

BOOST TESTOSTERONE

A one-day example of a 2500 calorie eating plan for men to boost their natural production of testosterone. For maximum results we recommend incorporating this diet with any of our workouts found under the EXERCISE PROGRAMS. Contact The Green Ward directly for additional advice on health & wellbeing.

BREAKFAST (500 kcal)	<i>(Drink water with lemon and ginger on rising)</i> 3 egg omelette with mushrooms, onions, garlic, organic bacon (2 slices) and ½ avocado
SNACK (370 kcal)	(400ml) Pomegranate juice, pistachios (25g)
LUNCH (395 kcal)	1 tin tuna (in water/brine) (100g) kidney beans, (100g) hummus with mixed salad
SNACK (565 kcal)	(100g) Beef slices with 5 macadamia nuts, 5 brazil nuts and 25 raisins
DINNER (475kcal)	2 pieces salmon, 1 small potato with spinach and cabbage
SNACK (195 kcal)	6 Oysters and 1 glass red wine (175ml)

TIPS

- *Drink 2-4 litres of spring water spread throughout the day*
- *Can drink as much green tea as you like*
- *Can eat as much green veg as you like*
- *Avoid artificial sweeteners and processed foods*
- *Can have one coffee per day (ground percolated)*

