

The
Aphrodisiac
Secret

21 DAYS TO
A SEXIER AND MORE
ENERGIZED LIFE

— MEREDITH SHIRK —

Welcome to *The Aphrodisiac Secret*...

This book is not proposed as a substitute for medical guidance from a doctor. The reader should regularly consult a doctor in all matters relating to his or her health, particularly when there are any symptoms that may require diagnosis or medical attention.

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Introduction

Congratulations, you are one of the one percent who has made a decision to change your life! Before you get started please review the “**Keys to Success,**” located on your original download page, as there is pivotal information that will help you succeed!

Ok, now you are serious about getting your life back, I know what you are thinking... Did I just buy another nutrition book? Well guess what, *The Aphrodisiac Secret* is not like any other program you have ever tried. This plan is designed to supercharge your diet and body, not only helping you regulate your hormones, but regain the physique, energy and sexual awareness you so desperately miss. And the best part about it is that you can start feeling great as soon as you implement the nutrient dense plan and simple exercise routine.

In addition, women who have followed *The Aphrodisiac Secret* program have reported positive changes in their overall health beyond just their physical presence, including improved mental clarity, more restful sleep and an increase in confidence.

The Aphrodisiac Secret is one of the least talked about solutions for improving hormone regulation, libido and energy, but now it is available to you. Today you start experiencing actual success in your health, sexuality and confidence. With this book you can now utilize *The Aphrodisiac Secret* to naturally regain your youthful energy and vigor!

You're on Track

You are reading this book so you must be serious about changing your habits and regaining your health. Fortunately you have chosen a strategy that

will actually impact your health on multiple levels as you move towards your ultimate goal.

The Aphrodisiac Secret is a three-stage hormone reset solution that is sustainable long after the 21 day program ends. In fact you can use what you learn for the rest of your life!

In conjunction with your simple exercise plan (see *Super Sexy Workout Guide*), which has been separated for your convenience, the Aphrodisiac Secret is a 3 stage solution.

Stage 1 is designed with specific aphrodisiac antioxidants, like goji berries, blueberries and turmeric (see *pic below*) to target and reboot your imbalanced hormones, positively affecting you energy and libido.



Stage 2 is all about challenging your idea of what a diet is supposed to be.

Here you will break the walls of conventional diet, consuming rich and satisfying foods, while at the same time developing an understanding of how your past diets have negatively effected you on a physical, mental and sexual level.

Stage 3 is the pinnacle of weeks one and two, building off their success and momentum. In this final phase of your transformation you will have successfully rebooted, repaired and regained control of your health.

Within the book you will find a master meal plan, recipes, and tips and tricks that will not only help you to regain control of your hormones, energy and libido but also give you the knowledge to succeed beyond this 21-day plan.

Why Aphrodisiacs?

Iam sure you are wondering, Why aphrodisiacs?

Specific plants and plant-based products have been used to stimulate health, sexual hunger and energetic performance in various cultures and religions for centuries. Man's fascination with an enhanced and stronger body, and sexual vitality and vigor via natural aphrodisiacs can be traced back to literature from Hindu to Egyptian and Chinese, Roman and Greek civilizations.

From wellness to libido and energy, what makes aphrodisiacs work? *Is it voodoo magic or the power of some dark spell caster?*

No, the fundamental process behind aphrodisiacs is their nutritional value. From antioxidant rich blueberries to the uncommon mamey sapote to the



miracle-inducing moringa leaves (see pic), these foods have been associated with stabilizing hormone levels, improving blood circulation, battling free

radicals in the body and so much more.

The Aphrodisiac Secret is more than just about how you look; it is about living a *sustainably* healthy life. A healthy life free from the constraints of modern expectations and chemicals and a life that makes you feel sexy and

energetic. It is about stripping away harmful chemicals and maintaining a lifestyle and a diet that keeps you fulfilled mentally, physically and sexually.

Start from the inside out!

Fitness & Its Role In Sexual Health

Although powerful aphrodisiac nutrients alone will invigorate your libido, physical fitness is an important piece of the puzzle. It has been show that in conjunction with a proper diet, women who exercise on regular basis both become more quickly aroused as well as achieve more intense orgasms. In addition, the Florida Atlantic University completed a study in 2008 that revealed that both men and women who exercised frequently found themselves to have better sexual performance as well as desirability.

Okay so I am sure you are wondering how working out is actually going to affect your libido...

1. You will, physically, feel fit for sex.

Being intimate and having sex itself can be a rigorous activity. By ensuring you are exercising you cannot only increase your stamina, but your strength and endurance as well... We all know that those are critical in the bedroom!

2. When you feel good about yourself you want to show it!

Self-image plays a huge role in how we carry ourselves. Being physically fit will boost your confidence , giving you the mindset you need to be your sexiest you!

3. Saving the best for last.... See below

Your Potent Libido Cocktail

I saved the best for last... Much like aphrodisiacs have an effect on body chemistry, exercise does as well. As I go over in depth in the *Science Behind Food & Sex*, testosterone plays a huge part in your sex drive.

Don't be afraid of that word as a woman!

Testosterone is a key player in the proper functioning of our hormones and consequently our libido. Testosterone is not the only gem that is released during exercise. Remember those feel good neurotransmitters like dopamine and serotonin... endorphins? Yes... you guessed it, physical exercise releases those bad boys too!

Think about the incredible combination you are about to experience. Not only will you feel an amazing rush of energy, happiness and SEXINESS from the incredible aphrodisiac foods, but from the workouts as well!

**Note the Super Sexy Workout Guide is separated for your convenience.*

Meet Sally

Sally is a 42-year-old female from a small town who has been married for five years. She has two kids and works as a registered nurse at the local hospital. Sally is overweight, but hasn't always been that way. In high school Sally was captain of the varsity cheerleading squad and student body president. She even married her high school sweetheart, Rick, soon after graduation.

A few years after college Sally began to gain weight; pre-menopause everyone called it, and before she knew it she was trying every diet to get her body and energy back. Even worse, Rick began to drift away (losing interest in

intimacy,) and slowly Sally began to see a body and face in the mirror that she didn't know.

Rick hasn't looked at her in a sexual way in years. They often sleep in separate rooms as he claims that the bed in their room is too soft. Even if they do sleep in the same bed, they might as well be on different continents.

Regularly Sally goes to bed wishing that the sun would never come up just so she didn't have to face another day. As she awakens, another day is fueled by a sleepless night, drained and energy and liveliness.

Overweight, lonely, and feeling utterly defeated, Sally is lost. She skips from diet to diet, pill to pill... searching for something to pull her out of the rabbit hole she has fallen into. The cycle is vicious: lose weight, still no libido, no connection to herself and definitely no energy. Gain the weight back, push Rick away, still no energy and no thought of intimacy.

After months and even years of trying to find herself, Sally is still overweight, lonely and drained. Unfortunately now Sally has damaged her metabolism and fears that there is NO solution to her problem.

Does Sally or any part of her struggle sound similar?

Don't worry, you're not the only one.

Why Nothing Else Has Worked... *And It's Not Your Fault*

*T*he Aphrodisiac Secret does not require you to weigh your food. However it does focus on combining super-food aphrodisiacs in way to maximize and efficiently amplify your body's natural processes.

Conventional plans only target one thing, weight loss. It is like they are on a mad dash to wreck your metabolism, relationships and liveliness. Starving you until you "look good" is not the right solution. You need a program that you can live with and that can support you through more than just a one-week crash.

Much like you, your body is much more dynamic than just a single avenue. What you need is a system that addresses your chemical imbalances on a hormonal level, while at the same time effecting your sexual health, energy and vitality.



Big Numbers That No-one Mentions

Currently, both the diet and sex industries are littered with detrimental tendencies, based on celebrity endorsements, harsh pharmaceuticals and pills with dangerous side effects.

Yes, people are trying to tackle obesity and sexual health, but at what cost?

According to the World Health Organization, in 2014 more than 600 million adults worldwide were considered to be obese. In addition, the Association of Reproductive Health Professionals estimates that 43 percent of women and 31 percent of men report difficulties with sexuality.

Sexual dysfunction is defined by the Farlex Partner Medical dictionary in conjunction with the Segen's Medical Dictionary as the inability to achieve normal sexual intercourse, including:

- premature ejaculation,
- inhibited ejaculation,
- erectile dysfunction,
- arousal difficulties,
- reduced libido,
- compulsive sexual behavior or
- orgasmic disorders.

According to the National Institutes of Health, erectile dysfunction affects as many as 30 million men in the United States. About four percent of men in their 50s, and nearly 17 percent of men in their 60s experience a total inability to achieve an erection. Unfortunately for men older than 75, the incidence of complete dysfunction jumps to 47 percent. Even as many as 43 percent of

women have experienced some kind of sexual dysfunction, most commonly manifesting itself as low libido or sex drive.

Some common causes of sexual stimulation problems include:

- Unbalanced hormone levels
- *Poor diet and exercise*
- Cardiac-related conditions
- Neurophysiological conditions
- Stress
- Lack of sleep

Unlike conventional plans, *The Aphrodisiac Secret strategy* combines both the diet and sex realms in a healthy and natural way; utilizing nutrient dense foods to rid your body of harmful toxins and promote a vigorous body, mind and sexual awareness.

The Aphrodisiac Secret will not only help you feel sexier and more energetic, but it will also teach you about key nutrient, mindset and exercise habits that will positively effect your body in the long run. You have to think of your body as a temple and treat it that way... *When you give it the tools and nutrients that it needs to succeed, the sky is the limit.*



Take Action

Stage 1: Aphrodisiac Secret - Reboot

Eliminate impurities from your body, effectively removing the fuel for your disrupted hormones... finally letting your body naturally reset itself.

This first week of meals is filled with specific aphrodisiac superfood antioxidants designed to target your damaged hormones, which control your energy and libido.

In stage1 you will combat conventional diet outlooks, by assuring your body that it's no longer starvation or survival mode (aka storage mode). Using the antioxidants, minerals and natural sugars found in fresh aphrodisiac fruits and vegetables (like juicy pineapple and savory Swiss-chard and hearty spinach) will not only allow the stimulation and release of key neurotransmitters in the brain like dopamine and serotonin (the feel good compounds), but will also stack the body with easily usable nutrients so your body can function at its optimum level. In addition, by feeding your body nutrient dense foods, you can combat the fat-storage hormone Reverse Triiodothyronine (RT₃), which is an offshoot of T₃ and T₄, y(our thyroid's fat burning hormones). You can assist in reducing the production of RT₃ by driving your body to actually utilize the food you are eating, for fuel rather than storing it as fatty deposits, consequently disrupting your delicate hormonal balance.



Stage 2: Aphrodisiac Secret - Restore

Repair the damage done to your hormones caused by years of enduring conventional dieting and poor decisions...by unlocking your body's hidden energetic potential.

The second week of meals is all about breaking down your idea and of what a diet is supposed to be and facing their failures head on. Here you will develop an understanding how your past nutrition habits have actually effected you on a physical, mental and sexual level.

In stage 2 you will lean more towards hearty nutrient rich seafood and meat like salmon and grass fed-beef. These important protein sources are later converted into amino acids, which are you muscle builders and help boost your metabolism and fat burning potential! In addition, you will take advantage of aphrodisiac acidity balancing vegies like: Asparagus, spinach, arugula and hot peppers to help balance the protein's richness while at the same time helping your body to stay in control of the it's delicate hormonal interactions.

The key factor in stage 2 is the combination of hearty delicious meats and blood acidity regulating veggies. This special combination actually helps your body to burn hidden fat stores, caused by a poor diet, helping your system to use your food as fuel and stay in help control your metabolism, sex drive and energy.



Stage 3: Aphrodisiac Secret - Control

Capitalize off stages 1 and 2 by utilizing the combo Aphrodisiac Secret strategy.

The third and final week of the program is the culmination of weeks one and two, building off their success and momentum. In this final stage of you're the Aphrodisiac Secret you will have successfully rebooted, repaired and gained control of your health and hormones.

Stage 3 is called the control stage for a reason! Stage 3 gives you control through introducing a combination of aphrodisiac rich foods that are high in choline and Vitamin B cofactors, like leafy greens. These specific co-factors assist in enzymatic activity involved in metabolism regulation, libido levels and energy production.



In stage 3 you are able to combine the better of the previous 2 stages. Here you will enjoy naturally sweet fruits and veggies like dates, strawberries and broccoli and rich meats like halibut *PLUS* you can enjoy an increase in particular natural fats like all natural grass fed meats, coconut oil, eggs and avocados...All of which keep both you and your libido buzzing!

Let's Get Your Engine Roaring!

By combining both the power of healthy and nutrient dense aphrodisiac foods and the undeniably stimulating effects of exercise, you will be on your way to feeling sexy, confident and energetically invigorated...all while reducing stress and fatigue!

Your Daily Plan

*Also see Keys to Success for more information

1) Each morning

I want you to visualize everything that you want from your life, relationships and from yourself. Visualize this and know that it is within your grasp. Do this every morning and you will find yourself in a path of success.

2) After your visualization

Drink 8oz of water

3) Have your Aphrodisiac Secret Breakfast

4) Perform 1 of your Super Sexy Workouts (workouts separated for your convenience).

*Perform 3 workouts a week.

5) Take your Libido Shot (see below)

Mix ingredients and drink!

½ tbsp. fresh ginger (chopped), 1 tsp. ground turmeric, ½ oz. lime or lemon juice, 2-3 oz. water.

*Adjust ginger and turmeric if too spicy for your pallet.

6) Enjoy your Aphrodisiac Secret mid morning snack.

7) Enjoy your Aphrodisiac Secret lunch.

8) Enjoy your Aphrodisiac Secret mid afternoon snack.

9) Enjoy your Aphrodisiac Secret dinner

An additional libido shot is optional after dinner!

10) Each evening

I want you to think about your day and even if only one thing went well... focus on that one piece. When you have found that one thing you are grateful for during your day, tell your husband, boyfriend or loved one how much you appreciate them.

Focus on that appreciation, as it is key to not only your joint physical success, but you joint your mental success as well.

It is time for you to move past hardships and focus on the future, a future of love and full connection!

I understand you are busy and if you cannot follow this meal plan to a T, not a problem. You are still going to feel energized, sexy and full of life even just by adding these foods combinations and preparations to your day and life. However you will get the most lasting results if you follow the exercise and nutrition plan.

Stage 1

	Breakfast	Lunch	Dinner	Snacks
Sunday	Fruit and Yogurt Salad Libido Shot	Waldorf Redo	Citrus Spinach Salad	1) 1 apple + ¼ cup raw almonds 2) 1 cup non-fat plain Greek yogurt ¼ cup raisins
Monday	Get Green Smoothie Libido Shot	Easy Tuna Salad and Stuffed Red Peppers	Zinguini with Mushroom and Yellow Peppers with a Spicy Berry Salad	1) 1 orange + 1 cup non-fat plain Greek yogurt 2) 1 apple + ¼ cup raw almonds
Tuesday	Spinach and Tomato Egg White Omelet with Sliced Apple Libido Shot	Beet It Up Smoothie	Spicy Chopped Chicken Salad	1) 1 banana + 1 orange 2) ¼ cup raw cashews+ ¼ cup raisins
Wednesday	Baked Cinnamon Grapefruit Libido Shot	Mango Almond Lust	Hot and Spicy Halibut	1) 1 orange + 4 oz. baby carrots + tbsp. hummus 2) 4 oz. celery + 1 tbsp. peanut butter
Thursday	Get Naked Smoothie Libido Shot	Shredded Kale and Quinoa Salad	Sweet and Tangy Apricot Chicken with a Superfood Cleanse Salad	1) 1 apple + ¼ cup raw almonds 2) 1 cup non-fat plain Greek yogurt
Friday	Detoxifying Love Smoothie Libido Shot	Watermelon Blueberry Salad	Spicy Diced Pepper and Onion Turkey Burgers with a Spicy Berry Salad	1) 4 oz. baby carrots + 4 oz. celery and 1 tbsp. almond butter 2) 1 cup non-fat plain Greek yogurt + ¼ cup raisins
Saturday	Spicy Red Seduction Smoothie Libido Shot	Spicy Shrimp and Pineapple Chutney	Grilled Chicken Cranberry Quinoa Salad	1) Medium cucumber chopped and mixed with 1 tbsp. sesame seeds and 1 oz. rice wine vinegar 2) 1 apple + ¼ cup raw almonds

***Note:** You will have increased and more lasting results if you follow the 21-day system.

**Optional protein choices included in nutrition facts*

Fruit and Yogurt Salad

Light, refreshing and flavorful, this breakfast is a great way to start your day. Combining fruits like strawberries, pears, apples and grapes plus the wonder of Moringa powder is an amazing way to boost your antioxidant load for the morning. Oh yes, and don't overlook the sweet and seductive crunch of celery!



INGREDIENTS

- 6 oz. plain Greek Yogurt, fat-free
- 2 tsp. freshly squeezed lemon juice
- 1 tbsp. honey
- ¼ pear, cored, peeled, and cut into ½-inch cubes
- ¼ cup sliced strawberries
- ¼ apple, cored, and cut into ½-inch cubes
- ¼ cup seedless grapes, sliced in half lengthwise
- ¼ cup raisins
- ¼ cup diced celery
- 1 tsp. Moringa powder

INSTRUCTIONS

1. In a small bowl, combine yogurt, lemon juice and honey. Cover yogurt mixture and refrigerate while preparing fruit.
2. Combine all fruit in a large salad bowl. Sprinkle moringa powder overtop
3. Keep yogurt on the side.
4. Refrigerate until ready to

Serves: 1
Calories: 333
Fat: 4 grams
Carbs: 60.4 grams
Protein: 19.1 grams

Get Green

Simple and rich in trace minerals from spirulina, your body will thank you after drinking Get Green. Spirulina is an algae that grows in fresh and salt water, and is high in protein, B vitamins, copper, iron and magnesium. Often people report a boost of energy from consuming spirulina, so try this smoothie in the morning instead of coffee.



Serves: 1

INGREDIENTS

- ½-2 cups water or unsweetened almond milk
- 2 cups baby spinach
- 1½ cups frozen blueberries
- 1 frozen banana
- 2 tbsp. almond butter
- 1 tsp. spirulina

INSTRUCTIONS

1. Blend until smooth.
2. Serve immediately.
**For an extra boost add a small handful of goji berries!

Calories: 447
Fat: 19.4 gram
Carbs: 66.3 grams
Protein: 11.4 grams

Spinach and Tomato Egg-White Omelet

Spinach is nothing short of a super food. Loaded with tons of nutrients in a low calorie package, dark leafy greens like spinach are important for skin and hair, bone health, and provide protein, iron, and an array of vitamins and minerals.



Serves: 1

INGREDIENTS

- 3 eggs
- 1 cup raw spinach
- ½ cup chopped tomatoes
- Salt and pepper
- 1 tbsp. olive oil
- 1 apple, sliced

Calories: 427
Fat: 27.7 grams
Carbs: 30.8 grams
Protein: 18.8 grams

INSTRUCTIONS

1. Heat a skillet over medium heat and olive oil.
2. Whisk eggs with salt and pepper in a bowl. Pour egg mixture into the heated skillet and swirl until eggs cover entire bottom of skillet; cook for one to two minutes.
3. Arrange spinach and tomatoes in the middle of the eggs.
4. Cook until edges of eggs begin to curl up – two to three more minutes.
5. Loosen omelet from the skillet using a spatula and fold in half.
6. Serve with sliced apple.

Baked Cinnamon Grapefruit

Contributing to heart health through regulating blood, grapefruit houses a unique nutrient combination of fiber, potassium, lycopene, vitamin C and choline, all of which are essential in *male* reproductive health as well! A recent study found that a diet supplemented with fresh grapefruit positively influences blood lipid levels, most notably triglycerides.



Serves: 1

INGREDIENTS

- 1 pink grapefruit
- ¼ tsp. of cinnamon
- Pinch of cardamom (optional)
- Pinch of nutmeg (optional)
- ½ cup of almonds
- 1 tsp. Moringa powder

INSTRUCTIONS

1. Peel and section grapefruit. Sprinkle with cinnamon, Moringa powder, cardamom and nutmeg.
2. Bake for 20 minutes at 375 °F or until cinnamon has

Calories: 318
Fat: 23.9 grams
Carbs: 20.5 grams
Protein: 10.0 grams

Get Naked Smoothie

Avocado is another well-known aphrodisiac that can be traced back to the Aztecs, who called it the “testicle tree”. It is no wonder that this superfood is known for increasing sexual function – as avocados are rich in folic acid, which promotes a healthy libido by regulating hormone production and thyroid glands. In addition to these conventional nutrients, avocados offer a wide range of benefits related to their unusually high fat content. Avocado fats include very large amounts of monounsaturated fatty acids, like oleic acid, which is well known for aiding in cardiovascular health.

The freshest, fastest way to get your veggies is in a smoothie! Try this delicious mix and start your morning with getting naked!



Serves: 1

INGREDIENTS

- ½ cup chilled water
- ½ small avocado, peeled, pit removed, and chopped
- ½-1 frozen banana
- ½ cup frozen blueberries
- ½ cup cucumber, peeled and chopped
- 1 cup kale, raw
- 1 tbsp. almond butter

INSTRUCTIONS

Blend and serve.

**For an extra boost add a small handful of goji berries!

Calories: 509
Fat: 29.3 grams
Carbs: 61.4 grams
Protein: 10.1 grams

Detoxifying Love

Want to feel like you're on a tropical beach? This smoothie makes you feel just that! Pineapple contains digestive-supporting enzymes, while almond butter keeps you full and can help to reduce sugar cravings throughout the day.



Serves: 1-2

INGREDIENTS

- 1 cup water or 1 cup unsweetened almond milk
- ½ cup diced frozen mango.
- ½ cup diced frozen pineapple,
- ½ frozen banana,
- 1½ tbsp. almond butter
- 1 tsp. ground turmeric

INSTRUCTIONS

Blend and serve.

**For an extra boost add a small handful of goji berries!

Calories: 246
Fat: 13.8 grams
Carbs: 28.5 grams
Protein: 6.2 grams

Spicy Red Seduction

It's like having dessert for breakfast... except it is good for you! Carob is a great alternative if you can't get your hands on cacao. Carob hosts a variety of health benefits, including its ability to boost the immune system, improve digestion, stunt the aging process, prevent cardiovascular diseases, and help regulate and manage diabetes.



Serves: 1

INGREDIENTS

- 1 cup water or 1 cup unsweetened almond milk
- 1 cup frozen raspberries
- 1 tbsp. almond butter
- ½ ounce carob powder
- 1 tsp. cinnamon
- ¼ tsp. ground nutmeg
- 1 tsp. stevia
- 1 tsp. Moringa powder
- Pinch of sea salt

INSTRUCTIONS

Blend and serve.

Calories: 486
Fat: 17.6 grams
Carbs: 80.3 grams
Protein: 7.4 grams

Waldorf Redo

Drastically more nutritious than its original version, this salad offers the vast benefits of romaine lettuce, and is quick and easy to prepare. Along with being high in vitamin A and folate, romaine contains more than 100 percent of the RDA for vitamin K, an essential nutrient for bone health. Dried cranberries add a sweet kick.



Serves: 1

INGREDIENTS

- Half head of romaine or 1 cup of arugula (salad rocket)
- ½ small apple, cubed
- ¼ cup slivered almonds
- ¼ cup unsweetened dried cranberries
- ¼ cup diced yellow onion
- Balsamic, red wine, rice wine or apple cider vinegar ONLY
- Salt and pepper to taste
- 4oz chicken breast (grilled or precooked)

INSTRUCTIONS

1. Combine lettuce or arugula, almonds, cranberries and onion in a large bowl.
2. Season the vinegar and pour over the salad.
3. Serve immediately.

Calories: 404
Fat: 16.2 grams
Carbs: 24.9 grams
Protein: 42.5 grams

Easy Tuna Salad With Stuffed Red Pepper

Packed with protein and key nutrients like EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), tuna holds critical omega-3 fatty acids for proper regulation of the body's inflammatory response system and prevention of extreme inflammation.



Serves: 1

INGREDIENTS

- 6-8 oz. can tuna, in water
- 2 small Persian cucumbers, finely chopped
- ½ cup fresh basil cut in chiffonade (see *photo*)
- 2 tbsp. finely chopped red onion
- ¼ cup unsweetened cranberries or raisins
- 1 red bell pepper, washed, halved and cored
- 2 tbsp. lemon juice
- 1 tbsp. prepared mustard
- Pinch of sea salt and pinch of black pepper

INSTRUCTIONS

1. Drain the tuna.
2. Put into a small mixing bowl and add the cucumbers, basil and onion. Mix well.
3. Fold in the lemon juice, mustard, salt and pepper.
4. Spoon the tuna mixture into the red pepper halves.
5. Serve chilled.

Calories: 561
Fat: 17.6grams
Carbs: 50 grams
Protein: 50.8 grams

Beet It Up Smoothie

This red gem of a vegetable packs a big nutritional punch, offering important nutrients: folate, manganese, potassium and vitamin C, among others. Kale is also high in vitamin C and endless minerals, along with the impressive antioxidant profile of berries. All in all, you can't go wrong with this smoothie!



Serves: 1

INGREDIENTS

- 1 cup water or 1 cup unsweetened almond milk,
- 1 small beet baked and sliced
- 1 cup mixed fresh or frozen berries
- ½ medium apple
- 2 cups kale
- ½ medium cucumber
- Pinch of sea salt and pinch of black pepper

INSTRUCTIONS

1. Bake the beets or use premade all natural beets
2. Combine with other ingredients.
3. Blend and serve.

BAKE THE BEET

Prepare the night before **or use pre-baked beets and refrigerate overnight.**

1. Preheat oven to 400 °F.
Cooking at a lower temperature will take longer.
2. Slice off beet leaves close to the tip, leaving enough to grip. Save beet greens for another purpose. Scrub thoroughly, then wrap loosely in foil.
3. Roast for 50 to 60 minutes. Beets are done when a fork or skewer slides easily to the middle of the beet.
4. Allow to cool then peel.

Calories: 260
 Fat: 1 grams
 Carbs: 59 grams
 Protein: 7.9 grams

Mango Almond Lust

Not only is mango a deliciously sweet fruit, but it also quite the aphrodisiac superfood. Mango is rich with vitamins and minerals like vitamin C and A, pectin, quercetin, isoquercitrin, astragalin, tartaric acid, malic acid, and it has a trace of citric acid. Wow! What a combo ... All of these amazing pieces to mango have been attributed with being able to fight cancer, lower cholesterol, clear skin, protect eye health, as well as alkalizing the entire body.



Serves: 1

INGREDIENTS

- Half head of romaine or 1 cup arugula (rocket)
- ¼ cup mango, cubed
- ¼ cup slivered almonds
- ¼ cup unsweetened dried cranberries
- ¼ cup yellow onion, diced
- ½ thinly sliced Serrano pepper
- ONLY vinegar (balsamic, red wine, rice wine, apple cider)
- Salt and pepper to taste
- 4 oz. *canned tuna*

INSTRUCTIONS

1. Combine ingredients in a large bowl.
2. Mix dressing.
3. Our over and serve immediately.

Calories: 380
Fat: 21.2 grams
Carbs: 11 grams
Protein: 36 grams

Shredded Kale and Quinoa Salad

This delicious warm kale and quinoa salad is enough to fill you up and keep you looking sexy! Kale is loaded with nutrition that ranks it pretty high up on the list of the world's most nutritious foods! The fiber, potassium, vitamin C and B6 content in kale all support heart health and overall wellness.



Serves: 1

INGREDIENTS

- 1/4 cup quinoa uncooked
- 2 cups chopped kale
- 1 tbsp. pine nuts
- 1 tbsp. slivered almonds
- 2 tbsp. raisins
- 1/2 cup water
- 1/2 tbsp. coconut oil
- Juice yield of 1/2 lemon
- Optional 4 oz. chicken breast (grilled or precooked)

Calories: 614
Fat: 22.4 grams
Carbs: 58 grams
Protein: 49.5 grams

INSTRUCTIONS

1. Put quinoa and water into a medium-sized pot on medium heat and bring to a simmer.
2. Reduce heat to low, cover, and cook for 10 to 12 minutes.
3. Remove from heat, fluff with fork.
4. Add shredded kale on top of quinoa; cover for a few minutes to allow kale to steam.
5. Add pine nuts, raisins, lemon juice, coconut oil, salt, and pepper.
6. Mix all ingredients thoroughly and serve warm or cold.

Watermelon Blueberry Salad

Watermelon is a delicious and hydrating aphrodisiac rich in vitamin A, pantothenic acid, biotin, potassium and magnesium. The juicy melon also contains an abundance of nutrients making it an ideal snack. Here are a few components in watermelon that will have you grabbing for more:

Watermelon is full of the phytochemical **lycopene**. Lycopene is most often heard of in relation to tomatoes, however Agricultural Research Magazine stated that watermelon actually contains *more lycopene than tomatoes*. The phytochemical is associated with its antioxidant power in seeking destructive free radicals.

L-citrulline is a non-essential amino acid that is converted to **L-arginine** in the kidneys. Both amino acids play important roles in the body. Due to its L-citrulline content, watermelon has been shown to act as an anti-inflammatory, having the ability to interact with muscle soreness and improve recovery time following exercise. In addition, L-arginine has been shown to reduce blood pressure by promoting vascular health. With its influence over circulation, L-arginine has also been a common remedy for erectile dysfunction. Watermelon is made up of more than 90 percent water. With an ample amount of **electrolytes** like potassium, watermelon is an ideal snack for hot summer months and/or during athletic competition.

Serves: 1



INGREDIENTS

- ¼ cup chopped walnuts
- ¼ cup filtered water
- ¼ cup fresh lemon juice
- ½ tbsp. raw honey
- 1 cup watermelon
- 1/2 cup blueberries
- 1/4 cup strawberries
- 2 tbsp chopped mint leaves
- 1 tsp. Moringa powder

INSTRUCTIONS

1. Remove watermelon seeds and cut into chunks; wash strawberries and slice.
2. Place fruit and mint in a salad bowl.
3. In a small saucepan, whisk together lemon juice, water and honey and cook on low heat for about five minutes.
4. Top watermelon mixture with liquid, and sprinkle walnuts and Moringa on top.

Calories: 331
 Fat: 19.8 grams
 Carbs: 37.4 grams
 Protein: 9.6 grams

Spicy Shrimp and Pineapple Salad

With so many bright flavors and spices, this dish embodies the heat, color and emotion of the tropics. The best part of this recipe is that it is packed with aphrodisiac flavors and comes in under 500 calories!



INGREDIENTS

- ½ lb. shrimp, raw, shell on
- ¼ cup pineapple, fresh, diced
- 1 wedge yield lemon juice
- ¼ cup tomato, raw, diced
- ½ tbsp. coconut oil
- ½ cup red onion, chopped
- 1 clove garlic, diced
- 1 tsp. parsley, freshly chopped
- ½ tsp. crushed red chili pepper flakes

Calories: 392
Fat: 10.9 grams
Carbs: 18.7 grams
Protein: 53 grams

Serves: 1

INSTRUCTIONS

1. Peel shrimp and devein. Set aside.
2. In bowl combine lemon juice, coconut oil, minced garlic, and red pepper flakes. Add shrimp and stir to coat. Let sit for 15 to 20 minutes.
3. In a separate bowl combine diced pineapple, tomato, onion and parsley.
4. Remove shrimp from marinade and grill or cook in pan until the shrimp are pink.
Remove the shrimp from the heat and top with the pineapple salad.

Citrus Spinach Salad

Spinach is an extremely nutrient-dense food and an amazing super-food aphrodisiac! You'll not only be fueling up on important sex hormone inducers like vitamin B6, folic acid and zinc but taking in a healthy amount of fiber as well!



Serves: 1

INGREDIENTS

- 3-4 cups spinach leaves
- 1 small orange, peeled and sliced
- 1 cucumber, peeled sliced and quartered
- 1/8 cup macadamia nuts, coarsely chopped
- 1/8 cup sunflower seeds
- 1 tbsp. poppy seeds
- 1/4 cup strawberries, sliced or whole raspberries
- 1/2 cup white balsamic raspberry blush vinegar
- 4 oz. *chicken breast* (grilled or precooked)

INSTRUCTIONS

1. Combine the spinach, oranges, cucumbers, macadamia nuts, sunflower seeds, poppy seeds and strawberries in a bowl. Add chicken.
2. Add the vinegar and toss well.

Calories: 542
Fat: 24.7 grams
Carbs: 36 grams
Protein: 47.1 grams

Zinguini With Mushrooms and Yellow Peppers

I know that zucchini is a little suggestive in shape, but its deep roots absorb trace minerals that have been shown to bolster both red and white blood cells. So why is this important? Zucchini's ability to enhance oxygen circulation actually cleanses veins and capillaries, improving the circulation of oxygen that increases and intensifies both sexual desire and performance. Among these trace minerals are manganese and potassium. Manganese protects your tissues from harmful free radicals as well as supports the function of glycosyltransferases (a subset of proteins that promote healthy bone tissue development). Manganese also helps your body produce collagen essential for efficient wound healing. Potassium on the other hand, is an important intra-cellular electrolyte and helps regulate blood pressure.

Serve with a spicy berry salad (see next page).



INGREDIENTS

- 1 large zucchini to make the zinguini
- ½ garlic clove
- 4 oz. baby bell mushrooms, sliced
- ¼ cup yellow pepper, diced
- 1 tbsp. fresh basil, chopped
- ½ cup cherry tomatoes, halved
- ½ cup tomato sauce
- Salt and pepper to taste
- 1 tbsp. olive oil
- *Optional 4 oz. chicken breast (precooked or grilled)*

Serves: 1
 Calories: 265
 Fat: 14 grams
 Carbs: 23 grams
 Protein: 6 grams

INSTRUCTIONS

1. Wash the zucchini. Using a julienne peeler, make long strands of zucchini, starting with the dark green skin, continuing until you reach the seeds.
2. Bring a pot of water to boil. Add zucchini; cook for one minute.
3. Drain zinguini and pat dry.
4. Heat a medium sized pan and add garlic, peppers, mushrooms and basil. Let sauté for two to three minutes.
5. Add tomato sauce, cherry tomatoes and cooked zinguini.
6. Sauté for three minutes in olive oil.
7. Serve immediately.

Spicy Berry Salad

Chile peppers have long been thought of as a natural aphrodisiac. When you bite into a hot pepper your hands become sweaty, your mouth starts to tingle and your heart rate slowly starts to climb. These physiological responses can be attributed to the chili pepper's main component, capsaicin. Capsaicin is a potent inhibitor of substance P, a neuropeptide associated with inflammatory processes that has been documented to cause swelling of nerve fibers. In other words, Capsaicin works in the body to fight inflammation. That would seem counter intuitive to how you feel after eating a chili pepper, but believe it or not capsaicin has some serious health benefits including:

- Fighting cancer
- Aiding in pain relief
- Preventing chronic sinus infections and relieving congestion
- Aiding weight loss



Serves: 1

INGREDIENTS

- ¼ cup of blueberries
- ¼ cup of strawberries, sliced
- ¼ cup of raspberries
- ¼ cup of blackberries
- 1 small peach, pitted and sliced
- 1 plums, pitted and sliced
- ¼ jalapeño pepper, seeded and chopped
- 3 tbsp. fresh lime juice
- 1.5 tbsp. chopped fresh mint

INSTRUCTIONS

1. Combine chopped fruit, jalapeño peppers, mint and limejuice; mix gently.
2. Let stand at room temperature for 15 to 20 minutes before serving.

Calories: 115
Fat: 1.0 gram
Carbs: 27.7 grams
Protein: 2.6 grams

Spicy Chopped Chicken Salad

Spice up a traditional chicken salad with ancho-chile powder and cayenne spices for a unique southwestern flare. Add toasted pine nuts for added crunch and flavor. Swap out your usual iceberg lettuce for a darker and more nutrient dense variety like romaine.



Serves: 1

INGREDIENTS

- 4 oz. skinless chicken breast baked
- ¼ cup sundried tomatoes, diced
- 2 oz. plain, non-fat Greek yogurt
- 1 tbsp. red wine vinegar
- ¼ tsp. ancho chili powder
- ¼ tsp. cayenne powder
- 2 oz. red onion, diced
- 2 oz. cornichons chopped
- 8 oz. romaine lettuce, chopped
- ¼ cup fresh cucumber, diced
- ¼ cup garbanzo beans, drained
- 1/8 cup shredded cheddar cheese
- ½ tbsp. pine nuts

Calories: 556
 Fat: 15.3 grams
 Carbs: 48.9 grams
 Protein: 58.8 grams

INSTRUCTIONS

1. Cook the chicken:
 - o Preheat oven to 400 °F.
 - o Sprinkle both sides with salt and pepper.
 - o Place in a broiler pan and bake for 10 minutes.
 - o Flip chicken and cook about 15 minutes, until no longer pink in the center.
2. Toast pine nuts in a small hot skillet using spray nonstick coconut cooking oil. Toss and let toast until golden brown
3. Make the dressing by first softening the tomatoes in half a cup of hot water. Puree the yogurt, vinegar, chili and cayenne; place in bowl. Stir in onions and cornichons. Keep on one side.
4. Place the lettuce, chicken and remaining ingredients in a medium size bowl.
5. Sprinkle toasted pine nuts on top of the mixture.
6. Serve chilled.

Hot and Spicy Halibut

Halibut is an extraordinary superfood, not only high in omega 3 fatty acids, but rich in the important nutrients phosphorous, vitamin B6, and magnesium. This is a heart-healthy option, and this recipe also includes garlic, which is widely known for its potent anti-fungal, anti-microbial and anti-viral properties. Serve with a side salad of a mixture of kale and Swiss chard.



Serves: 1

INGREDIENTS

- 6 oz. halibut, skinned and filleted
- 1 jalapeño pepper
- 1 garlic clove
- 2 small yellow or orange bell peppers
- 3-4 tbsp. beef or chicken stock
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 lemon, halved

Calories: 366 grams
 Fat: 11.3 grams
 Carbs: 9.2 grams
 Protein: 35.8 grams

INSTRUCTIONS

1. Set barbecue on medium-high.
2. Thread jalapeño and garlic clove onto metal skewer. Brush jalapeño, garlic, fish, and red bell peppers with stock; sprinkle with salt and pepper.
3. Sprinkle fish with quarter tsp. each, cumin and coriander.
4. Place fish, whole bell peppers, and skewers on the grill and cook vegetables until charred (about eight minutes per side), and fish is just cooked through (about four minutes per side).
5. Place lemon on grill, cut side down and cook until charred (about three minutes).
6. Remove fish and plate; cover with foil to keep warm.
7. Peel charred skin from peppers and cut stem from jalapeño. Remove seeds to reduce spiciness.
8. Transfer pepper, jalapeño, garlic, and remaining cumin, stock and coriander to blender. Blend to a coarse puree. Season with salt and pepper to taste.
9. Plate halibut filets. Squeeze grilled lemon over the top, spoon sauce over fish, and serve.

**Serve with small kale and Swiss chard salad

Sweet and Tangy Apricot Chicken

This quick combo is a powerhouse for your immune system containing potent antioxidants beta-carotene, Vitamin C and lycopene. Even better, apricots and their seeds contain laetrile (amygdalin or B17), a cancer-preventing substance that also activates, invigorates libido-lifting hormones. Serve with a Superfood Cleanse Salad (see next page).



Serves: 1

NOTE

In case you were wondering... what the heck coconut aminos is! Coconut aminos is a delicious sauce made from coconut sap that is dark, rich, salty and slightly sweet in flavor. It resembles a light soy sauce or tamari (wheat free soy sauce), but it is soy free and gluten free – making it the perfect replacement for those avoiding soy and gluten.

Calories: 490
Fat: 6.5 grams
Carbs: 55.1 grams
Protein: 55.8 grams

INGREDIENTS

- 1/4 cup fruit-only apricot preserves
- 1/4 cup coconut aminos
- 1 tbsp. apple cider vinegar
- 2 tsp. grated fresh ginger
- 1 garlic clove, minced
- 1/4 tsp. sweet paprika
- 4-6 oz. chicken breast

INSTRUCTIONS

1. In a medium skillet combine apricot, aminos, vinegar, ginger, garlic and paprika.
2. Place over low heat for four minutes, stirring often.
3. Rinse chicken and pour apricot mixture over the chicken. Place in the fridge for 15 to 20 minutes.
4. Turn on the oven to high broil.
5. Line a rimmed baking sheet with foil. Place a wire rack in the center of the sheet and arrange the marinated chicken in a single layer.
6. Place in the oven on the top rack. After five minutes, use tongs to flip the chicken. Return to the oven for another five minutes. Allow the chicken to blacken slightly.

Superfood Cleanse Salad

Don't get scared by the use of the word "cleanse" here! The only thing that will be cleansed is your sex drive and pallet after you dig into this antioxidant and aphrodisiac rich salad! Super sweet and sticky, fresh dates are tantalizingly delicious. According to Ayurvedic principles, dates purify the blood and increase the amount of semen in men. Among the wonderful benefit of dates is this little know fact: Dates are high in zeaxanthin an important dietary carotenoid that is specifically absorbed into the retinal macula lutea, which is the oval-shaped pigmented area near the center of the retina. Here the zeaxanthin provides antioxidant and protective light filtering functions and thus offers protection against age-related eye degeneration.



Serves: 1

INGREDIENTS

- 5 cups baby spinach
- 1 cup fresh blueberries
- 1 carrots, thinly sliced
- 12 raw almonds, halved
- 1 dates (pitted and diced)
- 1 tbsp. extra virgin olive oil
- 1 tbsp. freshly squeezed lemon juice

INSTRUCTIONS

1. In a large bowl toss together all of the ingredients.
2. Whisk oil and lemon juice together in a small bowl.
3. Leave dressing on the side and use sparingly.

**For an extra boost add a small handful of goji berries!

Calories: 369
Fat: 22.3 grams
Carbs: 41.8 grams
Protein: 9.1 grams

Spicy Diced Pepper and Onion Turkey Burgers

Turkey burgers are a great way to change and spice up your usual dinner routine. This spicy combo of garlic chili sauce and sweet red onion is a great way to kick off the evening. Barbeque or pan-grill these juicy burgers for a healthy delicious meal. **Serve with a spicy berry salad (see page 34.)**



Serves: 1

INGREDIENTS

- 1/4-1/2 lb. ground turkey
- 1/2 red onion
- 2 garlic cloves
- 1 bell pepper (any color)
- 2 egg whites (jumbo eggs)
- 1 tbsp. garlic chili sauce
- 3 cups spinach

Calories: 549
 Fat: 25.7 grams
 Carbs: 14.7 grams
 Protein: 73.5 grams

INSTRUCTIONS

1. Coarsely chop onion, garlic and bell pepper.
2. Add chopped vegies into a food processor and add chili paste and a generous amount of salt and pepper. Pulse the food processor until the vegies are in small pieces.
3. In a large mixing bowl add raw ground turkey, food processor mix and the whites of two large eggs.
4. Mix until the vegetable mix and egg whites are thoroughly integrated with the meat.
5. On a large baking sheet make six to eight patties and put aside until ready to cook.
6. Turn on the barbeque or stove and wait for the pan or grill to be very hot (you want to get a great sear on the outside of the burgers).
7. Sear each side of the patties for two minutes then let cook through (about ten minutes).
8. Make sure you are flipping the patties to ensure an even cooking.
9. Serve immediately.

Grilled Cranberry Quinoa Salad

There is so much to love about this light, yet filling salad. A historical symbol of fertility, almonds have a sweet fragrance and delicate taste. Well known for being one of the healthy nuts, almonds serve as rich source of omega-3-fatty acids needed for hormone production, reproductive activity and a vigorous libido. In addition to their feminine shape and sweet smell, one ounce of almonds provides 35 percent of our daily needs for vitamin E. A little known fact is that vitamin E is another sex hormone champion, as well as a powerful antioxidant that helps prevent arteries from collecting plaque; one of the top causes of poor blood flow leading to erectile dysfunction and heart attacks. Even better, that same ounce of almonds provides a large amount of magnesium and potassium, both of which are proven to protect against free radical damage as well as heart disease.

Serve with a colorful detox salad (see page 42).



Serves 1

INGREDIENTS

- 3-4 oz. chicken breast
- ½ clove of garlic, chopped
- ¼ cup quinoa
- ¼ cup scallions, chopped
- 1/4 cup dried cranberries
- 1/8 cup slivered almonds
- ½ tbsp. olive oil
- 1 tbsp. red wine vinegar
- 1 tbsp. balsamic vinegar
- 1 tbsp. honey
- 2 tbsp. lemon juice
- 1 tsp. dried sage
- salt and pepper to taste

INSTRUCTIONS

1. 1. Prepare the chicken:
2. o Cut the breasts into three strips each.
3. o Rub the chicken with the chopped garlic, sage, salt and pepper.
4. o Place in a bowl or baking dish with half the lemon juice and red wine vinegar.
5. o Cover and refrigerate for at least an hour (the longer you let the chicken marinate, the more flavorful it will be).
6. o After the chicken has marinated, grill until completely cooked through. Flip continuously for four to six minutes.

INSTRUCTIONS CONTINUED

2. Cook the quinoa:
 - o Place the quinoa and $\frac{1}{2}$ to $\frac{3}{4}$ cups of water in a saucepan.
 - o Bring to the boil over high heat, then reduce to a simmer and cover for about 10-12 minutes. It should absorb all the water and be *al dente*.
 - o Place in a bowl and let cool
3. Cut the chicken into cubes.
4. Mix chicken with the quinoa, cranberries, almonds, and scallions.
5. Prepare the dressing:
 - o Whisk the olive oil, balsamic vinegar, honey, 1 tbsp. of lemon juice, and some salt and pepper in a bowl.
 - o Stir in the chopped scallions to coat them and add flavor.
 - o Leave dressing on the side and use sparingly.

Calories: 567
Fat: 19.6 grams
Carbs: 52.2 grams
Protein: 45.6 grams



Colorful Detox Salad



Serves: 1

INGREDIENTS

- ½ cup rainbow slaw, dry
- 1 cups romaine lettuce, chopped
- 1/2 medium red bell pepper, diced
- ¼ avocado, sliced
- 1 tsp. sesame seeds
- Salt and pepper to taste

INSTRUCTIONS

1. Combine the slaw, romaine and red pepper together in a large bowl.
2. Add the sliced avocado and sesame seeds atop the salad.

Calories: 154
Fat: 11.5 grams
Carbs: 12.3 grams
Protein: 2.8 grams

Stage 2

	Breakfast	Lunch	Dinner	Snacks
Sunday	Poached Eggs With Sliced Avocado Libido Shot	Warm Kale and Apple Salad	Moroccan Mint Apricot Medley	1) 1 apple + ¼ cup raw almonds 2) 1 cup non-fat plain Greek yogurt + 1 pear
Monday	Veggie and Egg Muffins Libido Shot	Cherry Spinach Smoothie	Colombian Crusted Pork Tenderloin	1) 1 orange + 1 cup non-fat plain Greek yogurt 2) 1 apple + ¼ cup raw almonds
Tuesday	Cacao Cherry Blueberry Smoothie Libido Shot	Cucumber and Avocado Caprese Salad	Sweet Potato Beef Curry	1) 1 banana + 1 orange + 1 tbsp. cashews 2) ¼ cup raw cashews + ¼ cup raisins
Wednesday	Have a Date Libido Shot	Carrot, Beet and Ginger Soup	Almond Crusted Halibut with Cranberry Arugula quinoa	1) 1 orange + 8 oz. baby carrots + ¼ cup almonds 2) 4 oz. celery + 1 tbsp. peanut butter
Thursday	Chia Bowl Libido Shot	Arugula Salad with Roasted Asparagus	Sweet and Spicy Glazed Salmon with Roasted Garlic Asparagus	1) 1 apple + ¼ cup raw almonds 2) 1 cup non-fat plain Greek yogurt ¼ cup raisins
Friday	Sultry Strawberry Salsa With Poached Eggs Libido Shot	Slightly Sweet Cranberry Chicken Salad	Spicy Herb Grilled Skirt Steak	1) 4 oz. baby carrots + 4 oz. celery and 1 tbsp. almond butter 2) 1 cup non-fat plain Greek yogurt ¼ cup raisins
Saturday	Clean It Up Libido Shot	Watermelon and Shrimp Salad	Harissa Glazed Halibut	1) Medium cucumber chopped and mixed with 1 tbsp. sesame seeds and 1 oz. rice wine vinegar 2) 1 apple + ¼ cup raw almonds + ¼ cup raisins

***Note:** You will have increased and more lasting results if you follow the 21-day system.

**Optional protein choices included in nutrition facts*

Poached Eggs With Sliced Avocado

Eggs are not only crowned as the being the perfect protein, but they are packed with a number of vitamins and minerals including vitamin A, B12, B5, selenium and folate. Combine that powerhouse with a few slices of omega-3 fatty acid rich avocado, and you have yourself a quite a meal.



INSTRUCTIONS

Serves: 1

INGREDIENTS

- 2 large eggs, poached
- ½ medium avocado, sliced
- Salt and pepper to taste

Calories: 331
Fat: 28.4 grams
Carbs: 9.3 grams
Protein: 13 grams

1. Poach the eggs:
 - Bring water to boil until bubbles appear.
 - Crack one egg into a small bowl. Gently slip the egg into the water to avoid puncturing the yolk. Repeat. Keep eggs apart.
 - Cook for 2 to 4 minutes depending on how firm you prefer the yolk.
 - Gently lift the poached eggs out of the pan and place on a plate to serve.
2. Slice avocado thinly.
3. Place the avocado on top of the eggs. Season with salt and pepper.

Veggie and Egg Muffins

This is another excellent on-the-go breakfast choice that can be prepared beforehand and is highly nutritious. Eggs are a complete protein, meaning they have an even and complete amino acid profile that the human body needs. Coconut oil is a medium chain fatty acid that is effective in keeping us satiated, and promoting weight loss.



Serves: 1

INGREDIENTS

- 3 small eggs
- 1 cup zucchini, diced
- 1 cup broccoli, diced
- 1 green onions
- 8-10 fresh basil leaves, finely chopped
- 1 tbsp. organo
- 1 tsp. salt (or to taste)
- Pinch of black pepper
- $\frac{3}{4}$ tsp. mustard powder
- $\frac{3}{4}$ tsp. baking powder
- 1 tbsp. coconut oil

Calories: 244
 Fat: 13.7
 Carbs: 12.1
 Protein: 20.9

INSTRUCTIONS

1. Preheat oven to 350 °F and grease a muffin tin with coconut oil or organic butter.
2. Whisk eggs in a mixing bowl with all spices, baking powder, salt and pepper.
3. After chopping/dicing all veggies, add them to the egg mixture and whisk all together.
4. Divide the mixture into your muffin tin and bake for about 25 minutes, or until done (test with a fork for doneness). These will keep well for five or six days in the fridge!

Cacao Cherry Blueberry Smoothie

This smoothie is an antioxidant powerhouse! Blueberries, cherries and cacao are all exceptional sources of cell-protective antioxidants. Blueberries have been shown to positively benefit the brain and nervous system, and they have a low glycemic index, making them a great option for maintaining stable blood sugar. Cherries are touted for their anti-inflammatory properties, along with cancer-preventing compounds. Cinnamon is also great for stabilizing blood sugar, so all in all you can't go wrong with this breakfast option. Instead of a more refined sugar, dates offer sweetness and fiber to this recipe.



Serves: 1

INGREDIENTS

- ½ cup blueberries, fresh or frozen
- ½ cup cherries, fresh or frozen
- 1 tbsp. raw cacao powder
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 2 dates, pitted
- ¼ cup coconut milk
- 1 tsp. Moringa powder
- Ice and water, quantity depends on desired consistency

INSTRUCTIONS

Blend and serve.

**For an extra boost, add a small handful of goji berries

Calories: 250
Fat: 2.8 grams
Carbs: 46.4 grams
Protein: 6.4 grams

Have a Date

Flax seeds are a great source of omega five fatty acids and fiber, and this smoothie both offers immense nutritional value while also tasting like dessert. Make this for your next date, and they're sure to be impressed!



Serves: 1

INGREDIENTS

- ½ cup water or unsweetened almond milk
- 1 frozen banana
- 1 cups frozen blueberries
- 2 tbsp. almond butter
- 1 tsp. Moringa powder
- 2/3 tbsp. flax seeds (ground)
- 1 pitted dates (medjool or deglet)

INSTRUCTIONS

1. Blend until smooth.
2. Serve immediately.

Calories : 447
Fat: 21.5 grams
Carbs: 61.5 grams
Protein: 10.3 grams

Chia Bowl

Chia can be a strange ingredient to experiment with. That said, they're great - high in fiber, omega-3s, and an ancient energy seed used by the Aztecs, Mayans, and Incans. This Chia Bowl is another excellent and ridiculously delicious breakfast choice that can be prepared beforehand and is highly nutritious. The recipe below makes two servings so you can share it with a loved one or wrap up the leftovers for your next craving!



Serves: 1

INGREDIENTS

- ½ tbsp. chia seeds
- ¾ cup almond milk unsweetened
- 1 banana, chopped
- ½ tsp. pure vanilla extract
- Two pinches of cinnamon

Toppings:

- 1 tbsp. raw buckwheat groats, soaked
- 1 tbsp. raisins, soaked
- 1 tbsp. whole raw almonds chopped and soaked
- Two pinches of cinnamon
- 1 tbsp. hemp seeds

Calories: 300
 Fat: 11.1 grams
 Carbs: 47.4 grams
 Protein: 7.7 grams

INSTRUCTIONS

1. Mash bananas in a bowl. Stir in chia seeds. Whisk in almond milk, vanilla, and cinnamon.
2. Place in fridge for desired amount of thickness.
3. Add buckwheat oats, raisins, and chopped almonds to another bowl. Cover in water and soak overnight in fridge or on the counter. (optional)
4. In the morning, place your desired amount of chia pudding into a bowl. Thin with almond milk or thicken with chia seeds.
5. Drain and rinse the buckwheat/almond/raisin mixture. Sprinkle toppings over the chia mixture.
6. Leftovers may be stored in the fridge for one to two days.

Sultry Strawberry Salsa With Poached Eggs

Strawberries are most commonly seen in movies around Valentine's Day dipped in chocolate and hung over an open mouth. Sexy as that scene may be these sweet morsels are packed with Vitamin C and folic acid. In addition, they are rich in manganese, dietary fiber, iodine and yes even contain omega-3 fatty acids.



Serves: 1

INGREDIENTS

- 3 eggs, poached (see page 37)
- Salt and pepper to taste
- Juice of 2 limes
- 2 tbsp. rice wine vinegar
- 2½ tbsp. fresh mint leaves
- 2½ tbsp. cilantro (fresh coriander)
- ½- 1 jalapeño pepper
- ¼ tsp. salt
- 1 1/2 cup strawberries, halved
- ¾ cup fresh pineapple, chopped
- ½ cup sweet onion, chopped

INSTRUCTIONS

- Combine lime juice, vinegar, mint, cilantro, jalapeño pepper, and salt in medium bowl.
- Toss in strawberries, pineapple, and onion.
- Enjoy the poached eggs with salt and pepper to taste and salsa on the side in a small bowl.

Calories: 358
Fat: 14.2 grams
Carbs: 41.4 grams
Protein: 20 grams

Clean It Up

It doesn't get much simpler than this! And often in the world of nutrition, simple truly is best, as it means you are focusing on real, whole foods. Choose the fruit of your choice, but try for local and seasonal, as this will be higher in nutrients. For the walnuts, opt for raw, if available.



Serves: 1

INGREDIENTS

- 2 whole pieces fruit of your choice
- 3 tbsp. chopped walnuts
- tiny pinch of salt

INSTRUCTIONS

1. Chop fruit. Add pinch of salt
2. Add walnuts.

Calories: 334
Fat: 14.5 grams
Carbs: 52.6 grams
Protein: 6.6 grams

Warm Kale and Apple Salad

Kale is an incredible superfood, and just one cup offers more than 1,000 percent of the RDA for vitamin K, a key nutrient for bone health. This cruciferous vegetable is packed full of anti-inflammatory nutrients, and the extra-added beauty of this salad is that it has a delicious sweetness from the apples and beets.

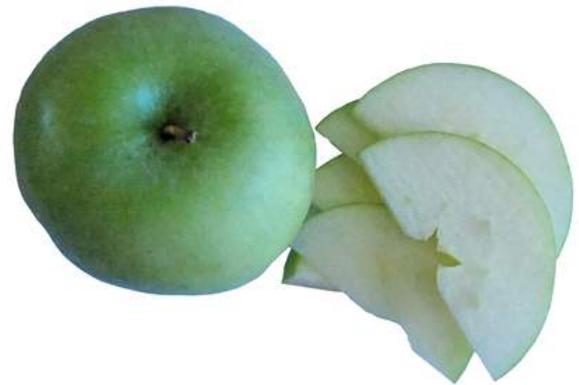
Serves: 1



INGREDIENTS

- 1-2 bunches kale, de-stemmed and chopped
- 2 tbsp. walnuts, chopped
- 2 small to medium beets, peeled and thinly sliced
- 1 small apple, thinly sliced
- ½ red onion, thinly sliced
- ½ tbsp. coconut oil for cooking
- 1 tbsp. raw honey
- Juice of 1 lemon
- Salt and pepper to taste

Calories: 490
 Fat: 17.1 grams
 Carbs: 83 grams
 Protein: 12.3 grams



INSTRUCTIONS

1. Put kale in a large salad bowl, and toss together with lemon juice and honey. Massage kale, lemon and honey together with your hands until kale is wilted (about two to four minutes.)
2. Place coconut oil in a sauté pan and add onion. Stir constantly on medium-low heat until onions are tender (about five minutes.)
3. Add beets and apple, stirring everything and allowing to cook until beets are soft (10 to 12 minutes.)
4. Season with salt and pepper.
5. Add cooked apple mixture to kale, along with walnuts.
6. Toss all ingredients together, and serve.

Spinach Cherry Smoothie

Sweet, crunchy and packed full of health benefits, cherries make a delicious and wholesome addition to your diet. Through history, cherries have not only been revered for their taste and aphrodisiac-like influence, but also for their analgesic and soothing powers. Here are a few unmentioned heroics of the cherry. Cherries are one of only a few fruit-based sources of **natural melatonin**. They are also high in **potassium** and **quercetin**. Quercetin acts the same way as an antioxidant, finding and destroying harmful free radicals. In addition, studies have shown that doses of quercetin, like potassium help can reduce blood pressure in people who have hypertension. The powerful antioxidants in cherries can even help with muscle soreness due to their ability to reduce inflammation.

Cherries also contain cancer-fighting **cyanidins** and fat-fighting **anthocyanins**. Cyanidins are a subset of anthocyanins, which are plants with large amounts of red-blue pigment. Cyanidins are accredited with being another antioxidant that has been documented in fighting harmful cancer cells. In addition to its cancer-fighting effects, anthocyanins have a metabolism boosting effect.

Cherries are overwhelmingly forgotten about as an antioxidant and anti-inflammatory. We often hear about the powerful effects of blueberries, but don't forget about these nutritionally dense, bright red morsels.



Serves: 1

INGREDIENTS

- 6 oz. fresh or frozen cherries
- 2 cups spinach
- 1 tbsp. cinnamon
- ½ cup coconut or almond milk (or replace with water)
- 1 tbsp. goji berries

INSTRUCTIONS

Simply mix all the ingredients together in a blender and enjoy!

Calories: 477
 Fat: 30.3 grams
 Carbs: 53.2grams
 Protein: 7 grams

Cucumber and Avocado Caprese Salad

If your farmer's market bag is filled with cucumbers, tomatoes and basil, then try this light and refreshing twist on a classic caprese salad. Filled with enough protein to get to you dinner, this salad is a must have any time of day.



Serves: 1

INGREDIENTS

- ½ cup cucumber, chopped
- 3 oz. cherry tomatoes
- 1 tbsp. basil, chopped
- 3 oz. fresh mozzarella balls
- ½ small avocado, diced
- 1 tbsp. balsamic vinegar
- 1 tsp. olive oil
- 1 tsp. garlic powder
- salt and pepper to taste
- optional 4 oz. grass fed beef (precooked or grilled)

Calories: 484
Fat: 38 grams
Carbs: 16.2 grams
Protein: 23.6 grams

INSTRUCTIONS

1. Wash the cucumbers and dry them off. Cut into quarter-inch slices, then cut these in quarters.
2. Wash and dry the tomatoes. Cut them in quarter pieces as well.
3. Dice the half avocado.
4. Place the cucumbers, tomatoes, avocado, basil, and mozzarella in a bowl. Pour on the oil, vinegar, garlic powder, salt and pepper. Mix thoroughly.
5. Serve immediately.

Carrot, Beet and Ginger Soup

Ginger root is a nutritional powerhouse... a *super superfood*! It is both a potent anti-inflammatory agent and it protects against gastrointestinal upset. If you experience seasickness, morning sickness with pregnancy, or general digestive dysfunction, ginger is excellent for relief. This healthy meal option also offers the many antioxidant benefits of carrots and beets.



Serves: 1

INGREDIENTS

- 4 small carrots
- 3 medium sized beets
- ½ yellow onion
- 3 tbsp. minced ginger
- 3 cups vegetable broth (homemade or store-bought, organic)
- 2 tsp. Moringa powder
- 1 tbsp. coconut oil
- Salt and pepper to taste
- *Optional 4oz Chicken breast* (precooked or grilled)

INSTRUCTIONS

1. Dice the onion, then add both onion and ginger to a sauté pan with heated coconut oil, cooking over medium heat. Stir constantly until onions appear soft.
2. Wash, peel and chop carrots and beet. Add to the pan and mix. Allow to cook for only two minutes.
3. Add vegetable broth and Moringa powder and cover. Simmer until carrots and beets are tender.
4. When beets and carrots are cooked, allow soup to cool partially, and add half to a blender (or use immersion blender). You can blend the entire soup; it depends on your preferred consistency.
5. Serve as is, or add a healthy protein source like organic chicken, turkey or grass-fed beef for a heartier meal.

Calories: 543
Fat: 19.3 grams
Carbs: 73.2 grams
Protein: 23.7 grams

Arugula Salad With Roasted Asparagus

Asparagus has a unique antioxidant profile including vitamin C, E, beta-carotene and selenium, along with powerful anti-inflammatory nutrients. Roasting the asparagus brings out a deep, earthy taste and allows the tender spears to pair more easily with wine.



INGREDIENTS

- 4 cups baby arugula leaves (rocket), loosely packed
- 8 asparagus spears
- 2 tablespoons extra virgin olive oil
- 1 tbsp. balsamic vinegar
- 1/2 tbsp olive oil
- 1 tsp. Dijon mustard
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 4 oz. chicken breast (precooked or grilled)

Calories: 320
Fat: 12.9 grams
Carbs: 12 grams
Protein: 43 grams

Serves: 1

1. Preheat oven to 400 °F.
2. Snap off tough ends of asparagus and toss with about ½ tablespoons of the olive oil.
3. Lay spears in a single layer; sprinkle with salt and pepper.
4. Roast until tender crisp and slightly charred, about five to ten minutes depending on thickness of the spears
5. While asparagus are roasting, combine remaining olive oil, vinegar, mustard, salt and pepper and whisk to combine.
6. To serve, toss arugula with dressing.
7. Top with asparagus spears and serve immediately.

Slightly Sweet Cranberry Chicken Salad

Cranberries are loaded with nutrients that are essential for optimizing your sexual health. This sweet but tangy fruit is a rich source of vitamin C, which is proven to build up immunity of the body. More than that, vitamin C is essential for the smooth functioning of the sex hormones.



Serves: 1

INGREDIENTS

- 4.oz cooked chicken breast, cubed
- ½ fennel bulb, chopped
- ¼ cup roasted pistachios, chopped
- ¼ cup dried cranberries
- ½ - 1 tbsp. roasted pepitas (pumpkin seed)
- 1 tbsp. coconut milk, canned and full fat
- 1 tsp. dried, ground sage
- 1 tbsp. fresh parsley, minced
- Dash of salt and pepper
- ½ Head of romaine lettuce or more if desired

INSTRUCTIONS

1. Mix all of the ingredients, except the lettuce, in a bowl.
2. Serve by spooning the chicken salad in large romaine lettuce leaves.

Calories: 579
Fat: 29.9 grams
Carbs: 33.6 grams
Protein: 50.4 grams

Watermelon and Shrimp Salad

It doesn't get much more refreshing and summery than this tasty salad. Watermelon is high in the carotenoid lycopene, which is crucial for cardiovascular health, and high in vitamin C. Shrimp has a high antioxidant profile, particularly the mineral selenium, which is key for optimal brain function and cardiovascular health. Serve this salad on a warm summer evening, and reap the many nutritional benefits it has to offer.



Serves: 1

INGREDIENTS

- 3 tbsp. fresh lemon juice
- 1 tbsp. extra virgin olive oil
- 1 tsp. raw honey
- ¼ - ½ lb. wild caught shrimp, cooked
- 2 shallots, finely sliced
- ¼ cup fresh mint leaves, chopped and de-stemmed
- 1 cup watermelon, cut into chunks
- 2 cups greens of your choice (try spinach, arugula, red leaf lettuce, or a mix)
- Salt and pepper to taste

INSTRUCTIONS

1. In a bowl, whisk together lemon juice, olive oil, honey, salt and pepper.
2. Add shrimp, shallots and mint leaves, mixing together well.
3. Add watermelon and shrimp, mixing thoroughly. Then add greens

Calories: 336
 Fat: 15.4 gram
 Carbs: 21.1 grams
 Protein: 28.5 grams

Moroccan Mint Apricot Medley

Apricots are a powerhouse of minerals, vitamins, phytonutrients and dietary fiber. They are particularly high in vitamin C and beta-carotene. Lamb is one of the best sources of omega 3 fatty acids, which help to keep your hormones running at an optimal level but be sure to choose a grass-fed option. It also offers over 100 percent of the RDA for vitamin B12.



Serves: 1

INGREDIENTS

- 1 tbsp. coconut oil
- 4 oz. grass-fed lamb, cut into chunks
- 1/2 red onion, finely chopped
- 2 garlic cloves, minced
- 2 cups veggie or chicken stock
- 1 tsp. raw honey
- 1 cinnamon stick
- 1/4 dried apricots
- Juice of 1/2 lemon
- 1 tbsp. mint leaves, chopped
- 1/2 cup broccoli, chopped and lightly steamed
- Salt and pepper to taste

Calories: 477
 Fat: 24.9 grams
 Carbs: 18.7 grams
 Protein: 43.9 gram

INSTRUCTIONS

1. In a large oven-safe pot, heat coconut oil on medium-high heat and add lamb. Cook, stirring constantly until slightly browned. Remove from sauté pan to cool on a clean plate.
2. Add onions and garlic. Cook on medium-low heat for about five minutes, until both are tender.
3. Return lamb to the pot. Add stock, lemon juice, cinnamon stick, honey, and salt and pepper to taste.
4. Allow everything to come to a boil, and then reduce heat to a simmer and let cook for 1 hour.
5. Lastly, add broccoli, apricots and mint, and allow to cook for another 20 minutes, or until lamb is tender. Add extra mint leaves for garnish if desired, and enjoy!

Colombian Crusted Pork Tenderloin

The coffee in this recipe not only creates an amazing texture on the pork, but also a nice little buzz after eating it! Coffee has been revered in most societies as a mood as well as an energy booster. In fact, coffee's stamina-enhancing properties have led it to become a status symbol in certain societies as it excites not just the mind, but also other things as well! **Serve with colorful detox salad (page 38).**



Serves 1

INGREDIENTS

- 1 tbsp. Colombian coffee
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. cumin
- 1 tsp. stevia (in the raw)
- 1/4 tbsp. smoked paprika
- 1/4 tbsp. unsweetened cocoa powder
- 1 tbsp. coconut oil
- 4 oz. pork tenderloin

Calories: 286
 Fat: 17.9 grams
 Carbs: 1.5 grams
 Protein: 30.2 grams

INSTRUCTIONS

1. In a small bowl, mix together the coffee, salt, stevia, paprika, black pepper, garlic and onion powder, cumin, coriander and cocoa.
2. Use your hands to work the rub on the tenderloin. Cover the meat and leave to marinate in the refrigerator for up 24 hours.
3. Preheat the oven to 300 °F.
4. Heat coconut oil in a large pan. Brown all sides of the tenderloin to form a crust.
5. Place the tenderloin in a baking dish.
6. Cook for 20 to 30 minutes until internal temperature of 160 °F is reached. Allow meat to rest for a few minutes before slicing.

Sweet Potato Beef Curry

This is a comforting and nutritious meal that the whole family will enjoy. Grass-fed versus conventionally raised beef offers twice the amount of conjugated linoleic acid, a fatty acid that has been shown to cool inflammation and support the immune system. This delicious curry is full of nutrient dense foods, and keeps well as leftovers. Serve with small swiss chard salad.

Serves: 1

INGREDIENTS

- 4 oz. grass-fed skirt steak, cut into chunks
- 1/2 tbsp. coconut or olive oil, or grass-fed butter
- 1 small yams or sweet potatoes, peeled and cubed
- 1/2 onion, diced
- 1/2 tbsp. ginger powder
- 1 clove garlic, chopped
- 1/2 tbsp. curry powder
- 1/4 cup chicken, beef or veggie stock
- 1/4 can full fat coconut milk
- Salt and pepper to taste

Calories: 564

Fat: 30.5 grams

Carbs: 32 grams

Protein: 39.8 grams

INSTRUCTIONS

1. Over medium-high heat, add 1 tbsp. oil to a skillet.
2. Add beef and season with salt and pepper, stirring thoroughly and cooking about five minutes or until done, but still soft.
3. Remove from pan.
4. Add half tbsp. of oil to your pan with the onions and cook until soft, stirring constantly.
5. Add ginger, garlic and curry powder, and cook for another two minutes.
6. Add the stock, coconut milk and sweet potatoes. Add beef back to the pan as well and bring to a simmer, covering with a lid.
7. Cook until sweet potatoes are soft (about 20 minutes.)
8. Season and serve.

Almond Crusted Halibut With Quinoa

Halibut is an easy go-to fish for grilling, baking or frying. This recipe will have your taste buds dancing as you experience the crunchy earthiness of the halibut's nut coating, balanced with a sweet and smooth cranberry quinoa.



Serves: 1

INGREDIENTS

- 1/4 cup quinoa
- 4-6 oz. halibut
- 1 oz. raw almonds
- 1 large egg, white only
- 1/2 tbsp. coconut oil
- 1/4 cup dried cranberries
- 1/4 green onion, chopped
- 1 clove garlic, minced

INSTRUCTIONS

For the quinoa:

1. Put quinoa in a saucepan with 3-4oz of water and bring to boil over high heat. Simmer covered until all water is absorbed.
2. Mix cooked quinoa, dried cranberries and green onions in a small bowl.
3. Plate the golden brown halibut alongside the colorful quinoa

Calories: 608
Fat: 35 grams
Carbs: 36.5 grams

INSTRUCTIONS

For the fish:

1. Preheat oven to 350 °F.
2. Grind almonds in a food processor until largest pieces are an eighth of the size of the almond. Do not grind to a paste.
3. Transfer almonds to a wide shallow bowl.
4. Season both sides halibut fillet with salt.
5. In another shallow bowl, whisk egg until just frothy.
6. Dip top of each fillet in egg white, then into almonds, pressing to adhere
7. Transfer to a plate, crust side up.
8. Heat coconut oil in an ovenproof skillet over medium-high heat. Place fish in pan crust side down.
9. Cook until nuts are golden brown, three to four minutes. Turn over fillets and transfer skillet to oven. Bake until fish is just opaque in center and flaky, four to five minutes.

Protein: 39.6 grams

Thursday dinner

Sweet and Spicy Glazed Salmon

This dinner recipe contains six aphrodisiac ingredients: chilies, honey, ginger, garlic, coconut oil and asparagus. Once you bite into this sumptuous dish your body won't let you turn back. Serve with roasted garlic asparagus.



Serves: 1

INGREDIENTS

- 4 oz. salmon fillet
- ¼ tsp. salt
- 2 fl oz. water
- ¼ cup apple cider vinegar
- 1 tbsp. honey
- ½ tbsp. chili paste
- 1 tbsp. ginger, minced
- ¼ lb. fresh asparagus (4-8 spears)
- ½ clove garlic
- 1 tsp. onion powder
- ½ tsp. parsley, chopped
- 1 tbsp. coconut oil
- 2 cups spinach

Calories: 465
Fat: 23.9 grams
Carbs: 37.3 grams
Protein: 29.5 grams

INSTRUCTIONS

1. Cook the asparagus first. Preheat oven to 400 °F.
2. In a small saucepan, heat the coconut oil, garlic, onion powder, and parsley on medium to low heat.
3. Cook for three minutes, until the garlic mixture is fragrant; don't let it burn.
4. Spread the asparagus in a single layer on a pan lined with parchment paper.
5. Lightly sprinkle with coarse sea salt and freshly ground pepper and spread with garlic-oil mixture.
6. Roast for eight to ten minutes, until bright green. Wrap in foil to keep warm.
7. Preheat oven to 425 °F.
8. Sprinkle salmon with salt, and bake for six to eight minutes.
9. Combine water, vinegar, chili paste, honey and ginger in a small pan. Stir to dissolve the honey, bring to a boil, lower heat to medium low, and let reduce for about one to three minutes or until slightly thick.
10. Remove salmon from oven, brush thoroughly with the glaze, and broil at 500 °F for two minutes or until golden.
11. Serve with small spinach salad and roasted asparagus

Spicy Herb Grilled Skirt Steak

Grilling might just be the best way to cook up a skirt steak or any meat for that matter. Here, the meat is marinated in a garlic herb blend with hints of pickled jalapeño peppers. We chose grilling for this recipe because the extreme heat gives the flavorful cut of red meat a rich crust that's deliciously charred and crisp at the edges. The trick is to get the fire hot enough to sear meat on the grill, giving you the deepest and most memorable crunch. Serve with arugula salad and a simple vinegar dressing.



Serves: 1

INGREDIENTS

- 4 oz. beef skirt steak
- 1/2-1 whole Jalapeño peppers
- 1 green scallions, chopped
- 1/2 tsp. dry thyme leaves
- 1/2 tbsp. fresh basil, chopped
- 1-2 garlic cloves, chopped
- 1 tbsp. coconut oil
- 1 tbsp. lemon juice
- 1/2 tbsp. lemon zest
- Salt

Calories: 337
 Fat: 21 grams
 Carbs: 1.9 grams
 Protein: 45.7 grams

INSTRUCTIONS

1. Combine coconut oil, jalapeños, basil, scallions, thyme, and garlic, a few pinches of salt, lemon zest and juice in a food processor.
2. Blend until the mixture is thick like a paste.
3. Dry the skirt steak so the marinade will adhere to the meat. Put in a bowl.
4. Set aside a quarter of the mixture for post cooking garnish.
5. Pour the rest of the mixture over the meat and work it into the meat. Cover and refrigerate for at least 20 minutes. The longer you marinate the deeper the flavor profile will be.
6. Preheat the grill. It should be very hot.
7. Grill meat over direct heat until the edges are burnt and crispy, and meat is to your liking; about three to five minutes per side.
8. Let rest for five minutes before slicing.
9. Garnish the grilled steak with the remaining marinade set aside earlier.

Harissa Glazed Halibut

Maybe you've heard of harissa, but have you ever tried it? Harissa is a spicy and aromatic chili paste that is a widely used staple in Middle Eastern and North African cooking. Adding this to a healthy portion of halibut is a sure fire way to keep your senses tingling!

Not a fish fan? Swap the halibut out for chicken or steak. Harissa is an incredible sauce that will give any meal a kick!



Serves: 1

INGREDIENTS

- 4-6 oz. halibut fillet
- ½-1 jalapeño pepper, chopped
- 1 clove garlic, minced
- 2 bell peppers, chopped
- 2 tbsp. coconut oil
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 lemon (halved)
- 2 cups spinach

Calories: 505
 Fat: 38.2 grams
 Carbs: 9 grams
 Protein: 34.6 grams

1. Set barbecue to medium-high heat.
2. Thread jalapeño and garlic clove onto metal skewer
3. Brush jalapeño, garlic, fish, and red bell peppers with coconut oil; sprinkle with salt and pepper.
4. Sprinkle fish with ¼ teaspoon cumin and ¼ teaspoon coriander.
5. Place fish, whole bell peppers, and skewered jalapeño and garlic on the grill.
6. Grill vegetables until tender and charred, and so fish is just cooked through (four minutes per side for fish; eight minutes per side for vegetables).
7. Serve with small spinach salad

INSTRUCTIONS CONTINUED

7. Place halved lemon wedge; cut side down, on the grill until charred (about three minutes).
8. Remove fish and plate (wrap with foil to keep warm).
9. And now for the harissa: Peel charred parts of skin from bell peppers and cut stem from jalapeño - remove seeds for reduced spiciness.
10. Discard peel and stem
11. Transfer peeled bell pepper and de-stemmed jalapeño to blender.
12. Add garlic clove, remaining coconut oil, cumin and coriander to blender.
13. Blend until coarse puree forms.
14. Season sauce with salt and pepper to taste.
15. Plate halibut filets. Squeeze grilled lemon over the top and spoon sauce over fish.



Stage 3

	Breakfast	Lunch	Supper	Snacks
Sunday	Breakfast Frittata Libido Shot	Mango Chicken Lettuce Wraps	Coconut Chicken	1) 1 apple + ¼ cup raw almonds + banana 2) 1 cup non-fat plain Greek yogurt
Monday	Cashew to the Rescue Libido Shot	Maca Pumpkin Lentil Soup	Oven Baked Sweet Potato with Pan Seared Chicken	1) 1 orange + 1 cup non-fat plain Greek yogurt 2) 1 apple + ¼ cup raw almonds
Tuesday	Antioxidant Overload Libido Shot	Powerhouse Salad	Quinoa Vegetable Paella	1) 1 banana and 1 orange + tbsp. hummus and 4oz carrots 2) ¼ cup raw cashews + ¼ cup raisins
Wednesday	Pear and Parsley Smoothie Libido Shot	Chilled Watermelon Gazpacho	Easy Baked Halibut	1) 1 orange + 6 oz. baby carrots 2) 4-6 oz. celery + 2 tbsp. peanut butter
Thursday	Cacao-Maca Smoothie Libido Shot	Sweet But Savory Citrus Salad	Easy Roasted Chicken Breast with Figs	1) 1 apple + ¼ cup raw almonds 2) 1 cup non-fat plain Greek yogurt + ¼ cup raisins
Friday	Breakfast Frittata Round 2 Libido Shot	Shrimp and Asparagus Salad	Pomegranate Glazed Grilled Chicken with Blackberries	1) 4 oz. baby carrots + 6 oz. celery and 1 tbsp. almond butter 2) 1 cup non-fat plain Greek yogurt+ ¼ cup raisins
Saturday	Maca Madness Smoothie Libido Shot	Spicy Ginger and Tomato Carrot Soup	Lime Rubbed Shrimp with Grapefruit Avocado Chutney	1) Medium cucumber chopped and mixed with 1 tbsp. sesame seeds and 1 oz. rice wine vinegar 2) 1 apple + ¼ cup raw almonds

***Note:** You will have increased and more lasting results if you follow the 21-day system.

**Optional protein choices included in nutrition facts*

Frittata

A frittata is a wonderful breakfast option, as it can easily be made over the weekend and eaten for lunches throughout a busy week. This frittata contains healthy fat, high quality protein, and many nutrient benefits from its various superfood ingredients. Broccoli alone offers 135 percent of the RDA for vitamin C!



Serves: 2 (or keep half for leftovers)

INGREDIENTS

- 4 eggs
- ½ tbsp. coconut oil
- 1 cup protein cooked, grass-fed ground beef
- 1 cup broccoli
- 2 tbsp. coconut milk
- 1 tsp. sea salt
- Fresh ground black pepper to taste

Calories: 269
Fat: 18.4 grams
Carbs: 1.5 grams
Protein: 24.3 grams

INSTRUCTIONS

1. Preheat oven to 350 °F and heat coconut oil in a cast iron skillet (or any other oven-safe skillet, avoid non-stick pans) over medium heat.
2. Add beef until either cooked or reheated. Then, place broccoli in with the beef and cook until tender.
3. Crack the eggs into a mixing bowl and add coconut milk, salt and pepper, and mix thoroughly.
4. Pour egg mixture into the skillet with the meat and veggies and cook three to five minutes or until bottom of frittata is firm.
5. Lastly, move the skillet to the oven and cook 10 to 15 minutes and turn the heat up to broil for another two minutes at the end or until the frittata puffs up and is cooked thoroughly.
6. Let cool, transfer to a plate, slice, and serve!

Cashew to the Rescue

Cashews are chalked full of vital nutrients, particularly magnesium, copper, and zinc (keep in mind this is an amazing libido booster!). This superfood has been shown to support heart health, and it contains potent antioxidants to protect cells.



Serves: 1

INGREDIENTS

- ½ - 2 cups water
- 1 frozen banana
- ½ cup frozen blueberries
- 2 tbsp. cashew butter
- ½ tsp. pure vanilla extract
- 1 tsp. moringa powder

INSTRUCTIONS

1. Blend until smooth.
 2. Serve immediately.
- **For an extra boost add a handful of goji berries

Calories: 352
Fat: 18.7 grams
Carbs: 43.1 grams
Protein: 8.6 grams

Antioxidant Overload Smoothie

With goji berries, cherries and a myriad of other superfoods, enjoy the Antioxidant Overload Smoothie to help combat stress and damaging free radicals in the body. Additionally, this smoothie helps to provide energy and control cravings. Feel free to use frozen berries. Choose wild berries as opposed to processed or cultivated varieties.



Serves: 1

INGREDIENTS

- ½ cup cherries (fresh or frozen), pitted
- 6 strawberries (fresh or frozen)
- 1 small banana, peeled
- 1 tbsp goji berries
- ½ cucumber, chopped
- 2 cups baby spinach (or romaine lettuce)
- 8 oz. filtered water
- (optional add handful or raw almonds)

INSTRUCTIONS

Blend and serve.

Calories: 206
Fat: 1.3 grams
Carbs: 50.6 grams
Protein: 5 grams

Pear and Parsley Smoothie

This unique smoothie offers a myriad of key nutrients, and parsley alone contains well over 500 percent of the RDA for vitamin K. The variety of flavonoids present in parsley have been shown to act as powerful anti-inflammatory agents, so this smoothie offers a big nutritional punch.



Serves: 1

INGREDIENTS

- ½ small avocado
- ½-1 small pear
- ¼- ½ apple
- 1 banana
- 1 tsp. maca powder
- ice and water to achieve desired consistency
- 1 small bunch of parsley

INSTRUCTIONS

Simply blend and serve.

Calories: 326
Fat: 20.3 grams
Carbs: 35.6 grams
Protein: 4.7 grams

Cacao-Maca Smoothie

Who doesn't love a chocolate smoothie? Smooth, rich, and lightly sweet. Oh, with the addition of almonds, nutty of course. We'll save you some time and keep this post short so you can head out and buy yourself these ingredients. There's magic in this shake, with the addition of a maca powder. Maca is rich in vitamin C, E and the B vitamins. It also supplies a number of other health boosters including calcium, iron, magnesium, zinc, phosphorous and amino acids.



Serves: 1

INGREDIENTS

- 1 cup coconut water
- 1 banana
- ½ carrot
- ½ tbsp. chia seeds
- 1 tbsp. unsweetened cocoa powder
- 1 tsp. raw cacao nibs
- 1 tsp. maca powder
- ¼ cup almonds
- ½ cup ice

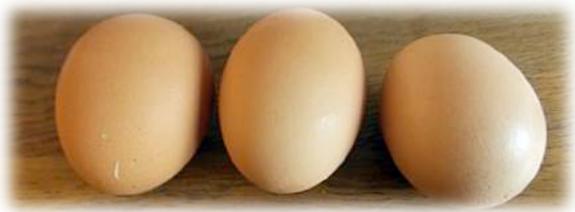
INSTRUCTIONS

Mix everything together and blend until smooth.

Calories: 318
Fat: 10.6 grams
Carbs: 54.3 grams
Protein: 7.1 grams

Breakfast Frittata Round 2

As a result of their natural association with new life, eggs were considered the ultimate symbol of fertility throughout countless religions and ancient societies. For example in Christianity, the Easter egg symbolizes the empty tomb of Jesus and inside, the future life that which will emerge. Besides its shape and symbolism, eggs have much to offer not only for sexual performance, but overall health as well. Some of these attributes include antioxidant powers, packed with selenium and iodine as well as vitamin D and Iron. Eggs are referred to as a “complete protein” for a reason!



Serves: 3-4 (keep for leftovers)

INGREDIENTS

- 1 tbsp. olive oil
- 1 thinly sliced onion
- 1 thinly sliced green bell pepper
- 1 cup sliced mushrooms
- 1 garlic clove, minced
- 8 large eggs
- 2 large egg whites
- 1/3 cup unsweetened almond milk
- ¾ tsp. salt
- ¼ tsp. black pepper
- 1 tbsp. chopped fresh or 1 tsp. dried basil
- 1 cup cherry tomatoes, halved

Calories: 266
 Fat: 17.1 grams
 Carbs: 10.2 grams
 Protein: 19.3 grams

INSTRUCTIONS

1. Heat half tbsp. oil in an oven-safe pan. Add onion and pepper and sauté for five minutes, stirring frequently. Add mushrooms, cover, and sauté for three minutes. Add garlic, and sauté for another minute. Allow to cool.
2. Combine eggs, milk, salt, pepper, and basil in a large bowl. Whisk until well blended.
3. Clean and heat pan over medium heat for two to three minutes; add remaining oil.
4. Add vegetables to egg mixture, stir, and carefully pour mixture into skillet.
5. Scatter tomatoes and cheese over egg mixture and cook gently without stirring.
6. Preheat broiler and place the frittata six to eight inches from heat for two to four minutes.
7. Remove and cool.
8. Use a plate, inverting it twice so the frittata is right side up. Serve.

Maca Madness Smoothie

Maca is a hormone-balancing superfood, and adds a unique, nutty taste. Originating in Peru, this nutritional powerhouse offers sexual benefits for men and women, balances female hormones for women, and may increase your energy.



INGREDIENTS

- ½ to 2 cups water or unsweetened almond milk
- 2 cups baby spinach
- 1½ cups frozen blueberries
- 1 frozen banana
- 1 tbsp. almond butter
- 1 tsp. Maca powder (right)

Calories: 425
Fat: 17.4 grams
Carbs: 67.4 grams
Protein: 10 grams

Serves: 1

INSTRUCTIONS

1. Blend until smooth.
2. Serve immediately.



Mango Chicken Lettuce Wraps

Mangos are a sweet and delicious way to optimize your mental, physical and sexual health! Loaded with vitamin E, A, tartaric acid, malic acid, and a trace of citric acid, mangos have been found to help to maintain the alkali balance in the body.



Serves: 1

INGREDIENTS

- 1 large ripe mango
- 1 cup finely chopped jicama (Mexican yam bean)
- ½ cup fresh mint leaves
- ¼ cup fresh lime juice
- ½ tsp. Asian chili sauce (Sriracha)
- 4-6 oz coarsely shredded chicken meat (from ½ a rotisserie or roast chicken)
- 12 Boston lettuce leaves
- Salt and pepper to taste

Calories: 330
Fat: 5.7 grams
Carbs: 16.1 grams
Protein: 51 grams

INSTRUCTIONS

1. Combine mango, jicama, mint, limejuice, chili sauce and quarter teaspoon salt in a big bowl.
2. Toss to combine. **If making ahead of time**, cover bowl and refrigerate mixture no longer than overnight.
3. To serve, add chicken to mango mixture; toss to combine.
4. Place a third of a cup of the chicken mixture in each lettuce leaf.

Maca Pumpkin Lentil Soup

Add maca powder to a soup? Oh yes, and do you want to know why? Maca is rich in vitamins C and E and the B vitamins. It also supplies a number of other health boosters including calcium, iron, magnesium, zinc, phosphorous and amino acids.



Serves: 1

INGREDIENTS

- 1/2 cup lentils (preferably soaked in water overnight)
- 1 cups water
- 1/4 cup full fat coconut milk
- 1/4 small sugar pumpkin, peeled
- 1/2 tsp. curry powder
- 1/4 tsp. garlic powder
- 1/4 tsp. ginger powder
- 1 tbsp. chopped basil
- 1/2 tbsp. chopped sage
- 1/2 tbsp. maca powder
- 1/2 tsp. mesquite powder (optional)
- 1/2 head kale, chopped
- 1/2 tsp. sea salt
- Pinch of black pepper
- Salt and pepper to taste
- Optional 4oz. grass fed beef (precooked or grilled)

INSTRUCTIONS

1. Add all ingredients except kale to a pot. Bring to a boil, reduce to simmer, and cover. Simmer for two to three hours, the longer the better.
2. When you're getting ready to serve, add the kale to the pot. Let the soup heat the kale to the point at which the mixture turns just green (approximately three minutes).
3. Top your soup with fresh herbs like basil or fresh sprouts for some a raw boost.

Calories: 688
 Fat: 22.4 grams
 Carbs: 61 grams
 Protein: 60 grams

Powerhouse Salad

Composed of dense cruciferous vegetables, like broccoli, and cauliflower, this salad is a nutritional dynamo. Providing support for the immune system, inflammatory system, hormonal system, detoxification system, and antioxidant system, cruciferous vegetables contain a wide variety of vitamins and minerals as well as phytonutrients, for example glucosinolates. Glucosinolates are thought to have anti-cancer and hormonal balancing properties.



Serves: 1

INGREDIENTS

- 1 cup broccoli,
- 1 cup cauliflower,
- 1 cups carrots, shredded
- ¼ cup sunflower seeds
- ¼ cup currants
- ¼ cup finely chopped parsley
- ¼ cup raisins
- 2 tbsp. fresh lemon juice
- ¼ - ½ tsp. kosher salt and lots of pepper
- 4 oz chicken breast (precooked or grilled)

INSTRUCTIONS

1. Chop broccoli by hand with a food processor to chop fine. Put in a large bowl.
2. Do the same with the cauliflower and carrots.
3. Stir in the sunflower seeds, currants, raisins, and parsley.
4. Add lemon juice and seasonings to taste. Serve with chicken breast

Calories: 504
 Fat: 11.3 grams
 Carbs: 60.2 grams
 Protein: 47.2

Chilled Watermelon Gazpacho

Watermelon is a delicious and hydrating aphrodisiac rich in vitamin A, pantothenic acid, biotin, potassium and magnesium. The juicy melon also contains an abundance of nutrients including lycopene, L-citrulline and L-arginine, as well as hydrating electrolytes. The delicate flavors of cucumber and watermelon go hand-in-hand to create a sweet-and-savory chilled soup, perfect for a hot day.



INGREDIENTS

- 2 cups finely diced seedless watermelon
- ½ medium cucumber, peeled, seeded and diced
- ½ red bell pepper, diced
- ¼ cup chopped fresh basil
- ¼ cup chopped flat-leaf parsley
- 3 tbsp. red wine vinegar
- 2 tbsp. minced shallots
- 2 tbsp. extra-virgin olive oil
- ¾ teaspoon salt
- optional 4 oz. canned tuna

Calories: 480
Fat: 24 grams
Carbs: 54 grams
Protein: 34 grams

Serves: 1

INSTRUCTIONS

1. Mix watermelon, cucumber, pepper, basil, parsley, vinegar, shallots, oil and salt in a large bowl.
2. Puree three cups of the mixture in a blender or food processor to the desired smoothness; transfer to another large bowl.
3. Puree another three cups and add to the bowl.
4. Stir in the remaining mixture.
5. Serve at room temperature or chilled (Note: you can cover and let chill for 24 hours).

Sweet But Savory Citrus Salad

Ready to give your taste buds and your health a kick in the pants? Enter the citrus red onion salad. Boasting a number of nutritional benefits, red onions are one of the best natural sources of quercetin, a bioflavonoid that is particularly well suited for battling free radicals in the body. The citrus is also an incredible additive with huge amounts of vitamin C potassium, folate, calcium, thiamin, niacin and vitamin B6.



Serves: 1

INGREDIENTS

- 1 blood oranges or tangerines
- ½ pink grapefruit
- ½ navel orange
- Salt
- ¼ small red onion or 1 shallot, chopped
- 1 tbsp. extra virgin olive oil
- 1 tbsp. sherry vinegar
- ½ tsp. honey
- Lime or lemon juice to taste
- ¼ tsp. freshly chopped tarragon (or a pinch dried)
- ¼ cup almonds
- 1-2 tbsp. goji berries
- optional 4oz. sliced turkey breast

INSTRUCTIONS

1. Peel citrus, removing as much pith as possible, and slice into wheels. Remove any pits.
2. Layer fruit on a serving dish, sprinkle with salt and garnish with chopped onion, almonds and goji berries
3. Combine olive oil, vinegar, honey, limejuice and tarragon until well mixed.
4. Drizzle over salad.

Calories: 504
 Fat: 28.1 grams
 Carbs: 42.1 grams
 Protein: 26.8 grams

Spicy Ginger and Tomato Carrot Soup

You can't go wrong with ginger! Add the age defying nutrients of carrots like vitamin A, vitamin C, vitamin K, vitamin B8, pantothenic acid, folate, potassium, iron, copper, and manganese, and you are on your way to a great meal.



Serves: 1 (Save / freeze any leftovers)

INGREDIENTS

- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 tbsp. ginger root, minced
- 2 cups vegetable broth
- 2 carrots, trimmed, peeled, and sliced
- 1/4 of a 14.5 oz. can diced tomatoes (fire-roasted preferred)
- 1-2 tbsp. wheat-free tamari
- 1/4 tsp. cayenne pepper or hot smoked paprika
- 1/2 tsp. tahini

Calories: 247
 Fat: 4.7 grams
 Carbs: 36.4 grams
 Protein: 16 grams

INSTRUCTIONS

1. Heat a large, non-stick pot and add the onions. Cook, stirring often, until they soften. Add a little water if they stick.
2. Add garlic and ginger and cook for another minute stirring to prevent sticking.
3. Add three cups of the vegetable broth, carrots, and pepper or paprika.
4. Bring to the boil, reduce heat, cover and cook until the carrots are tender (15 to 20 minutes).
5. Add all remaining ingredients, EXCEPT tahini.
6. Transfer half the soup to a blender. Leave the top open and cover with a towel (so steam can escape).
7. Blend, beginning on low and increasing to high speed, until soup is smooth. Pour into another pot and repeat with the remaining soup.
8. Simmer, covered, on very low heat for at least 15 to 20 minutes so flavors blend. If it is too thick, add broth.
9. Stir in tahini, check seasonings and adjust if necessary.
10. Serve hot.

Shrimp and Asparagus Over Romaine

From long coarse stems to delicate spears, asparagus has been documented to increase sexual desire and stimulate the production of male and female sex hormones. But rich in vitamins, antioxidants and detoxifying compounds, asparagus have proven to be more than just a phallic symbol! Here are three things I'll bet you didn't know about asparagus.

Firstly, it contains phytonutrients called **saponins**. Saponins are found in the root of asparagus and have been long revered in Asian botanical medicine. It is accredited with lowering cholesterol, improving immune function and in certain cases helping to prevent cancer.

Secondly, it contains a lot of **glutathione** (GSH). GSH has been buzzing quite a bit on the internet, and for a good reason because it is one of the body's most prolific antioxidants, consisting of three amino acids: glutamic acid, glycine, and cysteine. GSH not only eliminates damaging free radicals, but also reactivates other antioxidants in the process.

Thirdly, it contains tons of **vitamin B**, in the form of folic acid (B9), vitamin B1, and vitamin B2. It is also a very good source of niacin (B3), choline (B4), vitamin B6, and pantothenic acid (B5). B vitamins play a pivotal role in the metabolism of sugars and starches in the body, making them critical for healthy blood sugar management. So bring on the asparagus!

INGREDIENTS

- 1 tsp. grated lemon rind
- 1/4 cup fresh lemon juice
- 1/4 cup chopped fresh basil
- 1 1/2 tsp. paprika
- 1/2 tsp. salt
- 1/4 tsp. crushed red pepper
- 1/4 tsp. black pepper
- 1 garlic cloves, minced
- 1 tbsp. olive oil
- 1/2 lbs. shrimp, peeled and deveined
- 1 cups asparagus, in 1-inch pieces
- 1 cup romaine lettuce
- 1/2 cup watercress

INSTRUCTIONS

1. Combine first eight ingredients; gradually whisk in three tablespoons of olive oil.
2. Heat remaining tablespoon of oil in a large skillet over medium-high heat.
3. Add shrimp and cook for two minutes. Add juice mixture and cook for one minute.
4. Stir in asparagus.
5. Place romaine in a large bowl and toss with shrimp mixture.

Calories: 322
 Fat: 4.7 grams
 Carbs: 11.6 grams
 Protein: 55.9 grams

Coconut Chicken

Another nutrient-packed dish, this blend of superfoods is excellent for cooling systemic inflammation, while also being both delicious and unique in its flavor profile. Stick with pasture-raised whenever possible, as it is much higher in impactful nutrients.



Serves: 1

INGREDIENTS

- 4-6 oz. boneless, skinless chicken breasts
- 1 bell peppers, diced
- 2 cups Swiss chard, stems removed and chopped
- 1 cup crimini mushrooms, sliced
- ½ red onion, chopped
- 3 garlic cloves, minced
- 1/3 can organic coconut milk
- 1/2 tbsp. coconut oil
- 1 tbsp. raw apple cider vinegar
- 1 tbsp. tapioca starch
- Salt and pepper to taste

Calories: 380
 Fat: 11.7 grams
 Carbs: 28.7 grams
 Protein: 42.3 grams

INSTRUCTIONS

1. Heat coconut oil in a pan over medium-high heat.
2. Next, add your onions and garlic, stirring constantly for three to four minutes or until onions are soft.
3. Add mushrooms, peppers and chicken. Cook until chicken is done (no pink) and vegetables are tender.
4. Add vinegar and coconut milk, set aside quarter of a cup of coconut milk.
5. Mix the remaining coconut milk in a jar with tapioca starch, shaking until mixed. Add to a sauté pan.
6. Add Swiss chard and bring everything to a boil for about five minutes.
7. Serve hot or save and reheat later.

Oven-Baked Sweet Potato With Chicken

Sweet potatoes are a great source of vitamin A, vitamin C, manganese, copper, pantothenic acid, and vitamin B6. Additionally, they are a good source of potassium, dietary fiber, niacin, vitamin B1, vitamin B2, and phosphorus. They taste particularly good served with pan-seared chicken.



Serves: 1

INGREDIENTS

- 1 sweet potato, peeled and cut chunks
- 1/4 thinly sliced red onion
- 1 tbsp. olive oil
- 1 tsp. kosher salt
- 1/2 tsp. pepper
- 6 oz. boneless, skinless chicken breasts
- 1-2 cups spinach
- 1 tbsp. fresh lime juice

INSTRUCTIONS

1. Preheat oven to 425 °F.
2. Toss together the sweet potatoes, onion, 1/2 tablespoon of oil, half a teaspoon salt, and a quarter teaspoon pepper on a rimmed baking sheet. Roast for 20 to 25 minutes or until the potatoes are tender.
3. Heat 1/2 tablespoon of oil in skillet over medium-high heat.
4. Season chicken with remaining salt and pepper, and cook for five to six minutes per side, until chicken is golden and cooked.
5. Toss the sweet potato and onion mixture with spinach and fresh lime juice.
6. Serve warm with chicken.

Calories: 527
Fat: 20.5 grams
Carbs: 28.4 grams
Protein: 59 grams

Quinoa Vegetable Paella

This is a good remix of traditional paella. Deliciously packed with superfood herbs like cumin and paprika, this smoky dish will have you sizzling in no time. The best part about this recipe is that it just keeps getting better... so don't be afraid to cover and place it in the fridge to let the goodness percolate throughout the dish.



Serves: 1

INGREDIENTS

- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1/2 cup quinoa with 2 1/2- 3 cups water
- 1/4 tsp. saffron, crushed
- 1 tsp. Spanish smoked paprika
- 1/2 tsp. ground cumin
- Dash ground cayenne
- 8 oz. can diced tomatoes
- 1/2 red or yellow bell pepper, chopped
- 1/2 cup light red kidney beans, rinsed and drained (canned)
- 8 oz. can artichoke hearts
- 2 cups vegetable broth
- 1 medium zucchini, halved lengthwise and sliced
- 1/2 cup fresh or frozen peas
- 1 can artichoke hearts lengthwise and sliced
- 1 cup fresh or frozen peas

Calories: 677

Fat: 9.6 grams

Carbs: 116.8 grams

Protein: 39 grams

INSTRUCTIONS

1. Put the quinoa into a large bowl. Cover with water and stir well to wash.
2. Pour off the water and repeat the washing process.
3. Pan-fry onion and garlic in a deep non-stick skillet with a little water until soft.
4. Add quinoa and saffron and cook, stirring, for another one or two minutes.
5. Add paprika, cumin, cayenne, tomatoes, peppers, beans, and two to three cups of vegetable broth.
6. Bring to the boil, reduce heat to very low, and cook covered for 15 minutes.
7. If it looks dry after 15 minutes, add the rest of the broth.
8. Place the zucchini on top of the quinoa and cover. Cook for about five or more minutes until quinoa is done.
9. Stir in the peas and cook uncovered until all liquid is absorbed (about five minutes).
10. Rinse and quarter artichoke hearts and serve on top.

Easy Baked Halibut

Halibut is an extraordinary superfood, not only high in omega 3 fatty acids, but rich in the important nutrients phosphorous, vitamin B6, and magnesium. This is a heart-healthy option, and this recipe also includes garlic, which is widely known for its potent anti-fungal, anti-microbial and anti-viral properties. Serve with a side salad containing kale and Swiss chard.



Serves: 1

INGREDIENTS

- 6 oz. wild halibut
- 1 tbsp. coconut oil
- 1 tsp. fresh lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste
- 2 tsp. fresh cilantro (green coriander)
- 1 tsp. dried basil
- 1 cup kale, chopped
- ¼ cup Swiss chard, chopped

Calories: 381
Fat: 24.1 grams
Carbs: 8.3
Protein: 35.3 grams

INSTRUCTIONS

1. Preheat oven to 350 °F.
2. Place halibut on a baking sheet lined with parchment paper and top with a bit of melted coconut oil, lemon juice, and a little salt and pepper.
3. Bake for about 15 minutes.
4. Mix together remaining coconut oil, cilantro, garlic, salt and pepper until well combined.
5. Once halibut is fully cooked (it should be flaky), top with coconut oil mixture and serve with greens.

Easy Roasted Chicken Breast With Figs

This is a quick, easy and healthy dinner recipe. Opt for organic, pasture-raised chicken whenever possible as it is much higher in anti-inflammatory omega 3 fatty acids than its conventionally raised counterpart. Good quality chicken is an excellent source of protein, and high in vitamin B3. Figs add a sweet treat to this dish, and are high in B vitamins, vitamin A, along with important minerals. Serve this dish with a side of kale as described below, and feel free to add any other vegetables you have on hand.



Serves: 1

INGREDIENTS

- 6 oz. organic, pasture-raised chicken breasts
- 1 organic lemon
- 1 tbsp thyme
- 4 fresh figs
- 1 tbsp. coconut oil
- Salt and pepper to taste
- 1 cup kale

Calories: 619
Fat: 20.4 grams
Carbs: 55.5 grams
Protein: 59.2 grams

INSTRUCTIONS

1. In a zip lock bag, coat the chicken and figs evenly with lemon juice.
2. Add thyme, salt and pepper and mix everything together thoroughly.
3. Leave everything in the fridge for at least 30 minutes, or overnight.
4. Preheat oven to 350 °F.
5. Place chicken in a baking dish and top with figs, half a tablespoon of coconut oil, salt and pepper.
6. Cook for 30 minutes or until cooked thoroughly (no pink should be visible).

Pomegranate Glazed Grilled Chicken

A key player in aphrodisiac lore, pomegranate was recognized as a culinary symbol of Aphrodite by the ancient Greeks and Romans. Rich in vitamin C, pomegranates have been famed for their antioxidant powers as well as use ancient Asian culture in battling stomach ulcers and internal parasites. See how the tart pomegranate juice and sweet, fresh blackberries can dress up basic grilled chicken.



Serves: 1

INGREDIENTS

- 1 cup unsweetened pomegranate juice
- 1 tbsp. molasses
- ¼ tsp. stevia in the raw
- 1 garlic clove, minced
- 1 tsp. fresh ginger, minced
- 1/8 teaspoon crushed red pepper
- 6 oz. chicken breasts, skinned and boned
- 1 cup blackberries

Calories: 560
 Fat: 6.9 grams
 Carbs: 68 grams
 Protein: 57 grams

INSTRUCTIONS

1. In a medium saucepan, simmer juice, molasses, stevia, garlic, ginger and crushed red pepper until reduced by half and just syrupy (15 to 20 minutes).
2. Set two tablespoons of sauce aside for garnish.
3. Cool the remaining sauce; gently toss with blackberries.
4. Preheat grill to medium-high. Place chicken on grill, and cook five minutes per side. Brush with the rest of the sauce and grill until glazed.
5. Serve with fresh blackberries.

Lime-Rubbed Shrimp With Avo Chutney

Limes have long been a key player in health and wellness. Some of the amazing health benefits of lime include weight management, improved skin clarity, digestion aid, relief from constipation, and treatment of scurvy. It will pucker your lips a bit to give you that sexy glow. A key ingredient of this shrimp dish, Lime-Rubbed Shrimp should be served with a delish grapefruit and avocado chutney for extra punch.



Serves: 1

INGREDIENTS

- 1-2 limes
- 1 tbsp. fresh ginger, chopped and peeled
- 1 Ruby Red or Rio Star grapefruit
- ¼ cup fresh mint leaves, thinly sliced
- 8 oz. shrimp, peeled and deveined (16-20)
- 1 pinch cayenne pepper
- 1/2 head butter lettuce
- 1/2 avocado

Calories: 534
 Fat: 23.9 grams
 Carbs: 26.2 grams
 Protein: 55 grams

INSTRUCTIONS

1. From limes, grate a quarter teaspoon peel for zest; squeeze a quarter cup of juice. Keep the peel.
2. In a one-quart saucepan, heat ginger and lime juice to boiling on high, stirring. Remove from heat.
3. Cut peel and pith from grapefruit.
4. Holding grapefruit over a bowl, cut out segments. Squeeze membrane to release remaining juice into bowl. Discard seeds.
5. Preheat grill pan or prepare outdoor grill for direct grilling on medium-high.
6. Sprinkle sliced mint, lime peel, cayenne, and eighth of a teaspoon salt all over shrimp. Grill three to four minutes or until shrimp turns opaque, turning over once.
7. Pour ginger mixture through sieve over grapefruit, pressing to extract liquid. Stir into mix.
8. Divide lettuce and mint leaves between servings and top with shrimp, avocado, and grapefruit mixture.

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