



Grocery List

PROTEINS

Legumes: peanut, soybeans

Nuts: almonds, hazelnuts,
pistachios, walnuts

Seeds: flaxseeds, sunflower seeds

Beans: lentils, other beans

MEAT & EGGS

Fish: Tuna, Salmon

Shrimp

Chicken

Turkey

Eggs: Whites and Yolks

Occasional: Grass-Fed Beef

CARBS

Whole Grain Breads

Buckwheat Pasta

Steel-cut Oats

High Protein Rice like Basmati
or Jasmine

Potatoes: Yukon Gold or Blue

FRUITS & VEGETABLES

Blueberries, Blackberries,
Raspberries, Strawberries

Cranberries, Cherries

Broccoli, Carrots

Tomatoes, Avocados

Pretty Much Anything Vivid &
Colorful

OTHERS

Drinks: Tea: Black, Green, Red,
White, Coffee, Lots of Water

Fermented Foods: miso, tempeh,
kefir, pickles, kimchee vinegar,
and...

Yogurt & Cheese

Oils: Avocado, Olive, Fish

Dessert: Dark Chocolate:
70%+, 1-2 oz/day

VITAMINS (ASK YOUR DOCTOR)

Vitamin D3: 2000 IU

Calcium Citrate: 500mg

Optional Fish Oil: 2-4gm

BUT WHAT ABOUT MY...?

Bananas- Not colorful enough to be beneficial

Charred Meats- Destroys blood vessels and nerves

Corn-fed Beef- Messes up sexual nerve function

Milk Chocolate- not enough cacao (and therefore L-arginine) to offset the sugar

Muffins, Chips, Sugary Foods, Fast Food- Create inflammatory chemicals while processing, hampering sexual arousal systems

Trans fats/Butter- Does not provide antioxidants like olive or fish oil

WHY THIS DIET?

- Almost no Processed Foods
- Avoids foods that create more free radicals which destroys blood vessels in your heart and genitals.
- Foods High in Color and Vibrancy= Great vitamins, nutrients, antioxidants
- High Quality Food
- Low GI foods prevent fast spikes in your blood sugar levels which is damaging to small blood vessels.
- Low in processed carbs which create inflammation
- Proteins are high in L-Arginine promote nitric oxide, which is the neurotransmitter of sex, triggering sexual arousal information between the brain and body and opening blood vessels for engorgement
- These foods support the parasympathetic nervous system that functions in sexual arousal
- Wide Variety of Antioxidants reduce inflammation

SNACK TIP

Set out nuts and berries (or carry a bag with you) and/or part of your chocolate for the day for snack time or with meals. Having protein and oils controls hunger and blood sugar spikes. And makes a great snack!!