

63 Foods That Help With Testosterone Function

Fruits / Veggies	Meats	Legumes	Oils	Seeds
Kiwi	Turkey	White beans	Coconut Oil	Sesame
Oranges	Boneless / Skinless Chicken	Kidney beans	Red palm oil	Pumpkin
Grapefruit	Sirloin steak	Black beans	Olive Oil	Sunflower
Pineapple	Lamb	Backed Beans	Cod Liver oil	Chia Seeds
Tomatoes	Beef Liver			
Red Bell Peppers	Ground Beef			
Pomegranate	Chuck Roast			
Bananas	Venison			
Watermelon				
Grapes				
blue berries				
Veggies	Healthy Fats	Dairy	Seafood	Other
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Veggies Cabbage	Healthy Fats Peanut Butter	Dairy Low fat milk	Seafood Salmon	Other Honey
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Cabbage	Peanut Butter	Low fat milk	Salmon	Honey
Cabbage Asparagus	Peanut Butter Almond Butter	Low fat milk Yogurt	Salmon Shrimp	Honey Raw Chocolate
Cabbage Asparagus Kale	Peanut Butter Almond Butter Avocados	Low fat milk Yogurt Cottage Cheese	Salmon Shrimp Oysters	Honey Raw Chocolate Parsley
Cabbage Asparagus Kale Broccoli	Peanut Butter Almond Butter Avocados	Low fat milk Yogurt Cottage Cheese	Salmon Shrimp Oysters Crab	Honey Raw Chocolate Parsley
Cabbage Asparagus Kale Broccoli Garlic	Peanut Butter Almond Butter Avocados	Low fat milk Yogurt Cottage Cheese	Salmon Shrimp Oysters Crab Tuna	Honey Raw Chocolate Parsley
Cabbage Asparagus Kale Broccoli Garlic Asparagus	Peanut Butter Almond Butter Avocados	Low fat milk Yogurt Cottage Cheese	Salmon Shrimp Oysters Crab Tuna Sardines	Honey Raw Chocolate Parsley
Cabbage Asparagus Kale Broccoli Garlic Asparagus Spinach	Peanut Butter Almond Butter Avocados	Low fat milk Yogurt Cottage Cheese	Salmon Shrimp Oysters Crab Tuna Sardines	Honey Raw Chocolate Parsley Cayenne Pepper
Cabbage Asparagus Kale Broccoli Garlic Asparagus Spinach Brussel Sprouts	Peanut Butter Almond Butter Avocados	Low fat milk Yogurt Cottage Cheese	Salmon Shrimp Oysters Crab Tuna Sardines	Honey Raw Chocolate Parsley Cayenne Pepper
Cabbage Asparagus Kale Broccoli Garlic Asparagus Spinach Brussel Sprouts Cauliflower	Peanut Butter Almond Butter Avocados	Low fat milk Yogurt Cottage Cheese	Salmon Shrimp Oysters Crab Tuna Sardines	Honey Raw Chocolate Parsley Cayenne Pepper