

	Beef		Dairy		Legumes		Free Vegetables
	Cured beef		Block Cheese		Black Beans		Asparagus
	Rib eye Steak		Butter		Black Eyed Beans		Aubergine
	Sirloin Steak		Cream Cheese & Soft Cheese		Chick Peas		Broccoli
Proteins	Fillet Steak	Fats	Eggs	Carbohydrates	Kidney Beans	Vegetables	Cabbage
	T-bone Steak		Egg Yolks		Lentils (all)		Cauliflower
	Flank Steak		Organic Milk		Pinto Beans		Courgette
	Mince Beef (go lean)		Oils		White Beans		Lettuce
	Brisket		Coconut Oil		Vegetables		Mushroom
	Poultry		Extra Virgin Olive Oil		Beetroot		Onion
	Chicken		Fish Oil		Carrot		Peppers
	Turkey		Flaxseed Oil		Pumpkin		Spinach
	Duck		Pumpkin Oil		Squash		Tomato
	Ostrich		Nuts & Seeds		Sweet Potato		
Proteins	Goose	Fats	Almonds	Carbohydrates	Yams		
	Quail		Brazil Nuts		Fruit		
	Pidgeon		Cashew Nuts		Apple		
	Pheasant		Pecans		Apricot		
	Squab		Pistachios Nuts		Blackberries		
	Pork and Lamb		Pumpkin Seeds		Blueberries		
	Bacon		Sunflower Seeds		Cherries		
	Pork Chop		Walnuts		Cranberries		
	Pork Shoulder Steak		Other		Grapes		
	Pork Tenderloin		Avocado		Grapefruit		
Proteins	Ham	Fats	Olives	Carbohydrates	Kiwi		
	Lamb Steak				Melon		
	Lamb Leg				Orange		
	Lamb Rib				Peach		
	Lamb Loin				Pear		
	Fish				Pineapple		
	Anchovy				Raspberries		
	Cod				Strawberries		
	Seabass						
	Seabream						
	Sole						
Proteins	Haddock						
	Halibut						
	Mackerel						
	Swordfish						
	Tuna						
	Crab						
	Lobster						
	Clams						
	Scallops						
	Shrimp						
	Prawns						

Remember to focus on creating a meal based on the fool-proof formula provided in the Testosterone Manual.
 Free vegetables can be consumed in as large quantities as desired.
 Be careful with fruits, people often forget they are carbs and full of sugar.