THE 72 RECIPES

NATURAL SOLUTIONS FOR A STRONGER YOU



PERFORMANCE · VITALITY · RESULTS

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INTRODUCTION

Start Here

Most guys don't think about their diet until something stops working the way it used to.

This book exists for that moment. Not to lecture you about "eating clean," and not to promise a miracle in a mixing bowl. Just straight information: certain foods genuinely support blood flow, certain nutrients are directly tied to testosterone production, and certain everyday choices work against you without you noticing.

You'll find 72 recipes here, organized around real mechanisms — nitric oxide, zinc, flavonoids, omega-3s — not vague "superfood" claims. Every recipe tells you **why** it's in this book, in plain language, with the research behind it.

There's also a bonus chapter on collagen — because it turns out the same tissue that needs to stay elastic for good circulation everywhere in the body also needs it where it matters most. You'll see why that chapter exists once you get there.

This isn't a substitute for anything. It's a starting point. Eat like this consistently, and you're stacking the odds in your favor — which, it turns out, is most of what actually works in the first place.

BEFORE YOU START

How to Use This Ebook

Measurements are in standard US units (cups, tablespoons, ounces, °F). No conversions needed.

Difficulty is rated Easy or Medium — nothing in this book requires advanced technique.

Swap suggestions are listed on every recipe. Use them — substitutions here were chosen to keep the core nutrient intact, not just to make life easier.

Store notes tell you what holds up in the fridge and what doesn't. Some recipes (like the overnight oats or bone broth) are built for batch prep; others (seared oysters, shrimp) are best eaten fresh.

The **Grocery Lists** are broken out by chapter — screenshot the one you need before a shopping trip.

The **Substitution Guide** covers the whole book at once — allergies, diet restrictions, and pantry emergencies.

The **7-Day Meal Plan** isn't mandatory. It's there so you're not staring at 72 recipes wondering where to start.

REFERENCE

What You're Actually Eating For

TO SUPPORT...	LOOK FOR	FOUND IN
Nitric oxide / blood flow	Nitrates, citrulline	Beets, spinach, arugula, watermelon, kale, cucumber
Vascular health long-term	Allicin, flavonoids	Garlic, dark chocolate, berries, citrus, onion, cacao
Testosterone production	Zinc	Oysters, pumpkin seeds, red meat, turkey, shrimp, chickpeas
Reduced oxidative stress	Antioxidants, anthocyanins	Pomegranate, dark grapes, blueberries, tart cherries, hibiscus
Omega-3 support	ALA, DHA/EPA	Walnuts, salmon, cod, sardines, tuna, chia, flaxseed
Libido / hormone support	Maca, vitamin E	Maca powder, almonds, avocado
Tissue elasticity	Collagen / gelatin	Bone broth, homemade gummies; kiwi & citrus for vitamin C

This table isn't a substitute for the "Why This Works" section on each recipe — it's just a cheat sheet for grocery runs.

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CHAPTER ONE

Morning Fuel

Start the day with the same nitrate- and flavonoid-rich foods linked to better blood vessel function — without giving up eggs, toast, or coffee.



Spinach & Garlic Egg Scramble

Bold, garlicky eggs that wake up more than your appetite.

Prep 5 min · **Cook** 8 min · **Total** 13 min · **Serves** 1 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Garlic's allicin has been shown in human trials to help reverse arterial plaque buildup — and healthy arteries everywhere in the body, including the smallest ones, benefit. Spinach adds dietary nitrates, which the body converts into nitric oxide, the same molecule responsible for blood vessel dilation during an erection.

Ingredients

- 3 large eggs
- 2 cloves garlic, minced
- 1½ cups fresh spinach, roughly chopped
- 1 tbsp olive oil
- Salt and black pepper to taste

Instructions

1. Heat olive oil in a nonstick skillet over medium heat.
2. Add garlic and cook 30 seconds, until fragrant (don't let it brown).
3. Add spinach and cook 1–2 minutes until just wilted.
4. Whisk eggs in a bowl, pour into the skillet, and scramble gently until just set, about 3 minutes.
5. Season with salt and pepper. Serve immediately.

TIP Take the eggs off the heat while still slightly glossy — they keep cooking in the pan.

SWAP No fresh spinach? Use frozen, thawed and squeezed dry.

STORE Best fresh; not recommended for meal prep (eggs get rubbery).

Blueberry Walnut Overnight Oats

No cooking, no excuses — ready when you wake up.

Prep 5 min (+ overnight) · **Serves** 1 · **Difficulty** Easy



WHY THIS WORKS

In a 10-year study of over 25,000 men, higher intake of anthocyanins — the pigment that makes blueberries blue — was linked to a meaningfully lower risk of erectile dysfunction, largely through improved nitric oxide activity in blood vessels. Walnuts bring plant-based omega-3s that support the same vascular lining.

Ingredients

- ½ cup rolled oats
- ¾ cup unsweetened almond milk
- ½ cup fresh or frozen blueberries
- 2 tbsp chopped walnuts
- 1 tsp honey (optional)
- Pinch of cinnamon

Instructions

1. Combine oats, almond milk, and cinnamon in a jar or container.
2. Stir in half the blueberries, cover, and refrigerate overnight (or at least 4 hours).
3. In the morning, top with remaining blueberries, walnuts, and honey if using.

TIP Mash a few blueberries into the oats before chilling for a marbled purple color.

SWAP Pecans or almonds work in place of walnuts.

STORE Keeps refrigerated up to 3 days — good for batch prep.

Pomegranate Greek Yogurt Bowl

Tart, creamy, and ready in under five minutes.

Prep 5 min · **Serves** 1 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Pomegranate is one of the most researched fruits for vascular health — small clinical trials link it to improved endothelial function and blood pressure. Greek yogurt supplies live cultures; probiotic strains have been shown in randomized trials to modestly raise free testosterone.

Ingredients

- 1 cup plain Greek yogurt
- ⅓ cup pomegranate seeds
- 1 tbsp honey
- 2 tbsp granola or chopped almonds

Instructions

1. Spoon yogurt into a bowl.
2. Top with pomegranate seeds, granola, and a drizzle of honey.

TIP Buy pre-hulled pomegranate seeds (arils) to save time.

SWAP Kefir works in place of Greek yogurt for an even stronger probiotic dose.

STORE Assemble fresh; yogurt keeps, toppings go soggy if combined ahead.

Smoked Salmon & Avocado Toast

Restaurant-brunch energy, ready in ten minutes.

Prep 8 min · **Serves** 1 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Salmon is rich in omega-3s, which multiple studies link to improved blood flow via nitric oxide release from blood vessel walls. Avocado contributes oleic acid, vitamin E, and zinc — a mineral directly involved in testosterone production.

Ingredients

- 1 slice whole-grain or sourdough bread, toasted
- ½ avocado, mashed
- 2 oz smoked salmon
- Squeeze of lemon
- Red pepper flakes (optional)

Instructions

1. Toast the bread.
2. Spread mashed avocado over the toast.
3. Layer smoked salmon on top.
4. Finish with a squeeze of lemon and a pinch of red pepper flakes.

TIP A thin layer of cream cheese under the avocado adds richness if you want it.

SWAP Canned wild salmon works if smoked isn't available.

STORE Best eaten immediately.

Ginger-Beet Breakfast Smoothie

Earthy, spicy, and genuinely energizing.

Prep 5 min · **Serves** 1 · **Difficulty** Easy



WHY THIS WORKS

Beets are one of the richest food sources of dietary nitrates, converted in the body into nitric oxide — the compound responsible for vasodilation. Ginger's active compound, 6-gingerol, has been shown to directly trigger nitric oxide release and relax blood vessels in lab studies.

Ingredients

- 1 small cooked beet, chopped (or ½ cup pre-cooked beet)
- ½-inch fresh ginger, peeled
- ½ banana
- ¾ cup orange juice
- ½ cup water or ice

Instructions

1. Add all ingredients to a blender.
2. Blend until completely smooth, 45–60 seconds.
3. Add more water to thin if needed.

TIP Use vacuum-packed, pre-cooked beets — no boiling or staining required.

SWAP Pineapple juice instead of orange for a different flavor profile.

STORE Best fresh; separates if stored more than a few hours.

Turkey Sausage & Spinach Egg Muffins

Grab-and-go protein, baked in a muffin tin.

Prep 10 min · **Cook** 20 min · **Total** 30 min · **Serves** 4 (2 muffins each) · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Ground turkey is a lean, zinc-carrying protein — zinc is one of the minerals most directly tied to testosterone synthesis. Baked in with spinach, each muffin also carries a dose of dietary nitrate for blood vessel support.

Ingredients

- 8 large eggs
- ½ lb lean ground turkey sausage, cooked and crumbled
- 1 cup fresh spinach, chopped
- ¼ cup shredded cheddar
- Salt and pepper to taste

Instructions

1. Preheat oven to 375°F (190°C). Grease a 12-cup muffin tin.
2. Whisk eggs with salt and pepper.
3. Divide turkey, spinach, and cheese evenly among the muffin cups.
4. Pour egg mixture over each, filling about ¾ full.
5. Bake 18–20 minutes until set and lightly golden.

TIP Let muffins cool 5 minutes before removing — they release from the tin cleanly.

SWAP Ground chicken sausage works in place of turkey.

STORE Refrigerate up to 4 days; reheat 30 seconds in the microwave.

Chia Pudding with Pomegranate & Walnuts

Set it the night before, wake up to something that actually looks good.

Prep 5 min (+ overnight) · **Serves** 1 · **Difficulty** Easy



WHY THIS WORKS

Chia seeds are one of the densest plant sources of alpha-linolenic acid (ALA), an omega-3 studied for supporting blood vessel lining. Pomegranate layers in anthocyanins linked to improved endothelial function.

Ingredients

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tsp honey
- ¼ cup pomegranate seeds
- 2 tbsp chopped walnuts

Instructions

1. Whisk chia seeds, almond milk, and honey together in a jar.
2. Refrigerate at least 4 hours, or overnight, stirring once after 10 minutes to prevent clumping.
3. Top with pomegranate seeds and walnuts before serving.

TIP If it's too thick in the morning, stir in a splash more almond milk.

SWAP Flaxseed meal works in a pinch, though the texture is less pudding-like.

STORE Keeps refrigerated up to 4 days.

Sardine & Tomato Toast

An old-school protein source that deserves a comeback.

Prep 5 min · **Serves** 1 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Sardines are among the most concentrated omega-3 sources by weight, studied for supporting nitric oxide-driven blood flow. Tomatoes contribute lycopene, an antioxidant linked to vascular health in several observational studies.

Ingredients

- 1 slice whole-grain bread, toasted
- 1 can (3.75 oz) sardines in olive oil, drained
- ½ tomato, sliced
- Squeeze of lemon
- Black pepper to taste

Instructions

1. Toast the bread.
2. Layer tomato slices, then sardines, on top.
3. Squeeze lemon over the top and finish with black pepper.

TIP Lightly mash the sardines with a fork first for easier, more even topping.

SWAP Canned mackerel works in place of sardines.

STORE Best eaten immediately.

Kiwi-Spinach Green Smoothie

Bright green, genuinely sweet, no added sugar needed.

Prep 5 min · **Serves** 1 · **Difficulty** Easy



WHY THIS WORKS

Kiwi is one of the richest fruit sources of vitamin C, a cofactor the body needs to build and maintain collagen in blood vessel walls. Paired with spinach's nitrates, this smoothie hits two mechanisms in one glass.

Ingredients

- 2 kiwis, peeled
- 1 cup fresh spinach
- ½ banana
- ¾ cup water or coconut water
- Ice, to taste

Instructions

1. Add all ingredients to a blender.
2. Blend until smooth, about 45 seconds.
3. Add more water to thin if needed.

TIP Freeze the banana ahead of time for a thicker, colder smoothie.

SWAP Pineapple works in place of kiwi for a similar sweetness level.

STORE Best fresh; drink within a few hours.

Garlic-Herb Breakfast Potatoes with Fried Egg

A savory, filling start that leans hard on one core ingredient.

Prep 10 min · **Cook** 20 min · **Total** 30 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> This dish stacks a generous amount of garlic into one plate — allicin has been studied for its role in slowing arterial plaque buildup over time, benefiting circulation throughout the body.

Ingredients

- 2 cups diced potatoes (skin-on)
- 4 cloves garlic, minced
- 1 tbsp fresh rosemary or thyme, chopped
- 2 tbsp olive oil
- 2 eggs
- Salt and pepper to taste

Instructions

1. Heat 1 tbsp olive oil in a skillet over medium heat. Add potatoes, season with salt and pepper, and cook 12–15 minutes, stirring occasionally, until golden and tender.
2. Add garlic and herbs, cook 1–2 minutes until fragrant.
3. Push potatoes to one side. Add remaining oil and fry eggs to your liking.
4. Serve eggs over the potatoes.

TIP Parboil the potatoes for 5 minutes first if you want them extra crispy.

SWAP Sweet potatoes work in place of regular potatoes.

STORE Potatoes reheat well up to 3 days; fry eggs fresh each time.

Cottage Cheese & Berry Bowl with Flaxseed

High-protein, low-effort, and quietly well-rounded.

Prep 5 min · **Serves** 1 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Cottage cheese delivers a slow-digesting protein plus zinc. Ground flaxseed adds ALA omega-3s, and mixed berries bring anthocyanins — three mechanisms from this book's "Quick Guide" in a single bowl.

Ingredients

- 1 cup cottage cheese
- ½ cup mixed berries (strawberries, blueberries, or raspberries)
- 1 tbsp ground flaxseed
- 1 tsp honey (optional)

Instructions

1. Spoon cottage cheese into a bowl.
2. Top with berries and flaxseed.
3. Drizzle with honey if using.

TIP Ground flaxseed (not whole) is what the body actually absorbs — buy it pre-ground or grind it yourself.

SWAP Plain Greek yogurt works in place of cottage cheese.

STORE Assemble fresh; berries release liquid if stored mixed in.

Steel-Cut Oats with Cacao & Banana

A heartier, chewier oatmeal with a dessert-like edge.

Prep 5 min · **Cook** 20 min · **Total** 25 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Raw cacao is one of the most flavonoid-dense foods available, repeatedly linked to improved nitric oxide activity and lower erectile dysfunction risk in research — a stronger dose than dark chocolate chips alone.

Ingredients

- 1 cup steel-cut oats
- 2½ cups water or unsweetened almond milk
- 1 tbsp unsweetened cacao powder
- 1 banana, sliced
- 1 tbsp honey
- Pinch of salt

Instructions

1. Bring water or almond milk to a boil in a saucepan. Add oats and a pinch of salt.
2. Reduce heat to low and simmer 18–20 minutes, stirring occasionally, until creamy.
3. Stir in cacao powder and honey.
4. Top with sliced banana to serve.

TIP Steel-cut oats can be made ahead in a big batch and reheated with a splash of milk all week.

SWAP Rolled oats work with a shorter cook time (5–7 minutes).

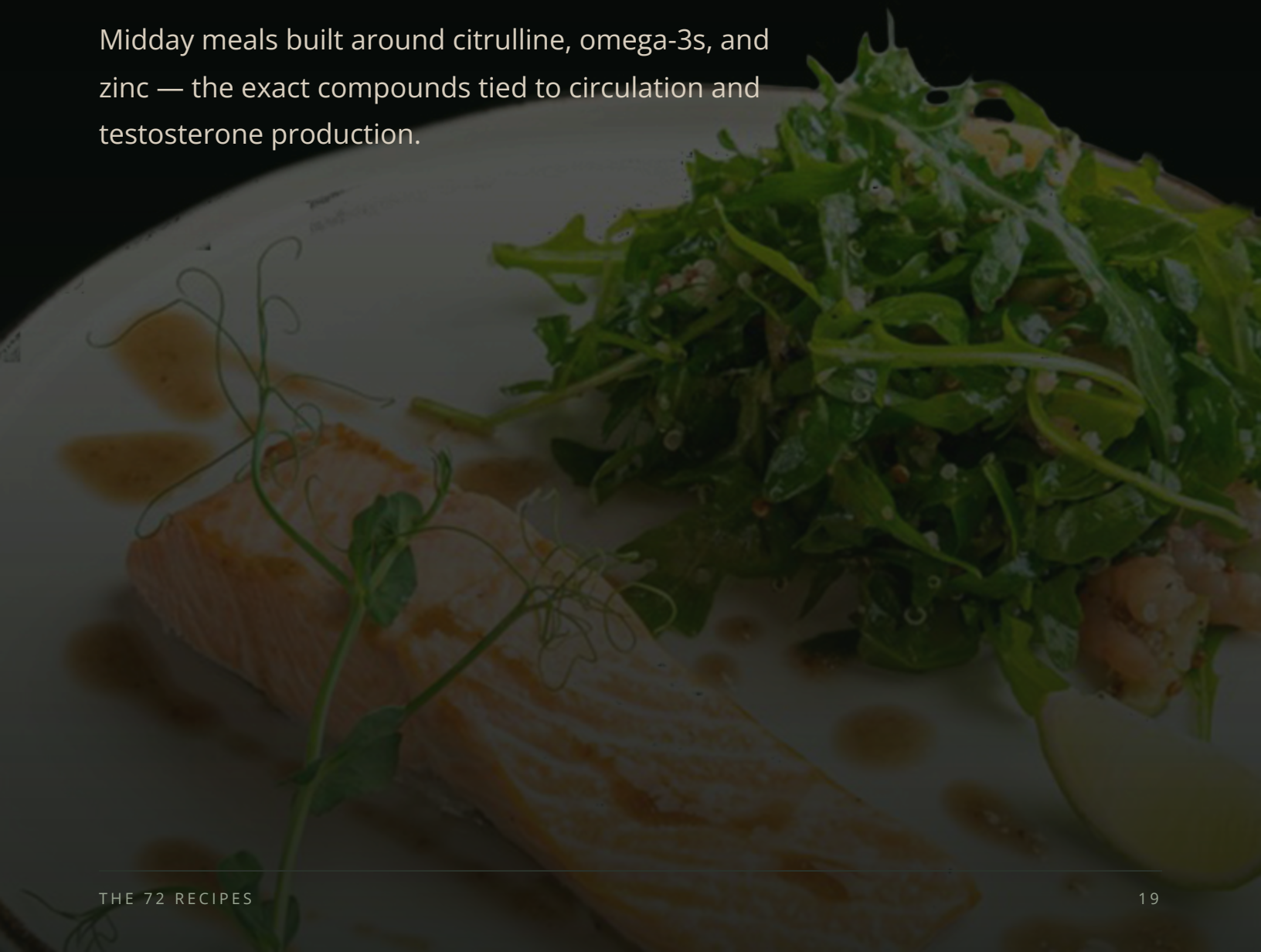
STORE Refrigerate up to 5 days; reheats well.

02

CHAPTER TWO

Power Lunches

Midday meals built around citrulline, omega-3s, and zinc — the exact compounds tied to circulation and testosterone production.



Grilled Salmon & Citrus Arugula Salad

Bright, peppery, and packed with good fat.

Prep 10 min · **Cook** 10 min · **Total** 20 min · **Serves** 1 · **Difficulty** Easy



WHY THIS WORKS

Citrus fruits were linked to a 12% lower risk of erectile dysfunction in a large cohort study, attributed to their flavanone content improving nitric oxide status. Salmon's omega-3s work through a related pathway, supporting endothelial function.

Ingredients

- 1 salmon fillet (5–6 oz)
- 2 cups arugula
- 1 orange, segmented
- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

Instructions

1. Season salmon with salt and pepper. Grill or pan-sear over medium-high heat, 4–5 minutes per side, until opaque and flaky.
2. Toss arugula with olive oil and lemon juice.
3. Plate the arugula, top with orange segments and the salmon fillet.

TIP Let salmon rest 2 minutes off heat before plating — it keeps the juices in.

SWAP Grapefruit instead of orange adds more bitterness and flavanones.

STORE Salmon keeps 2 days refrigerated; assemble salad fresh.

Watermelon, Feta & Mint Salad

Sweet, salty, and cooling — a warm-day favorite.

Prep 10 min · **Serves** 1–2 · **Difficulty** Easy



WHY THIS WORKS

Watermelon is the richest common food source of citrulline, an amino acid the body converts to arginine — the direct building block of nitric oxide. Studies show watermelon consumption measurably raises plasma arginine levels within hours.

Ingredients

- 2 cups cubed watermelon
- ¼ cup crumbled feta
- 6 fresh mint leaves, torn
- 1 tsp olive oil
- Pinch of flaky salt

Instructions

1. Arrange watermelon cubes on a plate.
2. Scatter feta and mint over top.
3. Drizzle with olive oil and finish with flaky salt.

TIP Chill the watermelon beforehand — this salad is best cold.

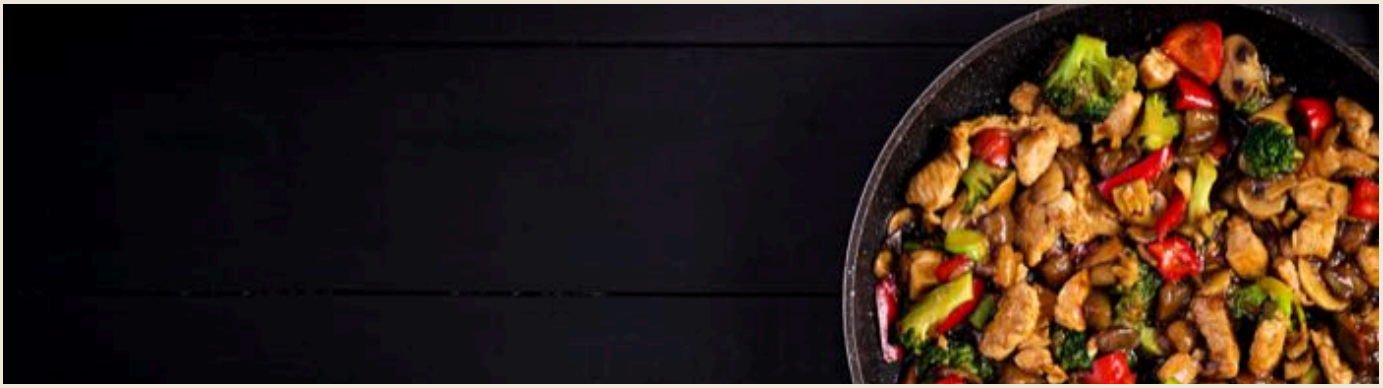
SWAP Cotija cheese instead of feta for a milder, saltier bite.

STORE Best eaten same-day; watermelon releases water if stored dressed.

Garlic-Ginger Chicken Stir-Fry

A weeknight staple that earns its place here twice over.

Prep 10 min · **Cook** 10 min · **Total** 20 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Garlic and ginger both act on the same vascular pathway from two different angles — garlic slows plaque formation over time, while ginger's 6-gingerol triggers immediate nitric oxide release, relaxing blood vessels.

Ingredients

- 2 boneless chicken breasts, sliced thin
- 3 cloves garlic, minced
- 1-inch fresh ginger, minced
- 2 cups broccoli florets
- 2 tbsp low-sodium soy sauce
- 1 tbsp olive or avocado oil

Instructions

1. Heat oil in a wok or large skillet over high heat.
2. Add chicken and cook until no longer pink, about 5 minutes. Remove and set aside.
3. Add garlic and ginger to the pan, cook 30 seconds.
4. Add broccoli and 2 tbsp water, cover, and steam 3 minutes until bright green and tender-crisp.
5. Return chicken to the pan, add soy sauce, toss to combine, and cook 1 more minute.

TIP Slice chicken against the grain for a more tender bite.

SWAP Shrimp works in place of chicken — reduce cook time to 3 minutes.

STORE Refrigerate up to 3 days; reheats well.

Seared Oyster & Zinc Grain Bowl

An old-world aphrodisiac, updated.

Prep 10 min · **Cook** 10 min · **Total** 20 min · **Serves** 1 · **Difficulty** Medium



WHY THIS WORKS

Oysters are exceptionally concentrated in zinc, a mineral directly required for testosterone synthesis — research links oyster peptides to raised testosterone, LH, and nitric oxide levels in animal studies.

Ingredients

- 6 fresh or frozen shucked oysters
- ¾ cup cooked quinoa
- ½ cup baby spinach
- ¼ avocado, sliced
- 1 tbsp olive oil
- Lemon wedge

Instructions

1. Heat 1 tsp of the olive oil in a skillet over medium-high heat.
2. Pat oysters dry, sear 1 minute per side until edges curl slightly.
3. Arrange quinoa in a bowl, top with spinach, avocado, and seared oysters.
4. Drizzle remaining olive oil, squeeze lemon over top.

TIP Don't overcook the oysters — they turn rubbery past 2 minutes total.

SWAP No fresh oysters? Canned smoked oysters work in a pinch.

STORE Best fresh; oysters don't reheat well.

Walnut-Crusted Cod with Roasted Greens

A crunchy crust that's doing more than adding texture.

Prep 10 min · **Cook** 15 min · **Total** 25 min · **Serves** 2 · **Difficulty** Medium



WHY THIS WORKS

Walnuts are the richest tree nut source of alpha-linolenic acid (ALA), a plant omega-3 linked in clinical trials to improved vascular and reproductive markers. Pairing with nitrate-rich greens covers two mechanisms in one plate.

Ingredients

- 2 cod fillets (5–6 oz each)
- ½ cup walnuts, finely chopped
- 1 tbsp Dijon mustard
- 2 cups kale, chopped
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Pat cod dry, season with salt and pepper, and brush with Dijon mustard.
3. Press chopped walnuts onto the mustard-coated side of each fillet.
4. Place on a lined baking sheet and bake 12–15 minutes until fish flakes easily.
5. While fish bakes, sauté kale in olive oil over medium heat until just wilted, 3–4 minutes.
6. Serve cod over the sautéed kale.

TIP Toast the chopped walnuts in a dry pan 2 minutes first for deeper flavor.

SWAP Halibut or haddock work in place of cod.

STORE Refrigerate up to 2 days; crust softens on reheating.

Tuna & White Bean Salad with Lemon

A five-minute lunch that doesn't taste like one.

Prep 8 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Tuna delivers a lean dose of omega-3s in a shelf-stable form, while white beans add fiber and plant protein — a combination studied for supporting healthy circulation without excess saturated fat.

Ingredients

- 2 cans (5 oz each) tuna in olive oil, drained
- 1 can (15 oz) white beans, drained and rinsed
- ¼ red onion, finely diced
- Juice of 1 lemon
- 2 tbsp olive oil
- Salt and pepper to taste

Instructions

1. Combine tuna, white beans, and red onion in a bowl, breaking up the tuna gently with a fork.
2. Whisk lemon juice and olive oil together, pour over the salad.
3. Season with salt and pepper, toss to combine.

TIP Let the salad sit 10 minutes before serving — the onion mellows and the flavors meld.

SWAP Chickpeas work in place of white beans.

STORE Refrigerate up to 3 days.

Turkey & Quinoa Stuffed Peppers

A full meal that happens to fit in your hand, sort of.

Prep 15 min · **Cook** 30 min · **Total** 45 min · **Serves** 4 · **Difficulty** Medium



WHY THIS WORKS

Ground turkey and quinoa together deliver a complete-protein, zinc-carrying base — zinc is one of the most commonly under-consumed minerals in adult men, and it's directly required for testosterone production.

Ingredients

- 4 bell peppers, tops cut off and seeded
- 1 lb ground turkey
- 1 cup cooked quinoa
- ½ cup diced tomato
- 1 clove garlic, minced
- ½ cup shredded mozzarella
- Salt and pepper to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. Brown ground turkey with garlic in a skillet over medium heat, about 6–7 minutes. Season with salt and pepper.
3. Stir in cooked quinoa and diced tomato.
4. Stuff peppers with the mixture, top with mozzarella.
5. Place in a baking dish, cover with foil, and bake 25 minutes. Uncover for the last 5 minutes to brown the cheese.

TIP Stand peppers upright in a muffin tin while baking — they hold their shape better.

SWAP Ground chicken or lean beef work in place of turkey.

STORE Refrigerate up to 4 days; reheats well.

Grilled Chicken with Roasted Beets & Walnuts

A protein-forward plate built around one of this book's core ingredients.

Prep 10 min · **Cook** 45 min (mostly hands-off) · **Total** 55 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Beets carry more dietary nitrate per serving than almost any other vegetable, converted into nitric oxide for blood vessel dilation. Walnuts layer in ALA omega-3s for a second vascular mechanism on the same plate.

Ingredients

- 2 boneless, skinless chicken breasts
- 2 medium beets, scrubbed
- ¼ cup walnuts, roughly chopped
- 2 tbsp olive oil, divided
- 2 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions

1. Preheat oven to 400°F (200°C). Wrap beets in foil and roast 40–45 minutes until fork-tender. Cool slightly, peel, and slice.
2. Season chicken with salt and pepper. Grill or pan-sear in 1 tbsp olive oil, 6–7 minutes per side, until cooked through.
3. Toss sliced beets with remaining olive oil and balsamic vinegar.
4. Plate chicken alongside beets, scatter walnuts over top.

TIP Roast extra beets ahead — they keep well and cut prep time for this recipe in half next time.

SWAP Pre-cooked, vacuum-packed beets save the roasting step entirely.

STORE Refrigerate up to 3 days; components hold well separately.

Shrimp & Citrus Avocado Bowl

Light, fast, and built around two well-studied ingredients.

Prep 10 min · **Cook** 6 min · **Total** 16 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Shrimp is a lean source of zinc, while citrus segments bring flavanones — a combination a large cohort study linked to a meaningfully lower risk of erectile dysfunction.

Ingredients

- 1 lb shrimp, peeled and deveined
- 1 orange, segmented
- ½ avocado, sliced
- 2 cups mixed greens
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions

1. Season shrimp with salt and pepper. Sear in olive oil over medium-high heat, 2 minutes per side, until pink and opaque.
2. Arrange greens in a bowl, top with orange segments and avocado.
3. Add warm shrimp on top.

TIP Pat shrimp fully dry before searing for better color and less steaming.

SWAP Grapefruit instead of orange for a sharper citrus note.

STORE Best fresh; shrimp toughens on reheating.

Lentil & Spinach Power Salad

A vegetarian lunch that doesn't feel like it's missing anything.

Prep 10 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Lentils bring plant-based iron and protein, while spinach adds dietary nitrate for nitric oxide production — a combination that makes this one of the more circulation-focused vegetarian options in the book.

Ingredients

- 1½ cups cooked lentils (canned or home-cooked)
- 2 cups fresh spinach
- ¼ cup crumbled feta
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- Salt and pepper to taste

Instructions

1. Combine lentils and spinach in a bowl.
2. Whisk olive oil and red wine vinegar together, pour over the salad.
3. Toss to combine, top with crumbled feta, and season with salt and pepper.

TIP Warm lentils slightly before adding them — it wilts the spinach just enough without cooking it.

SWAP Chickpeas work in place of lentils.

STORE Refrigerate up to 4 days; feta best added fresh.

Grilled Sardines with Garlic & Lemon

Simple, fast, and unapologetically fishy in the best way.

Prep 5 min · **Cook** 6 min · **Total** 11 min · **Serves** 2 · **Difficulty** Easy



WHY THIS WORKS

Fresh sardines combine two mechanisms directly: dense omega-3 content for nitric oxide-driven blood flow, and enough garlic in this recipe to contribute meaningfully to allicin's long-term vascular benefits.

Ingredients

- 8 fresh sardines, cleaned
- 3 cloves garlic, minced
- 2 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper to taste

Instructions

1. Preheat a grill pan or skillet over medium-high heat.
2. Toss sardines with garlic, olive oil, salt, and pepper.
3. Grill 2–3 minutes per side until the skin crisps and flesh is opaque.
4. Finish with a squeeze of fresh lemon.

TIP Ask your fishmonger to clean the sardines if you're not comfortable doing it yourself — it takes seconds for them.

SWAP Canned sardines in olive oil work as a no-cook alternative — just warm briefly with the garlic.

STORE Best eaten fresh.

Kale & Pomegranate Chicken Salad

A hearty salad that leans on one of the book's most-researched fruits.

Prep 15 min · **Cook** 10 min · **Total** 25 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Pomegranate's anthocyanins have been studied for improving endothelial function, layered here onto lean grilled chicken and massaged kale, which softens and becomes easier to digest.

Ingredients

- 2 cups kale, stemmed and chopped
- 1 boneless chicken breast, grilled and sliced
- ⅓ cup pomegranate seeds
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt to taste

Instructions

1. Massage kale with 1 tbsp olive oil and a pinch of salt for 1–2 minutes until it softens slightly.
2. Whisk remaining olive oil with lemon juice.
3. Top kale with sliced chicken and pomegranate seeds, drizzle with dressing.

TIP Massaging the kale isn't optional for texture — skip it and the salad eats tough and bitter.

SWAP Dried cranberries work in place of fresh pomegranate seeds.

STORE Kale holds up well refrigerated up to 2 days; add chicken fresh.

03

CHAPTER THREE

Circulation Dinners

Dinner recipes centered on nitrate-rich vegetables and antioxidants studied for their role in vascular health.



Beet & Arugula Steak Salad

Steakhouse flavor, built around a vascular powerhouse.

Prep 10 min · **Cook** 15 min · **Total** 25 min · **Serves** 2 · **Difficulty** Medium



> **WHY THIS WORKS**
>
> Beets carry more dietary nitrate per serving than almost any other vegetable — nitrate that becomes nitric oxide, the molecule directly responsible for the vasodilation behind an erection.

Ingredients

- 8 oz sirloin or flank steak
- 2 medium beets, roasted and sliced
- 3 cups arugula
- 2 tbsp crumbled feta
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions

1. Season steak generously with salt and pepper. Sear in a hot skillet 3–4 minutes per side for medium-rare, then rest 5 minutes.
2. Whisk olive oil and balsamic vinegar together.
3. Toss arugula with the dressing, plate, and top with roasted beets and feta.
4. Slice steak against the grain and lay over the salad.

TIP Roast beets ahead (400°F, wrapped in foil, 45 minutes) and keep on hand for the week.

SWAP Grilled portobello mushroom for a vegetarian version.

STORE Roasted beets keep 5 days refrigerated; assemble salad fresh.

Garlic Butter Shrimp with Spinach

Ten minutes, one pan, no excuses.

Prep 5 min · **Cook** 10 min · **Total** 15 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> This dish leans on the same two-mechanism combination as the Chapter 2 stir-fry — garlic's long-term arterial benefits plus spinach's nitrate content for immediate blood vessel support.

Ingredients

- 1 lb shrimp, peeled and deveined
- 4 cloves garlic, minced
- 3 cups fresh spinach
- 2 tbsp butter
- 1 tbsp olive oil
- Juice of ½ lemon
- Salt and pepper to taste

Instructions

1. Heat olive oil and 1 tbsp butter in a skillet over medium-high heat.
2. Add shrimp in a single layer, cook 2 minutes per side until pink and opaque. Remove and set aside.
3. Add remaining butter and garlic to the pan, cook 30 seconds.
4. Add spinach and cook until just wilted, about 2 minutes.
5. Return shrimp to the pan, add lemon juice, toss to combine.

TIP Don't crowd the shrimp in the pan — cook in batches if needed for a proper sear.

SWAP Scallops work beautifully in place of shrimp.

STORE Best fresh; shrimp toughens on reheating.

Pomegranate-Glazed Salmon

A glaze that does real work, not just decoration.

Prep 5 min · **Cook** 15 min · **Total** 20 min · **Serves** 2 · **Difficulty** Medium



WHY THIS WORKS

Pomegranate's anthocyanins have been studied for their role in improving endothelial function and blood pressure, layering onto salmon's well-documented omega-3 benefits for vascular health.

Ingredients

- 2 salmon fillets (5–6 oz each)
- ½ cup pomegranate juice (unsweetened)
- 1 tbsp honey
- 1 tsp soy sauce
- 1 clove garlic, minced
- Salt and pepper to taste

Instructions

1. In a small saucepan, combine pomegranate juice, honey, soy sauce, and garlic. Simmer over medium heat until reduced by half and syrupy, about 8 minutes.
2. Preheat oven to 400°F (200°C). Season salmon with salt and pepper, place on a lined baking sheet.
3. Brush half the glaze over the salmon and bake 10–12 minutes until just cooked through.
4. Brush with remaining glaze before serving.

TIP Reduce the glaze slowly — it thickens fast in the last minute, so watch it.

SWAP Balsamic vinegar can stand in for pomegranate juice, though you lose the anthocyanin content.

STORE Refrigerate up to 2 days.

Onion & Quercetin Braised Chicken Thighs

Low effort, deep flavor, one pan to wash.

Prep 10 min · **Cook** 25 min · **Total** 35 min · **Serves** 3–4 · **Difficulty** Medium



> **WHY THIS WORKS**
>
> Onions are a natural source of hydrogen sulfide and quercetin — compounds studied for their roles in supporting erectile function and reducing oxidative stress, respectively.

Ingredients

- 6 bone-in, skin-on chicken thighs
- 2 large onions, sliced
- 3 cloves garlic, minced
- 1 cup chicken broth
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions

1. Season chicken thighs with salt and pepper. Sear skin-side down in olive oil over medium-high heat, 5–6 minutes until golden. Flip and sear 2 more minutes. Remove.
2. In the same pan, add onions and cook 8–10 minutes, stirring occasionally, until deeply softened and golden.
3. Add garlic, cook 1 minute.
4. Pour in chicken broth, scraping up any browned bits. Return chicken to the pan skin-side up.
5. Cover and simmer 20 minutes, until chicken is cooked through.

TIP Don't rush the onions — the slow caramelization is where the flavor (and the compounds) concentrate.

SWAP Chicken breasts work but reduce simmer time to 12 minutes to avoid drying out.

STORE Refrigerate up to 3 days; flavor improves the next day.

Maca-Spiced Sweet Potato & Black Bean Bowl

A vegetarian dinner with a traditional Andean ingredient at its center.

Prep 10 min · **Cook** 25 min · **Total** 35 min · **Serves** 2 · **Difficulty** Easy



WHY THIS WORKS

Maca root, a staple food of the Peruvian highlands for centuries, has shown libido-supporting effects in randomized trials and acts as a natural aromatase inhibitor — helping the body hold onto more of its own testosterone.

Ingredients

- 1 large sweet potato, cubed
- 1 can (15 oz) black beans, drained and rinsed
- 1 tsp maca powder
- 1 tsp cumin
- 1 tbsp olive oil
- ¼ avocado, sliced
- Salt to taste

Instructions

1. Preheat oven to 400°F (200°C). Toss sweet potato cubes with olive oil, cumin, and salt.
2. Roast 20–25 minutes, flipping halfway, until tender and edges caramelize.
3. Warm black beans in a small pot over medium heat.
4. Stir maca powder into the warm black beans.
5. Assemble bowl with sweet potato, maca black beans, and avocado slices.

TIP Start with ½ tsp maca if you haven't used it before — the flavor is earthy and a little strong.

SWAP Chickpeas instead of black beans.

STORE Components keep separately up to 4 days; assemble fresh.

Baked Cod with Garlic & Cherry Tomatoes

A one-pan dinner that's mostly hands-off.

Prep 10 min · **Cook** 20 min · **Total** 30 min · **Serves** 2 · **Difficulty** Easy



WHY THIS WORKS

This dish combines a generous hit of garlic's allicin with lycopene from roasted cherry tomatoes — an antioxidant studied for supporting healthy blood vessel function.

Ingredients

- 2 cod fillets (5–6 oz each)
- 2 cups cherry tomatoes
- 4 cloves garlic, sliced
- 2 tbsp olive oil
- Fresh basil, torn
- Salt and pepper to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss cherry tomatoes and garlic with 1 tbsp olive oil in a baking dish.
3. Roast 10 minutes, then nestle cod fillets among the tomatoes. Drizzle remaining oil over the fish, season with salt and pepper.
4. Bake 12–15 more minutes until the fish flakes easily and tomatoes have burst.
5. Scatter fresh basil over top before serving.

TIP Give the tomatoes a head start in the oven — cod cooks faster than they burst and soften.

SWAP Halibut or tilapia work in place of cod.

STORE Refrigerate up to 2 days.

Turkey Meatballs in Tomato-Basil Sauce

A lighter take on a comfort-food classic.

Prep 15 min · **Cook** 25 min · **Total** 40 min · **Serves** 4 · **Difficulty** Medium



> **WHY THIS WORKS**
>
> Lean ground turkey supplies zinc without the saturated fat load of a traditional beef meatball, while the tomato sauce contributes lycopene — both nutrients tied to different parts of this book's mechanism list.

Ingredients

- 1 lb ground turkey
- 1 egg
- ¼ cup breadcrumbs
- 2 cloves garlic, minced
- 1 jar (24 oz) marinara sauce
- Fresh basil, torn
- Salt and pepper to taste

Instructions

1. Combine ground turkey, egg, breadcrumbs, half the garlic, salt, and pepper. Roll into 16 meatballs.
2. Heat marinara sauce with remaining garlic in a large pot over medium heat.
3. Gently add meatballs to the simmering sauce.
4. Cover and simmer 20 minutes, until meatballs are cooked through, stirring occasionally.
5. Finish with fresh basil.

TIP Wet your hands before rolling the meatballs — the mixture won't stick as much.

SWAP Ground chicken works in place of turkey.

STORE Refrigerate up to 4 days, or freeze up to 3 months.

Seared Tuna with Sesame & Ginger

Restaurant-style, done in under fifteen minutes at home.

Prep 5 min · **Cook** 4 min · **Total** 9 min · **Serves** 2 · **Difficulty** Medium



WHY THIS WORKS

Fresh tuna is a lean, dense source of omega-3s, and this recipe pairs it with ginger's 6-gingerol — shown in lab studies to directly trigger nitric oxide release and relax blood vessels.

Ingredients

- 2 tuna steaks (5–6 oz each), sushi-grade
- 1 tbsp sesame seeds
- 1-inch fresh ginger, grated
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1 tbsp neutral oil (for searing)

Instructions

1. Whisk grated ginger, soy sauce, and sesame oil together; brush over tuna steaks.
2. Press sesame seeds onto both sides of the tuna.
3. Heat neutral oil in a skillet over high heat. Sear tuna 1–2 minutes per side for rare to medium-rare.
4. Slice against the grain and serve.

TIP Get the pan very hot before the tuna goes in — it's the only way to get a real sear without overcooking the inside.

SWAP Salmon works in place of tuna, with a slightly longer sear time.

STORE Best fresh; sushi-grade fish doesn't reheat.

Braised Lentils with Spinach & Cumin

A vegetarian dinner with real weight to it.

Prep 10 min · **Cook** 25 min · **Total** 35 min · **Serves** 3 · **Difficulty** Easy



WHY THIS WORKS

Lentils bring plant-based iron and fiber, while spinach folded in at the end contributes dietary nitrate — a fully plant-based route to the same nitric oxide pathway other chapters reach through meat and fish.

Ingredients

- 1½ cups dried green or brown lentils, rinsed
- 3 cups vegetable broth
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tsp cumin
- 3 cups fresh spinach
- Salt and pepper to taste

Instructions

1. Sauté onion and garlic in a splash of oil over medium heat until softened, about 4 minutes.
2. Add cumin, cook 30 seconds until fragrant.
3. Add lentils and vegetable broth, bring to a boil, then reduce to a simmer.
4. Cover and cook 20–25 minutes until lentils are tender.
5. Stir in spinach and cook 2 more minutes until wilted. Season with salt and pepper.

TIP Check lentils at the 18-minute mark — different brands cook at different speeds.

SWAP Kale works in place of spinach, added a couple minutes earlier since it takes longer to wilt.

STORE Refrigerate up to 5 days; freezes well.

Grilled Flank Steak with Chimichurri

A South American classic that happens to check every box.

Prep 15 min · **Cook** 10 min · **Total** 25 min · **Serves** 3 · **Difficulty** Medium



WHY THIS WORKS

Flank steak carries zinc for testosterone production, and the chimichurri sauce is built on garlic and parsley — a combination that adds a meaningful dose of allicin on top of the meat itself.

Ingredients

- 1½ lb flank steak
- 1 cup fresh parsley, finely chopped
- 3 cloves garlic, minced
- ⅓ cup olive oil
- 2 tbsp red wine vinegar
- Salt and pepper to taste

Instructions

1. Combine parsley, garlic, olive oil, and red wine vinegar for the chimichurri. Season with salt, set aside.
2. Season steak generously with salt and pepper.
3. Grill or pan-sear over high heat, 4–5 minutes per side for medium-rare.
4. Rest 5 minutes, then slice thinly against the grain.
5. Spoon chimichurri generously over the sliced steak.

TIP Make the chimichurri at least 15 minutes ahead — the flavors deepen as it sits.

SWAP Skirt steak works in place of flank steak.

STORE Chimichurri keeps refrigerated up to 5 days; steak best fresh.

Roasted Salmon with Walnut-Herb Crust

Two omega-3 sources on one plate, layered instead of stacked.

Prep 10 min · **Cook** 15 min · **Total** 25 min · **Serves** 2 · **Difficulty** Medium



WHY THIS WORKS

This recipe pairs salmon's marine omega-3s with walnut's plant-based ALA — two related but distinct routes to the same nitric oxide-driven blood flow benefit.

Ingredients

- 2 salmon fillets (5–6 oz each)
- ⅓ cup walnuts, finely chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp Dijon mustard
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Combine chopped walnuts and parsley.
3. Season salmon with salt and pepper, brush with Dijon mustard.
4. Press the walnut-parsley mixture onto the mustard-coated side.
5. Drizzle with olive oil and bake 12–15 minutes until the fish flakes easily.

TIP Toast the walnuts in a dry pan for 2 minutes before chopping for a deeper, nuttier crust.

SWAP Pecans work in place of walnuts.

STORE Refrigerate up to 2 days; crust softens on reheating.

Zucchini Noodles with Garlic Shrimp

A lighter pasta-night alternative that still feels indulgent.

Prep 10 min · **Cook** 10 min · **Total** 20 min · **Serves** 2 · **Difficulty** Easy



WHY THIS WORKS

This dish concentrates both garlic and shrimp into one bowl — allicin for long-term vascular support, and shrimp's zinc for testosterone production — without the heaviness of a traditional pasta base.

Ingredients

- 3 medium zucchini, spiralized
- 1 lb shrimp, peeled and deveined
- 4 cloves garlic, minced
- 2 tbsp olive oil
- Red pepper flakes (optional)
- Salt and pepper to taste

Instructions

1. Heat 1 tbsp olive oil in a large skillet over medium-high heat. Season shrimp with salt and pepper, cook 2 minutes per side until pink. Remove and set aside.
2. Add remaining oil and garlic to the pan, cook 30 seconds.
3. Add zucchini noodles, toss constantly, and cook 2–3 minutes until just tender (don't overcook — they release water fast).
4. Return shrimp to the pan, toss to combine, and finish with red pepper flakes if using.

TIP Salt the zucchini noodles and let them sit 10 minutes on paper towels first if you want a firmer texture.

SWAP Chicken breast works in place of shrimp, sliced thin and cooked 4–5 minutes.

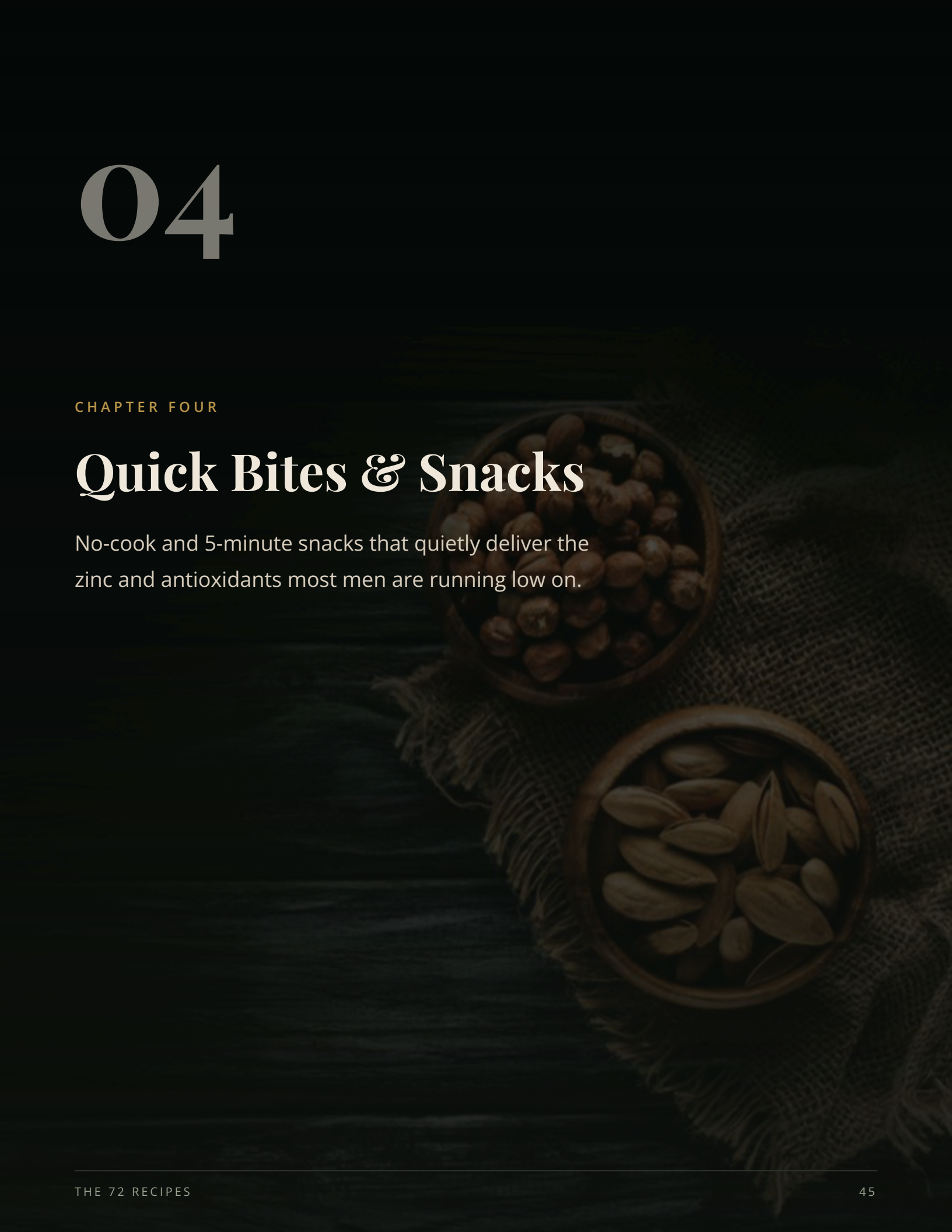
STORE Best fresh; zucchini noodles turn watery on reheating.

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CHAPTER FOUR

Quick Bites & Snacks

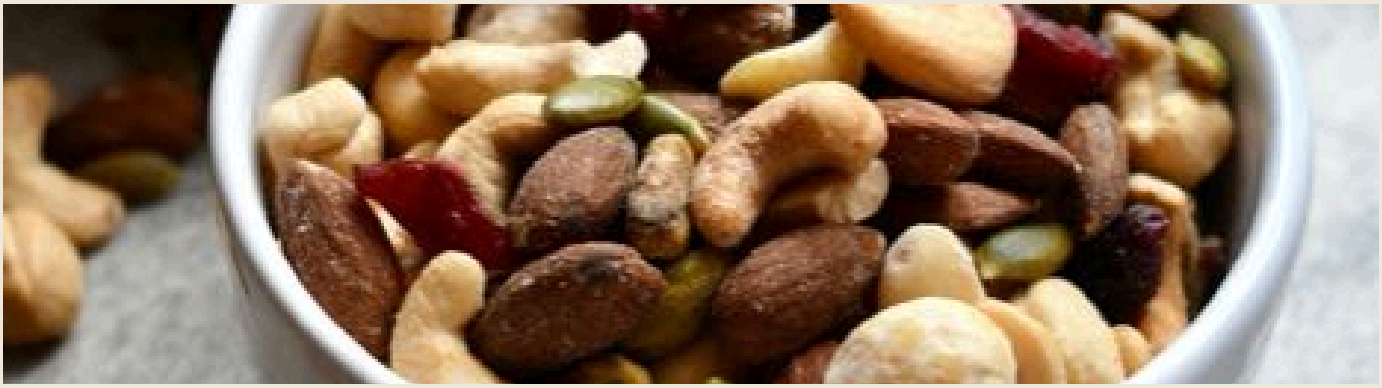
No-cook and 5-minute snacks that quietly deliver the zinc and antioxidants most men are running low on.



Pumpkin Seed & Zinc Trail Mix

Grab a handful, feed the mineral your body runs low on first.

Prep 5 min · **Serves** 4 (about ¼ cup each) · **Difficulty** Easy



WHY THIS WORKS

Pumpkin seeds are one of the densest plant sources of zinc, which the World Health Organization has flagged as one of the most commonly deficient nutrients in adult men — and zinc is directly required for testosterone production.

Ingredients

- ½ cup pumpkin seeds (pepitas)
- ½ cup walnuts
- ¼ cup dried cranberries (unsweetened if possible)
- ¼ cup dark chocolate chips (70% cocoa+)

Instructions

1. Combine all ingredients in a bowl or jar.
2. Store in an airtight container.

TIP Toast the pumpkin seeds in a dry pan 3–4 minutes for extra crunch and flavor.

SWAP Sunflower seeds in place of pumpkin seeds (lower zinc, still solid).

STORE Keeps 2 weeks in an airtight container at room temperature.

Avocado & Walnut Toast Bites

Two-bite versions of the classic — built for snacking, not brunch.

Prep 5 min · **Serves** 1 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Avocado's oleic acid and vitamin E pair with walnut's ALA omega-3 — both nutrients studied for supporting vascular and reproductive tissue health.

Ingredients

- 4 whole-grain crackers or 1 slice bread, quartered
- ½ avocado, mashed
- 2 tbsp chopped walnuts
- Pinch of flaky salt

Instructions

1. Spread mashed avocado on crackers or toast pieces.
2. Top with chopped walnuts and a pinch of flaky salt.

TIP A squeeze of lime keeps the avocado from browning if prepping ahead.

SWAP Pecans instead of walnuts.

STORE Best eaten within an hour of assembling.

Roasted Garlic Hummus with Veggies

A double dose of garlic, blended smooth.

Prep 10 min · **Cook** 25 min (roasting) · **Total** 35 min · **Serves** 4 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Roasting mellows garlic's bite while preserving allicin's precursor compounds — this recipe delivers a full head of garlic across four servings, well above what most people get in a typical week.

Ingredients

- 1 whole head garlic
- 1 can (15 oz) chickpeas, drained
- 3 tbsp tahini
- 2 tbsp lemon juice
- 3 tbsp olive oil, divided
- Veggie sticks (carrots, celery, bell pepper)

Instructions

1. Preheat oven to 400°F (200°C). Slice the top off the garlic head, drizzle with 1 tsp olive oil, wrap in foil, and roast 25 minutes until soft.
2. Squeeze roasted garlic cloves into a food processor.
3. Add chickpeas, tahini, lemon juice, and remaining olive oil.
4. Blend until smooth, adding 1–2 tbsp water if needed for consistency.
5. Serve with veggie sticks.

TIP Roast a few extra heads of garlic at once — it keeps refrigerated for other recipes.

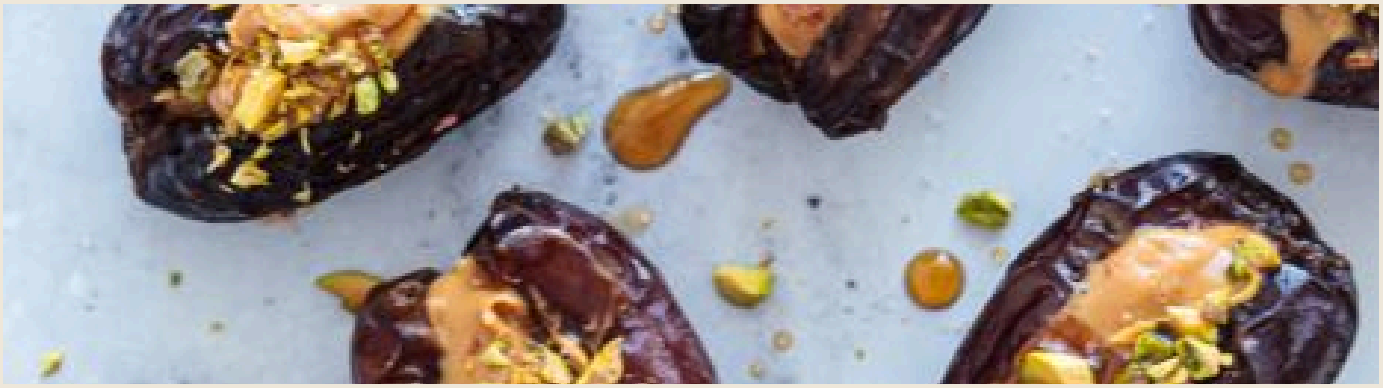
SWAP White beans instead of chickpeas for a milder hummus.

STORE Refrigerate up to 5 days.

Almond-Stuffed Dates

Three ingredients, sweet and salty in one bite.

Prep 10 min · **Serves** 4 (3 dates each) · **Difficulty** Easy



WHY THIS WORKS

Almonds provide vitamin E and monounsaturated fat linked in small studies to antioxidant and vascular benefits, wrapped in dates' natural sweetness instead of refined sugar.

Ingredients

- 12 Medjool dates, pitted
- 12 whole almonds
- Flaky sea salt

Instructions

1. Slice each date lengthwise and remove the pit if not already pitted.
2. Press one almond into each date.
3. Finish with a pinch of flaky salt.

TIP Warm the dates slightly (10 seconds in the microwave) if they're firm — makes stuffing easier.

SWAP Walnuts or pecans in place of almonds.

STORE Keeps 2 weeks at room temperature in a sealed container.

Citrus & Pomegranate Energy Bites

No-bake, portable, and genuinely craveable.

Prep 15 min (+20 min chill) · **Serves** 6 (2 bites each) · **Difficulty** Easy



> **WHY THIS WORKS**
>
> This snack combines two of the flavonoid subclasses most strongly linked to lower erectile dysfunction risk in large cohort research — citrus flavanones and pomegranate's anthocyanins — in one grab-and-go bite.

Ingredients

- 1 cup rolled oats
- ¼ cup almond butter
- 2 tbsp honey
- Zest of 1 orange
- ¼ cup dried pomegranate seeds or cranberries
- 2 tbsp ground flaxseed

Instructions

1. Combine all ingredients in a bowl and mix until it forms a sticky dough.
2. Roll into 12 small balls.
3. Refrigerate 20 minutes to firm up.

TIP Wet your hands slightly before rolling — keeps the mixture from sticking to your palms.

SWAP Peanut butter instead of almond butter.

STORE Refrigerate up to 1 week, or freeze up to 2 months.

Edamame with Sea Salt & Chili

A steamed snack that's mostly about the protein.

Prep 2 min · **Cook** 5 min · **Total** 7 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Edamame is one of the few plant foods that carries a meaningful zinc load alongside complete plant protein, making it a solid vegetarian option for supporting testosterone production.

Ingredients

- 2 cups frozen edamame, in pods
- Flaky sea salt
- Pinch of chili flakes (optional)

Instructions

1. Steam or boil edamame according to package directions, about 5 minutes.
2. Drain and toss immediately with salt and chili flakes.

TIP Salt while still steaming hot — it sticks to the pods much better.

SWAP Shelled edamame works the same way, just skip the pods.

STORE Best fresh; reheats fine but texture softens.

Smoked Salmon Cucumber Bites

A cold, no-cook snack that looks more impressive than it is.

Prep 10 min · **Serves** 4 (4 bites each) · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Smoked salmon delivers the same omega-3 benefit as the cooked version elsewhere in this book, in a format that requires zero heat — useful on the days cooking isn't happening.

Ingredients

- 1 English cucumber, sliced into ½-inch rounds
- 4 oz smoked salmon
- 2 tbsp cream cheese
- Fresh dill
- Black pepper to taste

Instructions

1. Spread a small amount of cream cheese on each cucumber round.
2. Top with a piece of smoked salmon.
3. Garnish with fresh dill and a crack of black pepper.

TIP Pat cucumber slices dry with a paper towel first so the cream cheese actually sticks.

SWAP Plain Greek yogurt works in place of cream cheese for a lighter version.

STORE Best assembled within a couple hours of serving.

Spiced Roasted Chickpeas

A crunchy snack that beats reaching for chips.

Prep 5 min · **Cook** 30 min · **Total** 35 min · **Serves** 4 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Chickpeas carry a modest but real zinc content along with fiber, and roasting them into a crunchy snack format makes them an easy substitute for less useful packaged snacks.

Ingredients

- 2 cans (15 oz each) chickpeas, drained, rinsed, and patted very dry
- 2 tbsp olive oil
- 1 tsp smoked paprika
- ½ tsp garlic powder
- Salt to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with olive oil, paprika, garlic powder, and salt.
3. Spread in a single layer on a baking sheet.
4. Roast 28–30 minutes, shaking the pan halfway, until crisp.

TIP Drying the chickpeas thoroughly before roasting is the single biggest factor in how crispy they get.

SWAP Cayenne instead of smoked paprika for more heat.

STORE Keeps 3–4 days in an airtight container; crisps back up with a quick reheat.

Walnut & Dark Chocolate Clusters

A no-bake treat that reads as a snack, not a dessert.

Prep 10 min (+15 min chill) · **Serves** 8 · **Difficulty** Easy



WHY THIS WORKS

This snack pairs walnut's ALA omega-3s with dark chocolate's flavonoids — two of the most consistently cited nutrients in nitric oxide research, in a single bite-sized cluster.

Ingredients

- 1 cup dark chocolate chips (70% cocoa or higher)
- ¾ cup walnuts, roughly chopped
- Pinch of flaky salt

Instructions

1. Melt chocolate in the microwave in 30-second bursts, stirring between each.
2. Stir walnuts into the melted chocolate.
3. Drop spoonfuls onto a parchment-lined tray, sprinkle with flaky salt.
4. Refrigerate 15 minutes until set.

TIP Work quickly once the walnuts are stirred in — the chocolate firms up fast once off the heat.

SWAP Pistachios or pecans in place of walnuts.

STORE Keeps 2 weeks in an airtight container at room temperature.

Beet Hummus with Veggie Sticks

Same creamy dip, built around a different core vegetable.

Prep 10 min · **Serves** 4 · **Difficulty** Easy



WHY THIS WORKS

Swapping the base of a classic hummus for beets turns a snack into a genuine source of dietary nitrate — the same compound the body converts into nitric oxide for blood vessel dilation.

Ingredients

- 2 medium beets, cooked and roughly chopped (or pre-cooked, vacuum-packed)
- 1 can (15 oz) chickpeas, drained
- 2 tbsp tahini
- 1 clove garlic
- 2 tbsp lemon juice
- 2 tbsp olive oil
- Assorted veggie sticks

Instructions

1. Combine beets, chickpeas, tahini, garlic, and lemon juice in a food processor.
2. Blend until mostly smooth, streaming in olive oil as it blends.
3. Add water, 1 tbsp at a time, if it's too thick.
4. Serve with veggie sticks.

TIP Pre-cooked, vacuum-packed beets make this a five-minute recipe instead of an hour one.

SWAP Roasted carrots work in place of beets for a milder flavor and color.

STORE Refrigerate up to 5 days.

Greek Yogurt & Berry Bark

A frozen snack that tastes more like dessert than it should.

Prep 10 min (+2 hrs freeze) · **Serves** 6 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> This snack layers Greek yogurt's probiotic and protein content with mixed berries' anthocyanins — two mechanisms from this book's "Quick Guide," frozen into something that actually satisfies a sweet craving.

Ingredients

- 2 cups plain Greek yogurt
- 1 tbsp honey
- 1 cup mixed berries, roughly chopped
- 2 tbsp chopped walnuts

Instructions

1. Stir honey into Greek yogurt.
2. Spread yogurt in a thin, even layer on a parchment-lined tray.
3. Scatter berries and walnuts over the top, pressing gently into the yogurt.
4. Freeze at least 2 hours, until solid. Break into pieces.

TIP Keep the layer thin and even — too thick and it takes forever to break into clean pieces.

SWAP Any combination of berries works; frozen ones need to be thawed and drained first.

STORE Keep frozen; pieces stay snappable for up to 2 weeks.

Garlic-Parmesan Roasted Cauliflower Bites

A roasted vegetable that eats like a snack.

Prep 5 min · **Cook** 25 min · **Total** 30 min · **Serves** 3 · **Difficulty** Easy



WHY THIS WORKS

This recipe delivers a solid dose of garlic per serving — allicin's arterial benefits build with consistent intake, and roasted cauliflower florets are an easy, low-effort way to get there regularly.

Ingredients

- 1 head cauliflower, cut into florets
- 3 cloves garlic, minced
- 2 tbsp olive oil
- ¼ cup grated Parmesan
- Salt and pepper to taste

Instructions

1. Preheat oven to 425°F (220°C).
2. Toss cauliflower florets with olive oil, garlic, salt, and pepper.
3. Spread in a single layer on a baking sheet.
4. Roast 20 minutes, then sprinkle Parmesan over top and roast 5 more minutes until golden.

TIP Don't crowd the florets on the pan — spread them out for real roasting, not steaming.

SWAP Broccoli works in place of cauliflower.

STORE Best fresh; reheats in the oven better than the microwave.

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CHAPTER FIVE

Sweet Endings

Dessert that isn't a cheat day — built on the same flavonoid-rich ingredients linked to lower risk of blood flow problems.



Dark Chocolate & Walnut Bark

Dessert that happens to double down on flavonoids.

Prep 5 min (+15 min chill) · **Serves** 6 · **Difficulty** Easy



WHY THIS WORKS

Dark chocolate is among the most concentrated dietary sources of flavonoids, compounds repeatedly linked to improved nitric oxide activity and lower erectile dysfunction risk in research.

Ingredients

- 1 cup dark chocolate chips (70% cocoa+)
- ½ cup walnuts, roughly chopped
- Pinch of flaky salt

Instructions

1. Melt chocolate in the microwave in 30-second bursts, stirring between each, or over a double boiler.
2. Spread melted chocolate onto a parchment-lined baking sheet.
3. Scatter walnuts and flaky salt over the top.
4. Chill in the refrigerator 15 minutes until set, then break into pieces.

TIP Use the highest cocoa percentage you enjoy eating — more cocoa means more flavonoids.

SWAP Pistachios or almonds in place of walnuts.

STORE Keeps 2 weeks in an airtight container at room temperature.

Grilled Pineapple with Ginger-Honey Drizzle

Caramelized fruit with a spicy kick.

Prep 5 min · **Cook** 6 min · **Total** 11 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Ginger's active compound, 6-gingerol, has been shown to directly stimulate nitric oxide release — pairing it with grilled fruit turns a dessert into functional support for blood flow.

Ingredients

- 4 pineapple rings (fresh or canned in juice, drained)
- 1 tsp fresh ginger, grated
- 1 tbsp honey
- Pinch of cinnamon

Instructions

1. Heat a grill pan or skillet over medium-high heat.
2. Grill pineapple rings 2–3 minutes per side until caramelized with visible grill marks.
3. Whisk grated ginger, honey, and cinnamon together.
4. Drizzle over the warm pineapple.

TIP Pat pineapple dry before grilling — excess moisture prevents caramelization.

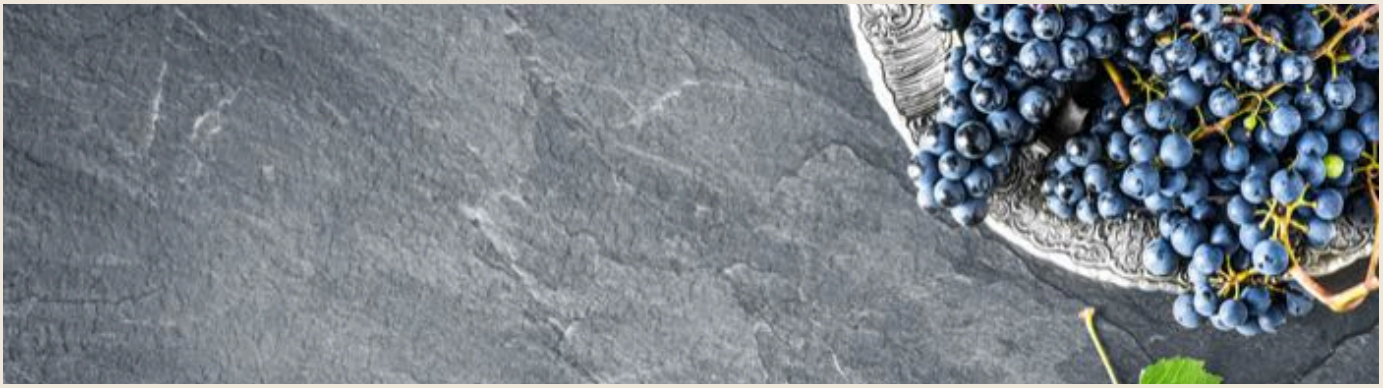
SWAP Grilled peaches work well in place of pineapple.

STORE Best eaten fresh.

Dark Grape & Cocoa Parfait

Layered, simple, and quietly loaded with resveratrol.

Prep 10 min · **Serves** 2 · **Difficulty** Easy



WHY THIS WORKS

Dark grape skin contains resveratrol and proanthocyanidins, compounds studied for antioxidant and vascular-supportive effects — populations with diets rich in dark grapes show notably lower rates of erectile dysfunction.

Ingredients

- 1 cup plain Greek yogurt
- 1 cup dark seedless grapes, halved
- 1 tbsp unsweetened cocoa powder
- 1 tbsp honey
- 2 tbsp granola

Instructions

1. Stir cocoa powder and honey into the Greek yogurt until smooth.
2. Layer cocoa yogurt and halved grapes in a glass.
3. Top with granola just before serving.

TIP Freeze a handful of the grapes beforehand for a cold, slightly chewy contrast.

SWAP Blueberries in place of grapes for a different flavonoid profile.

STORE Assemble fresh; granola softens if stored layered.

Pomegranate-Poached Pears

An elegant dessert that's almost entirely hands-off.

Prep 10 min · **Cook** 25 min · **Total** 35 min · **Serves** 4 · **Difficulty** Medium



WHY THIS WORKS

Poaching pears in pomegranate juice infuses the fruit with anthocyanins, the same compounds studied for improving endothelial function elsewhere in this book, while keeping added sugar minimal.

Ingredients

- 4 firm pears, peeled, stems left on
- 2 cups pomegranate juice (unsweetened)
- 1 cinnamon stick
- 2 tbsp honey
- ¼ cup pomegranate seeds, for garnish

Instructions

1. Stand pears upright in a pot just large enough to hold them.
2. Pour pomegranate juice over the pears, add cinnamon stick and honey.
3. Bring to a gentle simmer, cover, and cook 20–25 minutes, basting occasionally, until pears are tender.
4. Remove pears, simmer the liquid uncovered 5 more minutes to thicken slightly.
5. Drizzle reduced liquid over pears, garnish with pomegranate seeds.

TIP Choose pears that are firm, not soft — soft pears fall apart during poaching.

SWAP Tart cherry juice works in place of pomegranate juice.

STORE Refrigerate up to 3 days in the poaching liquid.

Chocolate-Dipped Strawberries with Sea Salt

A classic, made with the darkest chocolate you can find.

Prep 15 min (+15 min chill) · **Serves** 4 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Strawberries add their own anthocyanins on top of dark chocolate's flavonoid content — layering two of this book's most-cited compound classes into one simple dessert.

Ingredients

- 1 lb fresh strawberries, stems on
- 1 cup dark chocolate chips (70% cocoa or higher)
- Flaky sea salt

Instructions

1. Wash strawberries and dry them completely — any water will seize the chocolate.
2. Melt chocolate in the microwave in 30-second bursts, stirring between each.
3. Dip each strawberry two-thirds of the way into the chocolate.
4. Place on parchment paper, sprinkle with flaky salt, and refrigerate 15 minutes until set.

TIP Fully dry strawberries are non-negotiable — even a little moisture makes the chocolate clump.

SWAP Dried apricots work well for a shelf-stable version.

STORE Refrigerate up to 2 days; chocolate dulls slightly beyond that.

Baked Cinnamon Apples with Walnuts

A warm dessert that feels more like a hug than a treat.

Prep 10 min · **Cook** 25 min · **Total** 35 min · **Serves** 4 · **Difficulty** Easy



WHY THIS WORKS

Walnuts baked into the filling bring ALA omega-3s to a dessert that would otherwise be mostly fiber and antioxidants from the apple skin — rounding out the nutrient profile without adding meat or fish.

Ingredients

- 4 apples, cored (leave the bottom intact to hold filling)
- ¼ cup walnuts, chopped
- 2 tbsp honey
- 1 tsp cinnamon
- 1 tbsp butter, cubed

Instructions

1. Preheat oven to 375°F (190°C).
2. Combine walnuts, honey, and cinnamon in a small bowl.
3. Stuff the mixture into the cored apples, top each with a cube of butter.
4. Place in a baking dish with ¼ cup water in the bottom.
5. Bake 25 minutes until apples are tender.

TIP Choose a firm baking apple (Honeycrisp, Gala) — softer varieties turn to mush.

SWAP Pecans work in place of walnuts.

STORE Refrigerate up to 3 days; reheat in the oven, not the microwave, to keep texture.

Blueberry-Cacao Nice Cream

Two-ingredient soft serve, no ice cream maker required.

Prep 5 min · **Serves** 2 · **Difficulty** Easy



WHY THIS WORKS

Frozen banana blended smooth gives this dessert an ice-cream texture without added sugar, while blueberries and raw cacao stack two of the most flavonoid-dense ingredients in the book into one bowl.

Ingredients

- 3 frozen bananas, sliced before freezing
- ½ cup frozen blueberries
- 1 tbsp unsweetened cacao powder
- Splash of almond milk, if needed

Instructions

1. Add frozen banana, blueberries, and cacao powder to a food processor.
2. Blend, scraping down the sides frequently, until smooth and soft-serve consistency — this takes a couple minutes and looks crumbly before it comes together.
3. Add a splash of almond milk only if it won't blend smooth.

TIP Freeze banana slices in a single layer first, then transfer to a bag — they blend far more evenly than whole frozen bananas.

SWAP Frozen cherries work in place of blueberries.

STORE Best fresh; can be refrozen but loses its soft-serve texture.

Maca Chocolate Truffles

A no-bake truffle built around this book's libido-support root.

Prep 20 min (+30 min chill) · **Serves** 6 (2 truffles each) · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Maca root has shown libido-supporting effects in randomized trials, and cacao adds a second, well-documented flavonoid boost — combined here into a dessert instead of a supplement capsule.

Ingredients

- 1 cup pitted Medjool dates
- ½ cup almonds
- 2 tbsp unsweetened cacao powder
- 1 tsp maca powder
- 1 tbsp coconut oil, melted

Instructions

1. Pulse almonds in a food processor until finely ground.
2. Add dates, cacao powder, maca powder, and coconut oil.
3. Process until it forms a sticky, unified dough.
4. Roll into 12 small balls.
5. Refrigerate 30 minutes to firm up.

TIP If the mixture is too dry to hold together, add pitted dates one at a time until it does.

SWAP Cashews work in place of almonds.

STORE Refrigerate up to 2 weeks, or freeze up to 2 months.

Watermelon-Mint Granita

An icy dessert that's almost entirely functional.

Prep 10 min (+4 hrs freeze) · **Serves** 4 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Watermelon is the richest common food source of citrulline, which the body converts to arginine — the direct building block of nitric oxide — making this dessert a genuine extension of the same mechanism behind the book's watermelon drinks.

Ingredients

- 4 cups cubed watermelon
- Juice of 1 lime
- 8 fresh mint leaves
- 1 tbsp honey (optional)

Instructions

1. Blend watermelon, lime juice, mint, and honey if using until completely smooth.
2. Pour into a shallow baking dish.
3. Freeze 4 hours, scraping with a fork every 45–60 minutes to break up ice crystals.
4. Scrape into a fluffy, icy texture just before serving.

TIP A metal pan freezes faster and more evenly than glass or plastic.

SWAP Cantaloupe works in place of watermelon, though the citrulline content is lower.

STORE Keeps frozen up to 1 week; re-scrape with a fork before serving if it hardens solid.

Spiced Pumpkin Pudding with Pepitas

A creamy, no-bake dessert with a built-in zinc topping.

Prep 10 min (+2 hrs chill) · **Serves** 4 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Pumpkin puree is rich in fiber and vitamin A, and this recipe finishes with a scatter of pumpkin seeds — the same zinc-dense ingredient behind Chapter 4's trail mix, added here as a textural, functional topping.

Ingredients

- 1 can (15 oz) pumpkin puree (not pie filling)
- 1 cup plain Greek yogurt
- 2 tbsp honey
- 1 tsp pumpkin pie spice or cinnamon
- 2 tbsp pumpkin seeds (pepitas)

Instructions

1. Whisk pumpkin puree, Greek yogurt, honey, and spice together until smooth.
2. Divide into 4 small glasses or bowls.
3. Refrigerate at least 2 hours to firm up and let the flavors meld.
4. Top with pumpkin seeds just before serving.

TIP Taste and adjust honey before chilling — the flavor mellows once cold.

SWAP Cottage cheese, blended smooth, works in place of Greek yogurt.

STORE Refrigerate up to 4 days; add pepitas fresh each time for crunch.

Cherry-Almond Energy Clusters

A no-bake bite that leans on a different anthocyanin source.

Prep 15 min (+20 min chill) · **Serves** 6 (2 clusters each) · **Difficulty** Easy



WHY THIS WORKS

Dried cherries carry anthocyanins similar in class to blueberries and grapes, and this recipe has been used elsewhere in nutrition research specifically for their role in reducing inflammation around blood vessels.

Ingredients

- 1 cup rolled oats
- ¼ cup almond butter
- 2 tbsp honey
- ⅓ cup dried tart cherries, chopped
- 2 tbsp sliced almonds

Instructions

1. Combine oats, almond butter, and honey in a bowl, mixing until sticky.
2. Fold in chopped dried cherries and sliced almonds.
3. Press into small clusters on a parchment-lined tray.
4. Refrigerate 20 minutes to firm up.

TIP Warm the almond butter and honey slightly first (10 seconds in the microwave) for easier mixing.

SWAP Dried cranberries work in place of cherries.

STORE Refrigerate up to 1 week, or freeze up to 2 months.

Orange & Dark Chocolate Bites

A flavor pairing that happens to combine two mechanisms.

Prep 15 min (+15 min chill) · **Serves** 6 · **Difficulty** Easy



WHY THIS WORKS

Orange zest contributes flavanones, linked in cohort research to lower erectile dysfunction risk, while dark chocolate adds its own well-documented flavonoid content — two compound classes from the same research category, paired deliberately.

Ingredients

- 1 cup dark chocolate chips (70% cocoa or higher)
- Zest of 1 orange
- ¼ cup chopped almonds
- Pinch of flaky salt

Instructions

1. Melt chocolate in the microwave in 30-second bursts, stirring between each.
2. Stir in half the orange zest.
3. Drop small spoonfuls onto a parchment-lined tray.
4. Top each with a pinch of remaining zest, chopped almonds, and flaky salt.
5. Refrigerate 15 minutes until set.

TIP Use a microplane for the zest — it releases more of the fragrant oils than a regular grater.

SWAP Lemon zest works in place of orange for a sharper flavor.

STORE Keeps 2 weeks in an airtight container at room temperature.

06

CHAPTER SIX

Drinks & Tonics

Two-minute tonics concentrating the single most citrulline- and nitrate-dense foods in this entire book.



Watermelon-Citrulline Cooler

The single most citrulline-dense thing you can drink.

Prep 5 min · **Serves** 1 · **Difficulty** Easy



WHY THIS WORKS

Watermelon is the most concentrated common food source of citrulline — and a published study found that drinking watermelon juice measurably raised plasma arginine, the direct precursor to nitric oxide, within hours.

Ingredients

- 2 cups cubed watermelon, chilled
- Juice of ½ lime
- A few mint leaves
- Ice

Instructions

1. Blend watermelon and lime juice until smooth.
2. Pour over ice, garnish with mint leaves.

TIP Freeze watermelon cubes ahead of time and skip the ice — thicker, less diluted texture.

SWAP Add a splash of coconut water for extra hydration.

STORE Best consumed within a few hours; separates over time.

Pomegranate-Ginger Shot

A concentrated, shot-sized pour — not another smoothie.

Prep 5 min · **Serves** 2 (2-oz shots) · **Difficulty** Easy



WHY THIS WORKS

This shot concentrates two of the strongest evidence-backed ingredients in this book into a small pour: pomegranate's anthocyanins, studied for endothelial function and blood pressure, and ginger's 6-gingerol, shown to directly trigger nitric oxide release.

Ingredients

- ½ cup 100% pomegranate juice (unsweetened)
- ½-inch fresh ginger, peeled
- Juice of ½ lemon
- Pinch of cayenne (optional)

Instructions

1. Grate the ginger finely, then press through a fine mesh sieve (or a garlic press) to extract the juice — you want about 1 tsp of ginger juice.
2. Combine pomegranate juice, ginger juice, lemon juice, and cayenne if using in a small glass.
3. Stir well and divide into two small shot glasses.

TIP Grating and pressing the ginger (instead of blending it whole) keeps the shot smooth, with no fibrous pulp.

SWAP No fresh ginger? Use ⅛ tsp ground ginger, though the effect is milder.

STORE Best fresh; ginger's potency fades within a few hours.

Beet & Orange Nitric Oxide Juice

A juiced version of the book's core mechanism, no blender pulp.

Prep 10 min · **Serves** 2 · **Difficulty** Easy



WHY THIS WORKS

This juice pairs beet's dense dietary nitrate content with orange's flavanones — two separate, well-studied routes to better nitric oxide activity, both delivered in liquid form for fast absorption.

Ingredients

- 2 medium beets, peeled and chopped
- 2 oranges, peeled
- 1-inch fresh ginger
- 1 cup water

Instructions

1. Add beets, oranges, ginger, and water to a blender.
2. Blend until fully smooth, 60–90 seconds.
3. Strain through a fine mesh sieve or nut milk bag for a smoother, juice-like texture.

TIP Wear gloves or expect stained fingers — beets are relentless.

SWAP A juicer works even better than a blender-and-strain method if you have one.

STORE Best fresh; refrigerate up to 24 hours if needed.

Golden Turmeric-Ginger Tonic

Warm, spiced, and built for the vascular system, not just flavor.

Prep 5 min · **Cook** 5 min · **Total** 10 min · **Serves** 1 · **Difficulty** Easy



WHY THIS WORKS

Turmeric and black pepper together have been studied for anti-inflammatory support of vascular tissue — the black pepper isn't a garnish here, it meaningfully increases how much of turmeric's active compound the body actually absorbs.

Ingredients

- 1 cup unsweetened almond milk
- ½ tsp turmeric powder
- ½-inch fresh ginger, grated
- Pinch of black pepper
- 1 tsp honey

Instructions

1. Warm almond milk in a small saucepan over medium heat.
2. Whisk in turmeric, ginger, and black pepper.
3. Simmer 2–3 minutes, then stir in honey and pour into a mug.

TIP Don't skip the black pepper — turmeric on its own is poorly absorbed without it.

SWAP Coconut milk works in place of almond milk for a richer version.

STORE Best fresh.

Cacao & Maca Elixir

A warm drink built to double as an evening ritual.

Prep 5 min · **Cook** 5 min · **Total** 10 min · **Serves** 1 · **Difficulty** Easy



WHY THIS WORKS

This elixir combines cacao's flavonoid content with maca's libido-supporting, aromatase-inhibiting effects from randomized trials — pairing two mechanisms this book treats separately into one nightly drink.

Ingredients

- 1 cup unsweetened almond milk
- 1 tbsp unsweetened cacao powder
- ½ tsp maca powder
- 1 tsp honey
- Pinch of cinnamon

Instructions

1. Warm almond milk in a small saucepan over medium heat, don't let it boil.
2. Whisk in cacao powder, maca powder, and cinnamon until fully dissolved.
3. Stir in honey and pour into a mug.

TIP Whisk vigorously and continuously — cacao and maca both clump if added too fast.

SWAP Oat milk works in place of almond milk for a creamier texture.

STORE Best fresh.

Cucumber-Mint Hydration Cooler

A light, low-effort drink for days the others feel like too much.

Prep 5 min · **Serves** 2 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Proper hydration is a basic, often-overlooked requirement for healthy blood volume and circulation — this cooler makes it easy to drink more water without it tasting like plain water.

Ingredients

- 1 cucumber, sliced
- 10 fresh mint leaves
- Juice of 1 lime
- 4 cups cold water
- Ice

Instructions

1. Combine cucumber, mint, and lime juice in a large pitcher.
2. Add cold water and stir.
3. Refrigerate at least 30 minutes to let the flavors infuse.
4. Serve over ice.

TIP Lightly muddle the mint before adding it — it releases more flavor than whole leaves alone.

SWAP A few slices of lemon work alongside or in place of lime.

STORE Refrigerate up to 2 days; flavor gets stronger the longer it sits.

Pineapple-Ginger Digestive Tonic

A tart, spicy shot meant for after a heavy meal.

Prep 5 min · **Serves** 2 (2-oz shots) · **Difficulty** Easy



WHY THIS WORKS

Pineapple contains bromelain, an enzyme studied for digestive and anti-inflammatory support, paired here with ginger's nitric oxide-triggering 6-gingerol for a drink built around recovery, not just refreshment.

Ingredients

- ½ cup fresh pineapple juice
- ½-inch fresh ginger, grated and pressed for juice
- Juice of ½ lime
- Pinch of cayenne (optional)

Instructions

1. Extract ginger juice by grating and pressing through a fine mesh sieve.
2. Combine pineapple juice, ginger juice, lime juice, and cayenne if using.
3. Stir well and divide into two shot glasses.

TIP Use fresh pineapple juice, not canned — canned juice loses most of the active bromelain during processing.

SWAP Papaya juice works in place of pineapple for a similar enzyme profile.

STORE Best fresh.

Hibiscus & Pomegranate Iced Tea

A tart, ruby-red iced tea with a real mechanism behind it.

Prep 5 min (+chill) · **Cook** 5 min · **Total** 10 min (+chill) · **Serves** 4 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Hibiscus tea has been studied in clinical trials for modestly lowering blood pressure, and pairing it with pomegranate juice adds anthocyanins on top — both compounds tied to healthier blood vessel function.

Ingredients

- 4 hibiscus tea bags (or 3 tbsp dried hibiscus)
- 4 cups hot water
- 1 cup pomegranate juice (unsweetened)
- 2 tbsp honey
- Ice

Instructions

1. Steep hibiscus tea bags in hot water for 5 minutes, then remove and let cool.
2. Stir in pomegranate juice and honey while the tea is still warm, so the honey dissolves fully.
3. Refrigerate until fully chilled.
4. Serve over ice.

TIP Steep longer (up to 10 minutes) for a more intense, tarter flavor.

SWAP Tart cherry juice works in place of pomegranate juice.

STORE Refrigerate up to 4 days.

Green Tea, Spinach & Citrus Smoothie

A drinkable way to combine three mechanisms at once.

Prep 5 min · **Serves** 1 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Green tea's catechins, spinach's dietary nitrates, and orange's flavanones each work on blood vessel health through a different pathway — this smoothie stacks all three into one glass.

Ingredients

- ¾ cup brewed and cooled green tea
- 1 cup fresh spinach
- 1 orange, peeled
- ½ banana
- Ice

Instructions

1. Brew green tea and let it cool completely (or use it chilled from the fridge).
2. Add tea, spinach, orange, and banana to a blender.
3. Blend until smooth, adding ice to reach your preferred thickness.

TIP Brew the tea the night before so it's fully cooled and ready to blend.

SWAP Kale works in place of spinach for a slightly more bitter, fibrous version.

STORE Best fresh; drink within a few hours.

Tart Cherry Sleep & Recovery Tonic

A nightly drink built around rest, not just circulation.

Prep 5 min · **Serves** 1 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Tart cherry juice is one of the few natural food sources of melatonin and has been studied for improving sleep quality — and consistent, quality sleep is directly tied to healthy testosterone production.

Ingredients

- ¾ cup tart cherry juice (unsweetened)
- ½ cup water or sparkling water
- Squeeze of lime
- Ice

Instructions

1. Combine tart cherry juice, water, and lime juice in a glass.
2. Stir and pour over ice.

TIP Use sparkling water for a bit of fizz without added sugar.

SWAP Pomegranate juice works in place of tart cherry for a different, still anthocyanin-rich profile.

STORE Best fresh.

Spiced Cacao Warm Milk

A wind-down drink for the end of the day.

Prep 5 min · **Cook** 5 min · **Total** 10 min · **Serves** 1 · **Difficulty** Easy



WHY THIS WORKS

This drink delivers cacao's flavonoids in an evening-friendly format, with cinnamon added for its own studied role in supporting healthy blood sugar and circulation.

Ingredients

- 1 cup whole milk or unsweetened almond milk
- 1 tbsp unsweetened cacao powder
- ½ tsp cinnamon
- 1 tsp honey
- Pinch of nutmeg

Instructions

1. Warm milk in a small saucepan over medium-low heat, don't let it boil.
2. Whisk in cacao powder and cinnamon until fully dissolved.
3. Stir in honey, pour into a mug, and finish with a pinch of nutmeg.

TIP Whisk continuously once the cacao goes in — it settles and scorches fast if left alone.

SWAP Oat milk works well for a naturally sweeter base.

STORE Best fresh.

Grapefruit-Rosemary Spritzer

A sophisticated, low-sugar drink built around one core flavanone source.

Prep 5 min · **Serves** 1 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Grapefruit is dense in flavanones, the same compound class linked in cohort research to a lower risk of erectile dysfunction — served here as a refreshing, low-sugar spritzer instead of a straight juice.

Ingredients

- ½ cup fresh grapefruit juice
- 1 sprig fresh rosemary
- ¾ cup sparkling water
- Ice

Instructions

1. Lightly bruise the rosemary sprig between your fingers to release its oils.
2. Combine grapefruit juice and sparkling water in a glass over ice.
3. Add the rosemary sprig and stir gently before serving.

TIP Bruising, not crushing, the rosemary is the goal — too much and it turns bitter.

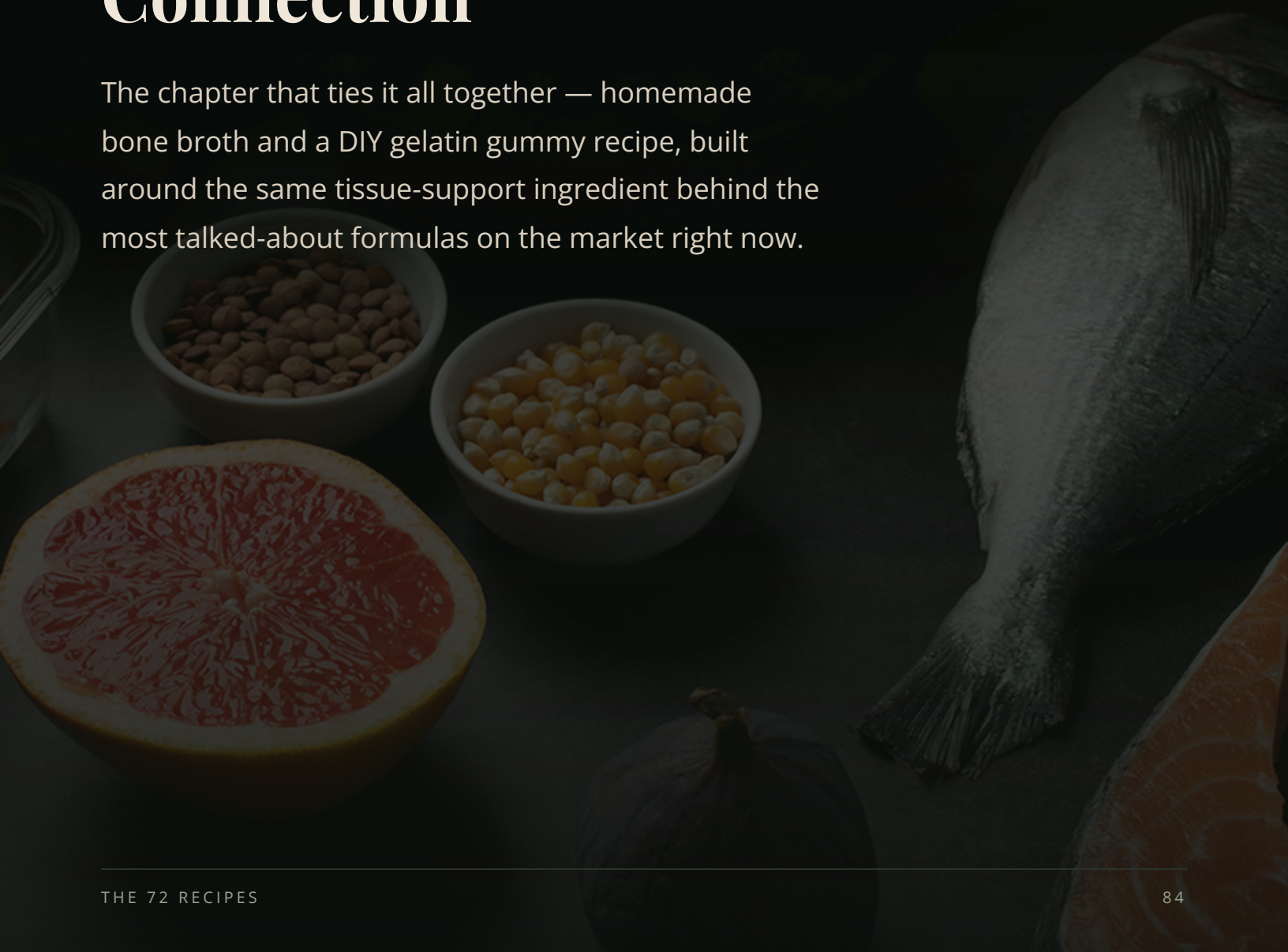
SWAP Blood orange juice works in place of grapefruit for a sweeter version.

STORE Best fresh.

BONUS CHAPTER

The Collagen Connection

The chapter that ties it all together — homemade bone broth and a DIY gelatin gummy recipe, built around the same tissue-support ingredient behind the most talked-about formulas on the market right now.



Simple Beef Bone Broth

The foundation recipe for everything else in this chapter.

Prep 10 min · **Cook** 8–24 hrs (mostly hands-off) · **Makes** ~8 cups · **Difficulty** Easy



> **WHY THIS WORKS**
>
> Bone broth is one of the only whole-food sources of gelatin — the cooked form of collagen. Collagen makes up the majority of the elastic tissue in blood vessel walls throughout the body.

Ingredients

- 2 lbs beef bones (marrow/knuckle)
- 1 onion, quartered
- 2 carrots, roughly chopped
- 2 celery stalks, roughly chopped
- 2 tbsp apple cider vinegar
- 10 cups water
- 1 bay leaf
- Salt to taste

Instructions

1. Place bones in a large stockpot or slow cooker. Add vinegar and water, let sit 30 minutes (this helps draw minerals out of the bones).
2. Add onion, carrots, celery, and bay leaf.
3. Bring to a boil, then reduce to a low simmer. Cover partially and cook 8–24 hours (longer extracts more gelatin), skimming foam occasionally.
4. Strain through a fine mesh sieve, discard solids.
5. Season with salt. Cool, then refrigerate.

TIP A properly gelled broth should wobble like Jell-O when cold — that's the gelatin content showing itself.

SWAP Chicken carcasses work for a lighter broth, ready in 4–6 hours.

STORE Refrigerate up to 5 days, or freeze up to 6 months.

Golden Turmeric Bone Broth Sipper

Broth, dressed up enough to sip like tea.

Prep 5 min · **Cook** 5 min · **Total** 10 min · **Serves** 1 · **Difficulty** Easy



> **WHY THIS WORKS**
>
> This takes the gelatin base from the Bone Broth recipe and adds turmeric and black pepper — a combination studied for anti-inflammatory support of vascular tissue.

Ingredients

- 1½ cups beef or chicken bone broth
- ½ tsp turmeric powder
- Pinch of black pepper
- Pinch of ginger powder (optional)

Instructions

1. Warm broth in a small saucepan over medium heat.
2. Whisk in turmeric, black pepper, and ginger if using.
3. Simmer 2–3 minutes, then pour into a mug.

TIP The black pepper isn't optional for flavor only — it significantly improves how much turmeric the body actually absorbs.

SWAP Add a splash of coconut milk for a creamier, richer version.

STORE Best fresh.

Gelatin & Pomegranate Gummies

The DIY version of something you'll want to keep making — or hand off to something stronger.

Prep 10 min (+2 hrs set) · **Makes** ~20 small gummies · **Difficulty** Easy



WHY THIS WORKS

This recipe uses unflavored gelatin — pure collagen — combined with pomegranate juice's anthocyanins. It's a hands-on way to understand exactly what gelatin is and how it behaves before this book's final chapter explains why a concentrated, purpose-built version exists.

Ingredients

- 1 cup 100% pomegranate juice, divided
- 3 tbsp unflavored gelatin powder
- 1 tbsp honey (optional, to taste)

Instructions

1. Pour ½ cup pomegranate juice into a small bowl. Sprinkle gelatin evenly over the surface and let it "bloom" (soften) for 5 minutes.
2. Warm the remaining ½ cup pomegranate juice with honey in a small saucepan until just steaming (do not boil).
3. Whisk the bloomed gelatin into the warm juice until fully dissolved, about 1 minute.
4. Pour into a small silicone mold or a lined shallow dish.
5. Refrigerate at least 2 hours until fully set. Cut or pop out of molds.

TIP Boiling the gelatin will weaken its set — keep the liquid just below a simmer.

SWAP Tart cherry juice works in place of pomegranate.

STORE Refrigerate up to 1 week in an airtight container.

SHOPPING LIST

Chapter 1: Morning Fuel

PROTEINS & SEAFOOD

- Eggs
- Smoked salmon
- Turkey sausage (ground or links)
- Sardines (canned in olive oil)

FRUITS

- Blueberries (fresh or frozen)
- Pomegranate seeds
- Avocados
- Bananas
- Oranges (for juice)
- Kiwi
- Mixed berries

HERBS & SPICES

- Fresh ginger
- Cinnamon
- Fresh rosemary or thyme
- Red pepper flakes
- Salt and black pepper

DAIRY & ALTERNATIVES

- Greek yogurt (plain)
- Shredded cheddar
- Cottage cheese
- Unsweetened almond milk

NUTS, SEEDS & LEGUMES

- Walnuts
- Chia seeds
- Almonds (or granola)
- Ground flaxseed

VEGETABLES

- Garlic
- Fresh spinach
- Potatoes
- Tomato

PANTRY & DRY GOODS

- Rolled oats
- Steel-cut oats
- Honey
- Olive oil
- Whole-grain bread or sourdough
- Unsweetened cacao powder
- Granola

SHOPPING LIST

Chapter 2: Power Lunches

PROTEINS & SEAFOOD

- Salmon fillets
- Chicken breasts
- Oysters (fresh or frozen, shucked)
- Cod fillets
- Canned tuna
- Ground turkey
- Shrimp
- Fresh sardines

FRUITS

- Oranges
- Watermelon
- Avocados
- Pomegranate seeds

HERBS & SPICES

- Fresh mint
- Fresh ginger
- Lemons
- Salt and black pepper

DAIRY & ALTERNATIVES

- Feta cheese
- Shredded mozzarella

NUTS, SEEDS & LEGUMES

- Walnuts
- Quinoa
- White beans (canned)
- Lentils (cooked or canned)

VEGETABLES

- Arugula
- Broccoli
- Garlic
- Fresh spinach
- Kale
- Red onion
- Bell peppers
- Beets (fresh or pre-cooked/vacuum-packed)
- Mixed greens

PANTRY & DRY GOODS

- Olive oil
- Soy sauce (low-sodium)
- Dijon mustard
- Balsamic vinegar
- Red wine vinegar

SHOPPING LIST

Chapter 3: Circulation Dinners

PROTEINS & SEAFOOD

- Sirloin or flank steak
- Shrimp
- Salmon fillets
- Chicken thighs (bone-in, skin-on)
- Cod fillets
- Ground turkey
- Tuna steaks (sushi-grade)
- Eggs

FRUITS

- Pomegranate juice (unsweetened)

HERBS & SPICES

- Fresh basil
- Fresh parsley
- Fresh ginger
- Ground cumin
- Red pepper flakes
- Salt and black pepper

DAIRY & ALTERNATIVES

- Feta cheese
- Butter

NUTS, SEEDS & LEGUMES

- Walnuts
- Black beans (canned)
- Lentils (dried)
- Sesame seeds

VEGETABLES

- Beets
- Arugula
- Fresh spinach
- Onions (yellow)
- Garlic
- Cherry tomatoes
- Zucchini
- Sweet potatoes

PANTRY & DRY GOODS

- Olive oil
- Honey
- Soy sauce (low-sodium)
- Sesame oil
- Marinara sauce
- Breadcrumbs
- Balsamic vinegar
- Red wine vinegar
- Dijon mustard
- Vegetable broth
- Chicken broth
- Maca powder

SHOPPING LIST

Chapter 4: Quick Bites & Snacks

PROTEINS & SEAFOOD

- Smoked salmon

FRUITS

- Medjool dates
- Dried cranberries (unsweetened if possible)
- Mixed berries
- Oranges (for zest)

HERBS & SPICES

- Fresh dill
- Smoked paprika
- Garlic powder
- Chili flakes
- Flaky sea salt
- Black pepper

DAIRY & ALTERNATIVES

- Cream cheese
- Plain Greek yogurt
- Grated Parmesan

NUTS, SEEDS & LEGUMES

- Pumpkin seeds (pepitas)
- Walnuts
- Almonds
- Chickpeas (canned)
- Ground flaxseed
- Edamame (frozen, in pods)

VEGETABLES

- Garlic
- Carrots
- Celery
- Bell pepper
- Beets (fresh or pre-cooked/vacuum-packed)
- Cauliflower
- Cucumber

PANTRY & DRY GOODS

- Rolled oats
- Almond butter
- Honey
- Tahini
- Olive oil
- Dark chocolate chips (70% cocoa+)
- Whole-grain crackers or bread

SHOPPING LIST

Chapter 5: Sweet Endings

DAIRY & ALTERNATIVES

- Plain Greek yogurt
- Butter
- Unsweetened almond milk

PANTRY & DRY GOODS

- Dark chocolate chips (70% cocoa+)
- Honey
- Unsweetened cocoa powder
- Unsweetened cacao powder
- Maca powder
- Coconut oil
- Rolled oats
- Almond butter
- Granola
- Pumpkin puree (canned)

FRUITS

- Dark (red or black) grapes
- Pears
- Strawberries
- Apples
- Bananas
- Blueberries (fresh or frozen)
- Watermelon
- Medjool dates
- Dried tart cherries
- Oranges (for zest)
- Pomegranate (juice and seeds)

HERBS & SPICES

- Cinnamon (ground and stick)
- Pumpkin pie spice
- Flaky sea salt
- Limes

NUTS, SEEDS & LEGUMES

- Walnuts
- Almonds (whole and sliced)
- Pumpkin seeds (pepitas)

SHOPPING LIST

Chapter 6: Drinks & Tonics

DAIRY & ALTERNATIVES

- Whole milk or unsweetened almond milk

PANTRY & DRY GOODS

- Pomegranate juice (unsweetened)
- Tart cherry juice (unsweetened)
- Hibiscus tea bags
- Green tea
- Honey
- Unsweetened cacao powder

VEGETABLES

- Beets
- Cucumber
- Fresh spinach

HERBS & SPICES

- Fresh ginger
- Fresh mint
- Fresh rosemary
- Turmeric
- Cinnamon
- Black pepper
- Cayenne pepper
- Nutmeg
- Maca powder

FRUITS

- Watermelon
- Oranges
- Grapefruit
- Pineapple (fresh or 100% juice)
- Limes
- Lemons

SHOPPING LIST

Bonus: The Collagen Connection

PROTEINS

- Beef bones (marrow/knuckle) or chicken carcasses

PANTRY & DRY GOODS

- Apple cider vinegar
- Unflavored gelatin powder
- Honey

VEGETABLES

- Onion
- Carrots
- Celery

HERBS & SPICES

- Bay leaf
- Turmeric
- Black pepper
- Ground ginger
- Salt

FRUITS

- Pomegranate juice (unsweetened)

REFERENCE

Substitution Guide

Beyond the "Swap" note already on every recipe, here's how to adapt the whole book to a specific need.

No Shellfish or Fish

Recipes built around shrimp, oysters, salmon, cod, tuna, or sardines can generally swap in chicken, turkey, or a plant-based protein (lentils, chickpeas, tofu) — you'll lose the direct omega-3/zinc dose from seafood, so lean harder on the walnut, flaxseed, and chia recipes elsewhere in the book to keep covering that mechanism.

Vegetarian-Friendly Swaps

Any recipe built around chicken, turkey, or steak can substitute a can of chickpeas, black beans, or lentils, or firm tofu — cut the cook time down since these need far less time than raw meat. Most of Chapter 5 and Chapter 6, and several Chapter 4 snacks, are already vegetarian with no changes needed. The Bonus chapter's bone broth base isn't vegetarian — skip it and lean on the citrus and kiwi recipes elsewhere in the book instead, which supply the vitamin C the body needs to build its own collagen.

Dairy-Free

Swap Greek yogurt for a plain, unsweetened coconut or almond-milk yogurt; swap feta, mozzarella, or Parmesan for a dairy-free alternative or simply omit; swap butter for olive oil or a plant-based butter, 1:1. Cream cheese in the cucumber bites (#43) can be replaced with mashed avocado.

Substitution Guide, continued

Nut-Free

Walnuts, almonds, and pecans can be replaced with pumpkin seeds or sunflower seeds throughout the book — same crunch, and pumpkin seeds add zinc instead of omega-3s. Almond butter swaps for sunflower seed butter (tahini also works, though the flavor shifts savory).

Lower-Sugar / No Added Sugar

Every recipe calling for honey can use it at half the amount listed, or skip it entirely — most of these dishes are savory or naturally sweet enough (fruit-based desserts, 70%+ dark chocolate) to work without it. Buy dried fruit (cranberries, cherries) unsweetened where the label allows.

INSTEAD OF...	USE...
Tahini	Peanut butter or sunflower seed butter
Honey	Maple syrup (1:1)
Apple cider vinegar	Lemon juice
Balsamic vinegar	Red wine vinegar + ½ tsp honey
Dijon mustard	Yellow mustard (milder)
Fresh ginger (½-inch)	⅛ tsp ground ginger
Fresh garlic (1 clove)	⅛ tsp garlic powder
Coconut oil	Butter or olive oil

This table is for emergency substitution — for the full flavor and nutrient profile a recipe was designed around, the fresh ingredient it calls for is always the better choice.

BONUS

7-Day Kitchen Reset

A realistic week, not a rigid rulebook. With 72 recipes to pull from, this week leans on variety over repeats — swap in whatever's in season or on sale. Add a Sweet Ending (pick anything from Chapter 5, #49–60) two or three nights this week — dessert isn't off-limits here, it's part of the plan.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
1	Spinach & Garlic Egg Scramble	Grilled Salmon & Citrus Arugula Salad	Beet & Arugula Steak Salad	Pumpkin Seed & Zinc Trail Mix
2	Chia Pudding with Pomegranate & Walnuts	Tuna & White Bean Salad with Lemon	Baked Cod with Garlic & Cherry Tomatoes	Smoked Salmon Cucumber Bites
3	Cottage Cheese & Berry Bowl with Flaxseed	Lentil & Spinach Power Salad	Grilled Flank Steak with Chimichurri	Roasted Garlic Hummus with Veggies
4	Smoked Salmon & Avocado Toast	Turkey & Quinoa Stuffed Peppers	Onion & Quercetin Braised Chicken Thighs	Greek Yogurt & Berry Bark
5	Kiwi-Spinach Green Smoothie	Seared Oyster & Zinc Grain Bowl	Zucchini Noodles with Garlic Shrimp	Spiced Roasted Chickpeas
6	Steel-Cut Oats with Cacao & Banana	Kale & Pomegranate Chicken Salad	Seared Tuna with Sesame & Ginger	Beet Hummus with Veggie Sticks
7	Pomegranate Greek Yogurt Bowl	Watermelon, Feta & Mint Salad	Cook's choice — pick a repeat favorite	Pomegranate-Ginger Shot

ONE LAST THING

Why Food Alone Has a Limit

Here's the honest part.

Everything in this book is real. Garlic genuinely helps arteries. Beets genuinely raise nitric oxide. Zinc genuinely feeds testosterone production. None of that is marketing — it's published research, and eating this way will move the needle.

But there's a piece diet can't fully reach.

The tissue responsible for a strong, sustained erection isn't just about blood flow in the moment — it's about how elastic that tissue stays over time. That elasticity comes down to **collagen**. And collagen, especially past 35 or 40, isn't something a salad fixes. Food can support the conditions your body needs. It can't deliver a concentrated, bioavailable dose of the specific compounds your body needs to actively rebuild that tissue.

That's the gap between "helps" and "fixes." It's exactly why the Collagen Connection chapter isn't just a fun bonus — and why, when we went looking for something built specifically to close that gap, we landed on a formula that does what a kitchen simply can't: a concentrated dose of hydrolyzed collagen alongside citrulline, zinc, grape skin extract, and maca — the same compounds this book has had you eating all week, at doses food doesn't get close to.

If you've made it through this book and you're still looking for more, that's the next step.

SEE THE FORMULA →

THE 72 RECIPES

Food got you this far.

Thanks for cooking through this book. Keep it in your kitchen — or on your phone — and come back to it.