Muscle Building / Dinner

Servings: 2

Preparation time: 5 minutes

Cook time: 10-15 minutes



CALORIES: 620

PROTEIN: 39G

CARBS: 50G

FATS: 29G

INGREDIENTS

4oz salmon
 5.5oz rice noodles, cooked
 1 cup zucchini noodles
 1/3 cup sesame seeds
 1 Tbsp soy sauce
 2 Tbsp lemon juice
 Green onions, chopped (optional)

DIRECTIONS

1. Cook salmon on medium heat in a frying pan for 6-8 minutes.
2. While salmon is cooking, cook rice noodles and zucchini noodles as per package instructions.
3. Cut salmon into small pieces.
4. In a bowl, mix lemon juice, soy sauce, and sesame seeds, add salmon to the mixture and marinate for 5 minutes.
5. Serve over rice and zucchini noodles.
6. Sprinkle sesame seeds and green onion on top and enjoy.

◆ **Testosterone Production**
 - Salmon

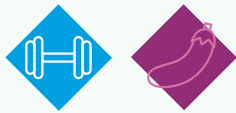
◆ **Muscle Growth** - salmon

◆ **Energy** - Salmon, sesame seeds

◆ **Fat Burning** - Salmon, sesame seeds

◆ **Mental Clarity** - Salmon, soy sauce, green onions

Goal



Dietary Reference



Total Time



25 MINUTES

Spinach & Feta Quesadillas

Libido Boosting / Dinner

Servings: 2

Preparation time: 5 minutes

Cook time: 20 minutes



CALORIES: 345

PROTEIN: 16.8G

CARBS: 55.2G

FATS: 6.6G

INGREDIENTS

- 4 vine tomatoes, seeded & diced
- ½ red onion, diced
- 1 red chili, seeded & diced)
- ½ bunch coriander (chopped)
- 1 tsp red wine vinegar
- ½, lime, juiced
- 2.5oz low-fat feta, crumbled
- 2 green onions, sliced
- 7oz spinach (wilted & squeezed dry)
- 4 flour tortillas

DIRECTIONS

1. Mix the tomatoes, onion, chili and coriander together with the vinegar and lime juice. Season well.
2. Mix together the feta, spring onions, spinach and season.
3. Divide the feta mix onto two tortillas, and press down another tortilla onto each.
4. Dry fry each quesadilla until the underside is golden, the cheese is melting and the onions are soft.
5. Flip the tortillas over and fry on the other side until cooked through.

Mental Growth - Feta, spinach

Libido - Spinach, red chili

Goal



Dietary Reference



Total Time



Dark Chocolate Fat Bombs

Libido Boosting / Dessert

Servings: 16

Preparation time: 5 minutes

Cook time: 20 minutes



CALORIES: 119

PROTEIN: 1.2G

CARBS: 1.8G


FATS: 12G

INGREDIENTS

4 oz dark chocolate (85% cacao)
1oz cocoa butter
1 tsp vanilla powder or 1 tbsp sugar-free vanilla extract
2 tbsp powdered Erythritol
1/3 cup any nut/seed butter
2oz butter or coconut oil
10-20 drops liquid Stevia extract (optional)

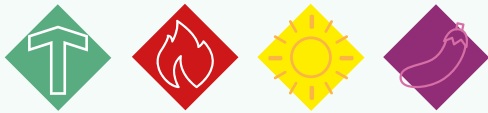
DIRECTIONS

1. Melt the dark chocolate and cacao butter in a double boiler or a glass bowl on top of a small saucepan filled with a cup of water over a medium heat.
2. Once completely melted, turn off the heat.
3. Add the vanilla powder, powdered erythritol and your chosen nut or seed butter and mix until well combined. Add the butter and mix again.
4. Pour 2 tablespoons of the chocolate mixture into the mini muffin forms or an ice cube tray.
5. Place in the fridge for at least 30 minutes and let it solidify. Keep refrigerated for up to a week or freeze for up to 3 months.

 **Libido** - cocoa butter

 **Mental Clarity** - dark chocolate

Goal



Dietary Reference



Total Time



Chicken & Asparagus Stir Fry

Libido Boosting / Dinner

Servings: 4

Preparation time: 10 minutes

Cook time: 20 minutes



CALORIES: 165

PROTEIN: 29.6G

CARBS: 5.5G

FATS: 2.8G

INGREDIENTS

- 16oz boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 Tbsp fresh lime juice
- 2 cups asparagus spears, trimmed & cut into 2-inch pieces
- 1 Tbsp fish sauce
- 2 tsp arrowroot powder (or cornstarch)
- 2 Tbsp soy sauce
- 2 Tbsp fresh ginger, roughly chopped
- ¼ cup low-sodium chicken broth
- 3 garlic cloves

DIRECTIONS

1. In a small bowl, mix together the lime juice, fish sauce, arrowroot, soy sauce and broth.
2. Process the ginger and garlic to a paste in a food processor, or by hand.
3. Spray a large skillet with nonstick spray and set over medium heat. When hot, add the chicken pieces and cook until all sides turn a light white colour.
4. Remove chicken to a plate and add the ginger-garlic paste to the skillet. Cook for 2 minutes.
5. Add asparagus to the skillet and continue to cook, stirring frequently, for 5 minutes.
6. Stir in the lime juice mixture, add the chicken and cook for another 5 minutes, or until the chicken is cooked through and the asparagus is crisp yet tender.

✔ **Energy** - Soy sauce, Lime, arrowroot, asparagus

✔ **Fat Burning** - Soy sauce, chicken broth

✔ **Testosterone Production** - Ginger

✔ **Libido** - Garlic

Goal



Dietary Reference

Ve

Total Time



Ginger Tempeh Lettuce Wraps

Libido Boosting / Lunch

Servings: 4

Preparation time: 35 minutes

Cook time: 10 minutes



CALORIES: 200

PROTEIN: 13G

CARBS: 17G

FATS: 9G

INGREDIENTS

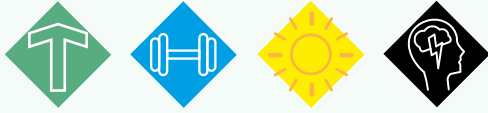
2 Tbsp lemon juice
 2 Tbsp soy sauce
 ½ tsp sesame oil
 1 Tbsp agave syrup
 2 tsp sriracha hot chili sauce
 2 Tbsp ginger root, minced
 4 cloves garlic, minced
 8oz tempeh
 2 tsp extra virgin olive oil
 2 medium carrots, cut into matchstick slices
 4 green leaf lettuce, outer leaves
 2 medium green onions, thinly sliced
 2 tsp sesame seeds

DIRECTIONS

1. In a small bowl combine lemon juice, soy sauce, sesame oil, agave, and chili sauce to make the marinade.
2. Add ginger and garlic to the marinade.
3. Cube tempeh into bite-sized pieces and add to marinade, coat well.
4. Set aside and allow it to sit for 30 minutes.
5. Heat oil in a skillet over medium heat, add tempeh, carrots, and residual marinade, stir fry until tempeh is lightly browned and carrots are slightly tender.
6. Place 1\4 of the tempeh mixture onto each lettuce leaf and garnish with onions and sesame seeds.

- ◆ **Testosterone Production** - Ginger root, carrots, green leaf lettuce
- ◆ **Fat Burning** - Sesame oil, sesame seeds, soy sauce
- ◆ **Libido** - Garlic, hot sauce, green leaf lettuce

Goal



Dietary Reference



Total Time



Homemade Cobb Salad

Libido Boosting / Dinner

Servings: 1

Preparation time: 20 minutes

Cook time: n/a



CALORIES: 765

PROTEIN: 46G

CARBS: 46G

FATS: 44G

INGREDIENTS

3 cups romaine lettuce, chopped
2 large hard boiled eggs, sliced
4 slices turkey bacon cheddar
3.5oz tomatoes, chopped
2.8oz sweet white corn
3.5oz canned black beans
30ml thousand island dressing
½ cup cheese, grated

DIRECTIONS

1. Cut all fresh veggies up and add them into a bowl.
2. Add sliced egg, chopped turkey bacon and cheese.
3. Mix all ingredients together with salad dressing.
4. Swap out whatever veggies you want.
5. You can also reduce fats if needed by reducing the amount of cheese you add.

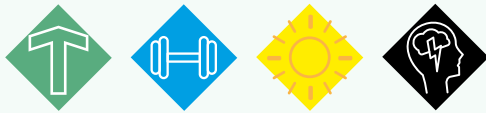
✔ **Testosterone Production** - Romaine lettuce

✔ **Muscle Growth** - Eggs, cheddar cheese, turkey bacon

✔ **Energy** - Eggs, black beans

✔ **Mental Clarity** - Eggs

Goal



Dietary Reference



Total Time



15 MINUTES

Ground Beef Tacos

Energy Boosting / Dinner

Servings: 1

Preparation time: 5 minutes

Cook time: 10 minutes



CALORIES: 630

PROTEIN: 50G

CARBS: 42G

FATS: 29G

INGREDIENTS

3.5oz ground beef, lean
1 tortilla 100% whole wheat wrap
2 cups romaine lettuce, chopped
½ cup tomatoes, diced
½ cup peppers, red, green or yellow
2.5oz plain Greek yogurt, non fat
½ cup cheddar cheese, grated

DIRECTIONS

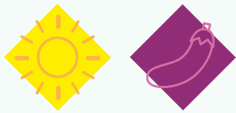
1. Cook ground beef in a frying pan for 7-10 minutes (no oil needed).
2. Cut up all the veggies and add them to wrap along with ground beef.
3. Use yogurt instead of sour cream. You can choose any dip or salsa.

✔ **Testosterone Production**
- Romaine lettuce, beef

✔ **Muscle Growth** - Greek yogurt, cheddar cheese, beef

✔ **Energy** - Beef

Goal



Dietary Reference



Total Time



Cheesy Chicken & Broccoli Pasta

Libido Boosting / Dinner

Servings: 1

Preparation time: 20 minutes

Cook time: 20 minutes



CALORIES: 440

PROTEIN: 37G

CARBS: 26G

FATS: 21G

INGREDIENTS

4.6oz dry pasta
1 cup broccoli florets
1 tsp olive oil
1 garlic clove, minced
Small handful cheddar cheese, grated
20ml double cream
3oz chicken

DIRECTIONS

1. In a large pan, cook pasta as per instructions, add the broccoli to the pot for the final 4 minutes.
2. While the pasta cooks, make the sauce, heat oil in a large pan, cook onions and garlic until tender, cut up chicken into bite-sized pieces, and add them to the pan to heat up.
3. Stir in cream, bring to boil, then add the pasta, broccoli, and cheese. Mix so everything is coated in sauce, and enjoy.

Energy - Cheddar cheese, cream, chicken, olive oil

Libido - Garlic, olive oil

Goal



Dietary Reference



Total Time



Homemade Chicken Nuggets & Sweet Potato

Muscle Building / Dinner

Servings: 4

Preparation time: 10 minutes

Cook time: 22 minutes



CALORIES: 117

PROTEIN: 1.5G

CARBS: 8.4G

FATS: 4.7G

INGREDIENTS

8oz ground chicken
½ cup cooked sweet potato, cubed or mashed
¼ cup regular or panko style breadcrumbs, plain or Italian-flavored
¼ tsp salt
⅛ tsp onion powder

DIRECTIONS

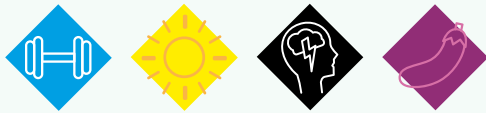
1. Mash together the chicken, sweet potato, salt, and onion powder in a medium bowl with a potato masher.
2. Form into 1-tablespoon size balls and roll in breadcrumbs. Flatten and place on a parchment-lined baking sheet.
3. Bake for 22-24 minutes at 375 F or until golden brown on the bottom and cooked through. Remove from the oven, let cool for a minute or two and serve warm.

✔ **Testosterone Production**
- Chicken

✔ **Muscle Growth** - Chicken

✔ **Energy** - Sweet Potato

Goal



Dietary Reference



Total Time



Pumpkin Spiced Overnight Oats

Libido Boosting / Breakfast

Servings: 1

Preparation time: 2 minutes

Cook time: n/a



CALORIES: 280

PROTEIN: 12G

CARBS: 49G

FATS: 4G

INGREDIENTS

- ½ cup rolled oats
- ⅓ cup plain Greek yogurt
- ½ cup almond milk
- ¼ cup pumpkin puree
- 1 tsp pumpkin pie spice
- 1 tsp vanilla extract
- 1 tsp sugar free maple syrup

DIRECTIONS

1. Combine all ingredients into a bowl.
2. Stir and pour into a mason jar.
3. Let it sit overnight in refrigerator.

- ✔ **Muscle Growth** - Greek yogurt
- ✔ **Energy** - Oats, Pumpkin

- ✔ **Libido** - Paprika
- ✔ **Mental Clarity** - Pumpkin seeds

Goal



Dietary Reference



Total Time



Ketogenic Meatballs

Libido Boosting / Dinner

Servings: 4

Preparation time: 20 minutes

Cook time: 30 minutes



CALORIES: 628

PROTEIN: 39G

CARBS: 5G

FATS: 49G

INGREDIENTS

16 oz ground beef or ground turkey
 ¾ cup shredded Parmesan cheese
 1 egg
 1 tsp salt
 ½ tbsp dried basil
 ½ tsp onion powder
 1 tsp garlic powder
 ½ tsp ground black pepper
 3 Tbsp olive oil
 1¾ cups canned whole tomatoes
 2 Tbsp fresh parsley, finely chopped
 1 cup fresh spinach
 2 oz butter
 5 oz fresh mozzarella cheese
 Salt and pepper

DIRECTIONS

1. Place ground beef, Parmesan cheese, egg, salt and spices in a bowl and blend thoroughly. Form the mixture into meatballs, about 1 oz each.
2. Heat up the olive oil in a large skillet and sauté the meatballs until they're golden brown on all sides.
3. Lower the heat and add the canned tomatoes. Let simmer for 15 minutes, stirring every couple of minutes. Season with salt and pepper to taste. Add parsley and stir.
4. Melt the butter in a separate frying pan and fry the spinach for 1-2 minutes, stirring continuously. Season with salt and pepper to taste. Add the spinach to the meatballs, and stir to combine.
5. Serve with mozzarella cheese on top, torn into bite-sized pieces.

✔ **Testosterone Production** - Spinach

✔ **Mental Clarity** - Eggs

✔ **Energy** - Eggs, beef, turkey, Parmesan cheese, mozzarella

✔ **Libido** - Basil, garlic, spinach

✔ **Muscle Growth** - Eggs, beef, turkey, Parmesan cheese, mozzarella

Goal



Dietary Reference



Total Time



Pumpkin & Avocado Pie

Libido Boosting / Dessert

Servings: 4

Preparation time: 10 minutes

Cook time: 40 minutes



CALORIES: 220

PROTEIN: 4G

CARBS: 48G

FATS: 10G

INGREDIENTS

- ½ cup granulated sugar
- 1 cup unsweetened almond milk
- 1 tsp cinnamon
- 1 tsp vanilla extract
- ½ tsp salt
- ¼ tsp cloves
- ½ ripe avocado
- 1 inch piece of ginger root (or ½ tsp ground ginger)
- 2 eggs
- 1 15oz can pumpkin
- 1 9-inch pie shell (unbaked)

DIRECTIONS

1. Pre-heat oven to 450F.
2. Combine sugar, cinnamon, salt, and cloves in a large mixing bowl. Set aside.
3. Place almond milk, avocado, vanilla, and ginger into a blender and blend on high speed until smooth.
4. Add eggs to the blender and blend on low speed until combined.
5. Add avocado mixture and canned pumpkin to sugar mixture and stir until combined.
6. Pour mixture into the prepared pie shell and bake at 425 for 15 minutes.
7. Reduce heat to 350 degrees and bake for 40 minutes.
8. Cool on a rack and serve with whipped cream if desired.

✔ **Testosterone Production** - Ginger, avocado

✔ **Mental Clarity** - Eggs

✔ **Energy** - Eggs, pumpkin, avocado, cinnamon

✔ **Libido** - Basil, garlic, spinach

✔ **Fat Burning** - Eggs, cinnamon, avocados

Goal



Dietary Reference



Total Time



Tofu Mexican Bowl

Energy Boosting / Dinner

Servings: 1

Preparation time: 3 minutes

Cook time: 15 minutes



CALORIES: 535

PROTEIN: 31G

CARBS: 42G

FATS: 27G

INGREDIENTS

6oz tofu, extra firm
 1.8oz organic canned black beans
 1.8oz white rice, cooked
 ½ small avocado
 4 cups romaine lettuce
 ½ cup cucumber
 2 Tbsp hemp seeds
 Tex Mex seasoning

DIRECTIONS

1. Cook tofu and rice as per package directions.
2. Add all ingredients into a bowl and season with Tex Mex seasoning.
3. Finish off with a squeeze of lime for some extra zest.

✔ **Testosterone Production** - Avocado, romaine lettuce

✔ **Energy** - Avocados, black beans

✔ **Fat Burning** - Hemp seeds

✔ **Libido** - Avocado, romaine lettuce

Goal



Dietary Reference



Total Time



Strawberry Chocolate Oatmeal

Energy Boosting / Breakfast

Servings: 1

Preparation time: 12 minutes

Cook time: 5 minutes



CALORIES: 530

PROTEIN: 39G

CARBS: 55G

FATS: 17G

INGREDIENTS

- 1 scoop vanilla protein powder
- ½ cup dry oats
- 2 cups strawberries, sliced
- 2 squares (1oz) 90% dark chocolate
- 1 tsp cinnamon

DIRECTIONS

1. Cook oatmeal in a pot of boiling water or in the microwave depending on preference.
2. Stir 1 scoop of vanilla protein powder and sliced strawberries into the cooked oats. Break in the 2 squares of chocolate and stir.
3. Sprinkle cinnamon on top and enjoy.

- ✔ **Muscle Growth** - Protein powder
- ✔ **Energy** - Oats, dark chocolate

- ✔ **Fat Burning** - Cinnamon
- ✔ **Libido** - Cinnamon

- ✔ **Mental Clarity** - Dark chocolate

Goal



Dietary Reference

V



Total Time



5 MINUTES

Protein Popsicles

Muscle Building / Dessert

Servings: 1

Preparation time: 5 minutes

Cook time: n/a



CALORIES: 255

PROTEIN: 37G

CARBS: 20G

FATS: 3G

INGREDIENTS

- 1 scoop vanilla protein powder
- 3 Tbsp 0% Greek yogurt
- ½ cup berries of choice
- 3 packets sweetener

DIRECTIONS

1. Add all ingredients into a blender and blend.
2. Put into a popsicle tray and freeze in the freezer for an hour or more.

✔ **Muscle Growth** - Protein powder, greek yogurt

✔ **Energy** - Protein powder, greek yogurt

✔ **Mental Clarity** - Berries

Goal



Dietary Reference



Total Time



2 MINUTES

Sweet Chilli Turkey Salad on Toast

Muscle Building / Lunch

Servings: 1

Preparation time: 2 minutes

Cook time: n/a



CALORIES: 435

PROTEIN: 23G

CARBS: 63G

FATS: 10G

INGREDIENTS

3oz turkey breast, shredded
2 thin slices sourdough
bread, toasted
30g fat-free mayo
1 Tbsp sweet chilli sauce
½ stick celery, chopped
1 slice red onion, chopped
Salt and pepper

DIRECTIONS

1. In a bowl mix shredded turkey, mayo, onion, and celery together.
2. Mix in chili sauce, and put on top of toasted sourdough bread.
3. Season with salt and pepper.

✔ **Testosterone Production** - Red onions, celery

✔ **Muscle Growth** - Turkey breast, fat-free mayo

✔ **Libido** - Sweet chili sauce, celery

Goal



Dietary Reference

Ve



Total Time



32 MINUTES

Spaghetti Squash With Pesto & Mushroom

Libido Boosting / Dinner

Servings: 4

Preparation time: 2 minutes

Cook time: 30 minutes



CALORIES: 260

PROTEIN: 6G

CARBS: 21G

FATS: 17G

INGREDIENTS

1 Tbsp extra virgin olive oil
1 medium onion, diced
4 cloves garlic, minced
4oz shiitake mushrooms, sliced
2 cups kale, shredded
4 cups spaghetti squash
½ tsp red pepper flakes
4oz classic basil pesto
2 Tbsp parmesan cheese

DIRECTIONS

1. Heat olive oil in a large skillet over a med-high heat, add onion, and cook until translucent.
2. Add garlic, mushrooms, and kale to the skillet.
3. Reduce heat and cook until vegetables are tender, stir in prepared spaghetti squash, red pepper flakes, and pesto. Cook until heated through.
4. Top with parmesan cheese before serving. Chicken or turkey breast can also be added to this meal to increase protein intake.

✔ **Testosterone Production** - Basil pesto

✔ **Libido** - Red pepper, squash, basil pesto