

RENEWED VIGOUR

Presents

EAT FOR T

The Testosterone Nutrition Guide & 7-Day Meal Plan

Real food. Real hormones. No fat-free, low-calorie nonsense.

www.renewedvigour.com

THE NUTRITIONAL TRUTH

Why Most Men Are Eating Against Their Own Hormones

Testosterone is a steroid hormone. Steroid hormones are made from cholesterol. Cholesterol comes primarily from dietary fat and animal foods. Follow the logic: if you're eating a low-fat diet, you are literally starving the raw material your body needs to make testosterone.

Beyond fat, zinc is the most critically deficient mineral in men with low testosterone. Magnesium is required for hundreds of enzymatic reactions including testosterone synthesis. Vitamin D3 functions as a steroid hormone precursor. And yet, most men are deficient in all three — not because the food doesn't exist, but because they've been told to eat the wrong things.

THE NUTRITIONAL NORTH STAR

Eat nutrient-dense, whole animal foods. Don't fear fat. Avoid seed oils and processed foods. Support your gut. Reduce your sugar load. Every food choice either feeds your hormones or fights them.

THE ARSENAL

The Top Testosterone-Supportive Foods

Eggs (Whole)	The most complete testosterone food. Yolks contain cholesterol, saturated fat, zinc, selenium, and vitamin D — all testosterone precursors or cofactors. Never skip the yolk.
Oysters	The richest natural source of zinc on the planet. 6 oysters deliver more than your entire daily zinc requirement. Zinc deficiency directly causes testosterone decline.
Beef (Grass-Fed)	Saturated fat, zinc, creatine, B12, and selenium — all in one food. Grass-fed beef has a more favourable fatty acid profile and higher CLA content.
Sardines / Fatty Fish	Omega-3 fatty acids reduce inflammation and cortisol, both of which suppress testosterone. Sardines also deliver calcium, vitamin D3, and selenium.

Avocado	Rich in monounsaturated fat and potassium. Studies show men eating more avocado have higher testosterone. Healthy fats are the raw material for hormone synthesis.
Brazil Nuts	Two per day provides your full daily selenium requirement. Selenium is essential for testicular function and testosterone synthesis.
Pumpkin Seeds	High in zinc and magnesium — the two minerals most deficient in men with low testosterone. Also contain phytosterols that support healthy prostate function.
Full-Fat Dairy	Butter, full-fat yogurt, and cheese provide cholesterol and saturated fat for hormone production. Choose grass-fed where possible.
Broccoli / Cruciferous Veg	Contains DIM (diindolylmethane) and I3C (indole-3-carbinol), which support healthy estrogen metabolism — reducing estrogen load and freeing up testosterone.
Pomegranate	One study found daily pomegranate juice increased salivary testosterone by 24% in 14 days. Rich in antioxidants that protect Leydig cells from oxidative damage.
Dark Chocolate (85%+)	Magnesium-rich and contains flavonoids that improve blood flow and reduce cortisol. Keep it 85%+ and unsweetened.
Olive Oil (Extra Virgin)	High in oleic acid, which studies show supports healthy testosterone levels. Replace all seed oils in your kitchen with extra virgin olive oil.

WHAT TO AVOID

Foods That Suppress Testosterone

Food/Category	Common Sources	Why It Matters
Seed Oils	Canola, corn, sunflower, soybean, cottonseed	Pro-inflammatory omega-6 fatty acids increase systemic inflammation and cortisol. Also used in plastics that leach EDCs.
Soy Products	Tofu, soy milk, edamame, soy protein	Contains phytoestrogens (isoflavones) that can mimic estrogen activity and suppress testosterone, especially in large amounts.
Processed Sugar / Refined Carbs	Bread, pasta, pastries, sweetened drinks	Insulin spikes from high sugar intake suppress testosterone and increase SHBG (sex hormone-binding globulin), reducing free testosterone.
Alcohol	Beer especially — hops are estrogenic	Alcohol is metabolised to acetaldehyde in the testes, which directly damages Leydig cells. Beer contains phytoestrogens from hops.
Flaxseed	Flaxseed oil, flaxseed in supplements	Highest known dietary source of lignans — phytoestrogens. Multiple studies link flax consumption to reduced testosterone.
Canned Foods	Soups, beans, tomatoes in cans	Can linings often contain BPA or BPA alternatives. Tomatoes are particularly problematic — high acidity increases leaching.
Conventional Dairy (Low Fat)	Skim milk, fat-free yogurt	Removing fat removes the hormone precursors. Also, commercial dairy often contains synthetic hormones given to cows.
Mint (Large Amounts)	Peppermint tea, spearmint supplements	Spearmint in particular has shown anti-androgenic effects in clinical studies. Occasional use is fine — daily therapeutic doses are not.

7-DAY MEAL PLAN

Eat for T: One Week of Testosterone-Supportive Eating

This meal plan is built around the top testosterone-supportive foods, eliminating seed oils, processed sugars, and soy. Adjust quantities to your caloric needs. Prioritise protein and fat. Don't fear the yolks.

MONDAY Training Day	
BREAKFAST	3 scrambled eggs in butter + 2 rashers bacon + coffee with MCT oil
LUNCH	Grass-fed beef burger (no bun) + avocado + side salad with olive oil dressing
SNACK	Handful of pumpkin seeds + 2 Brazil nuts
DINNER	Pan-seared salmon + roasted broccoli + sweet potato

TUESDAY Rest Day	
BREAKFAST	Full-fat Greek yogurt + pomegranate seeds + walnuts
LUNCH	Sardine salad: sardines on bed of dark greens, olive oil, lemon, capers
SNACK	Hard-boiled eggs x2
DINNER	Slow-cooked beef stew with root vegetables in bone broth

WEDNESDAY Training Day	
BREAKFAST	4-egg omelette with mushrooms, spinach, and full-fat cheese
LUNCH	Grilled chicken thighs + Brussels sprouts + brown rice
SNACK	Avocado + pumpkin seeds
DINNER	Grass-fed ribeye steak + roasted asparagus + olive oil

THURSDAY Rest Day

BREAKFAST	Cacao & maca hot drink + 3 eggs any style
LUNCH	Oysters (6) + green salad + olive oil dressing
SNACK	Dark chocolate (85%) + almonds
DINNER	Lamb shoulder chops + roasted cauliflower + fermented vegetables

FRIDAY Training Day

BREAKFAST	3 eggs + smoked salmon + avocado
LUNCH	Grass-fed beef mince in lettuce cups with salsa
SNACK	Brazil nuts x2 + full-fat cheese
DINNER	Pan-fried cod + roasted root vegetables + lemon butter sauce

SATURDAY Active Recovery

BREAKFAST	Full English (2 eggs, bacon, mushrooms, tomato, no toast) cooked in butter
LUNCH	Chicken liver pate + cucumber + celery
SNACK	Full-fat Greek yogurt + berries
DINNER	Slow-roasted pork belly + sauerkraut + roasted sweet potato

SUNDAY Rest Day

BREAKFAST	Eggs Benedict (with hollandaise, no muffin) OR 3-egg frittata
LUNCH	Bone broth soup + soft-boiled eggs
SNACK	Pomegranate juice (fresh) + pumpkin seeds
DINNER	Grilled lamb chops + roasted broccoli + garlic olive oil

RECIPES

5 Core Testosterone-Supportive Recipes

The T-Builder Breakfast Bowl

Time: 15 minutes

Serves: 1 serving

High-fat, high-protein morning fuel

INGREDIENTS	METHOD
<ul style="list-style-type: none">• 3 whole eggs• 1 tbsp butter (grass-fed)• 2 rashers streaky bacon• 1/2 avocado• Handful of spinach• Salt, pepper, chili flakes	<ol style="list-style-type: none">1. Fry bacon in a cast iron pan until crispy. Remove and rest.2. In the same pan with the bacon fat, wilt spinach for 60 seconds.3. Add butter, then crack eggs. Cook to your preference.4. Plate with sliced avocado, bacon, and spinach.5. Season generously. Eat immediately.

Oyster & Garlic Butter

Time: 10 minutes

Serves: 1 serving
(6 oysters)*The ultimate zinc delivery system*

INGREDIENTS	METHOD
<ul style="list-style-type: none">• 6 fresh oysters• 2 tbsp butter• 3 cloves garlic (minced)• Juice of 1 lemon• Fresh parsley• Pinch of sea salt	<ol style="list-style-type: none">1. Open oysters and place on a baking tray (or grill if available).2. Melt butter in a small pan. Add garlic and cook 90 seconds.3. Spoon garlic butter over each oyster.4. Grill or bake at high heat for 3–4 minutes until edges curl.5. Finish with lemon juice and fresh parsley. Serve immediately.

Ribeye & Roasted Broccoli

Time: 20 minutes

Serves: 1 serving

The flagship testosterone meal

INGREDIENTS	METHOD
<ul style="list-style-type: none"> • 300g grass-fed ribeye steak • 1 large head broccoli • 3 tbsp extra virgin olive oil • 4 cloves garlic • Salt, pepper, rosemary 	<ol style="list-style-type: none"> 1. Preheat oven to 220°C. Toss broccoli florets in olive oil and garlic. Roast 18–20 min. 2. Bring steak to room temperature. Season generously with salt and pepper. 3. Heat cast iron pan until smoking. Cook steak 3 min per side for medium-rare. 4. Rest steak 5 minutes before cutting. 5. Serve with broccoli and any pan juices. Add a knob of butter to the steak.

Pomegranate & Walnut Salad

Time: 10 minutes

Serves: 2 servings

Antioxidant-rich, estrogen-clearing

INGREDIENTS	METHOD
<ul style="list-style-type: none"> • 2 large handfuls dark leafy greens (rocket, spinach, or watercress) • Seeds of 1 pomegranate • 50g walnuts • 50g full-fat goat's cheese • 3 tbsp extra virgin olive oil • 1 tbsp apple cider vinegar • Pinch of salt 	<ol style="list-style-type: none"> 1. Combine greens, pomegranate seeds, and walnuts in a bowl. 2. Crumble goat's cheese over the top. 3. Whisk olive oil, apple cider vinegar, and salt as a dressing. 4. Dress the salad just before serving. 5. Can be made as a side or topped with grilled salmon for a full meal.

Cacao & Maca Morning Drink

Time: 5 minutes

Serves: 1 serving

The hormone-supportive coffee alternative

INGREDIENTS

- 1.5 tbsp raw cacao powder
- 1 tsp black or red maca powder
- 1 tsp coconut oil or MCT oil
- 1/4 tsp Ceylon cinnamon
- 250ml hot (not boiling) water or unsweetened nut milk
- Optional: 1 tsp raw honey

METHOD

1. Heat water or milk to 80°C (just before a full boil — don't destroy nutrients).
2. Add cacao, maca, cinnamon, and coconut oil to a cup or blender.
3. Pour hot liquid over. Blend or whisk vigorously until frothy.
4. Taste and add raw honey if desired.
5. Drink immediately. Maca is best taken in the morning — some men find it stimulating.

MICRONUTRIENT GUIDE

The Essential Testosterone Micronutrients

Nutrient	Why It Matters	Best Food Sources	Daily Target
Zinc	Required for Leydig cell function and testosterone synthesis	Oysters, red meat, pumpkin seeds, eggs	11mg (men)
Magnesium	Cofactor for 300+ enzymatic reactions; binds SHBG to free up testosterone	Dark chocolate, leafy greens, pumpkin seeds, nuts	400–420mg
Vitamin D3	Steroid hormone precursor; men with higher D3 have higher T	Sun exposure, fatty fish, egg yolks, beef liver	2000–5000 IU
Selenium	Supports testicular function; antioxidant for Leydig cells	Brazil nuts (2/day), sardines, grass-fed beef	55–200mcg
Cholesterol	Primary raw material for all steroid hormone synthesis	Eggs, butter, red meat, full-fat dairy	No upper limit*
Omega-3 (DHA/EPA)	Reduces inflammation and cortisol; supports testosterone	Sardines, salmon, mackerel, cod liver oil	1–3g EPA+DHA
Vitamin K2	Works synergistically with D3; supports testosterone in testes	Butter, egg yolks, fermented cheese, natto	100–200mcg MK-7
Boron	Increases free testosterone by reducing SHBG	Raisins, prunes, avocado, almonds	6–10mg/day

*Dietary cholesterol does not significantly raise LDL in most people. Discuss with your doctor if you have cardiovascular risk factors.

Your nutrition is your foundation.

Renewed Vigour is building EDC-free personal care products and comprehensive men's health resources. Visit renewedvigour.com — join the community, access more guides, and be first to know when our products launch.