



## 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	Baked 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
Cabbage	Peanut Butter	Low fat milk	Salmon	Honey
Asparagus	Almond Butter	Yogurt	Shrimp	Raw Chocolate
Kale	Avocados	Cottage Cheese	Oysters	Parsley
Broccoli	Butter from grass fed cows	Eggs	Crab	Cayenne Pepper
Garlic			Tuna	
Asparagus			Sardines	
Spinach			Lobster	
Brussel Sprouts				
Cauliflower				
Celery				
				<b>Nuts</b>
				Cashews
				Almonds
				Brazil nuts