



The Supper Newsletter

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A diet focused on building testosterone levels should include foods that are rich in certain nutrients like zinc, vitamin D, and healthy fats. Here's a 2-week diet plan to help support testosterone production:

Week 1:

Day 1:

- Breakfast: Omelet with spinach, tomatoes, and mushrooms cooked in olive oil
- Snack: Greek yogurt with honey and almonds
- Lunch: Grilled chicken salad with mixed greens and avocado
- Snack: Carrot sticks with hummus
- Dinner: Baked salmon with asparagus and quinoa

Day 2:

- Breakfast: Whole-grain toast with avocado spread and a side of grapefruit
- Snack: Apple slices with almond butter
- Lunch: Turkey and avocado wrap with whole-grain tortilla
- Snack: Cottage cheese with pineapple chunks
- Dinner: Beef stir-fry with broccoli and brown rice

Day 3:

- Breakfast: Smoothie made with spinach, kale, banana, and almond milk
- Snack: Mixed berries with a dollop of Greek yogurt
- Lunch: Lentil soup with a side of whole-grain bread
- Snack: Trail mix with nuts and dried fruits
- Dinner: Grilled chicken breast with roasted Brussels sprouts and sweet potato

Day 4:

- Breakfast: Oatmeal with sliced bananas and walnuts
- Snack: Celery sticks with peanut butter

- Lunch: Chickpea salad with mixed greens, cucumbers, and feta cheese
- Snack: Hard-boiled eggs
- Dinner: Turkey chili with kidney beans and a side of brown rice

Day 5:

- Breakfast: Scrambled eggs with spinach and whole-grain toast
- Snack: Greek yogurt with berries
- Lunch: Spinach and strawberry salad with grilled chicken
- Snack: Almonds
- Dinner: Baked cod with steamed broccoli and quinoa

Day 6:

- Breakfast: Whole-grain pancakes with blueberries and a side of Greek yogurt
- Snack: Cottage cheese with sliced peaches
- Lunch: Turkey sandwich on whole-grain bread with lettuce and tomatoes
- Snack: Whole-grain crackers with cheese
- Dinner: Grilled shrimp with roasted asparagus and brown rice

Day 7:

- Breakfast: Whole-grain waffles with strawberries and a side of Greek yogurt
- Snack: Apple slices with cheese
- Lunch: Quinoa salad with black beans, corn, and tomatoes
- Snack: Trail mix with nuts and seeds
- Dinner: Beef and vegetable stir-fry with brown rice

Week 2: Repeat Week 1, making adjustments as needed based on your preferences and dietary requirements. Include regular exercise, especially strength training, to further support testosterone production.