

INCREASE MALE LIBIDO

A one-day example of a 2500 calorie eating plan for men to increase their libido naturally. 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.

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| BREAKFAST (570 kcal) | <i>(Drink water with lemon and ginger on rising)</i> 5 Tbsp of Porridge with ½ cup of whole organic milk, ½ cup water, (25g) pumpkin seeds and (100g) blueberries. 1 fresh black coffee or green tea. |
| SNACK (370 kcal) | (400ml) Pomegranate juice and (25g) pistachios nuts |
| LUNCH (500 kcal) | 1 piece salmon, (200g) mashed potato (1 Tbsp grass fed butter), spinach with hot chili peppers |
| SNACK (270 kcal) | Green tea, banana and 70-95% Dark chocolate (150g) |
| DINNER (560kcal) | (200g) lean Steak, 1 large sweet potato and spinach |
| 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)*

