

Stroke Fuel

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This guide book looks to help men to maintenance their reproductive sysetems through diet and nutrition. Here you will find the best natural foods to supplement your sexual stamina, erection strength and semen production.

We believe the customization of ones diet is key for men. The one size fits all concept can damage a man's health and confidence. So in this guide you'll also find great recipes and meal plans that will allow you to weave these foods into unique muscle building strategies that are catered to your your unique body type.

This guide was created to interlink with the Stroke Skills sexual strength training program. When combined with the physical aspect that Stroke Skills provides these two products can be used as a blueprint that men can use to maintain a strong and healthy sexual physique.

Through out this guide you will find helpful tidbits on how you can use your nutrition and fitness regimens to ramp your skill in the bedroom.

Eat your way to your best, strongest, most impressive performance.

* * * * *

Hey what do you eat before a stroke session? What type of food or nutrition, what type of fuel is best to put inside of your vehicle before you start to stroke? Now a lot of guys like to ingest a lot of alcohol because alcohol allows you to feel less—it numbs you and simultaneously it might drop your inhibitions a little bit; so you might get a little crazier if you drink. But here's the thing, that's for lames. You can't feel her spots if you are numb. I guess the

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question is, do you want to make her cum or not? You have to be able to feel her rolls; you have to be able to feel her vaginal canal. With that understood, here's more on what heavy drinking does beyond numbness:

Temporary erectile dysfunction. Researchers have found that too much alcohol affects both your brain and your penis. In one University of Washington study, sober men were able to achieve an erection more quickly than intoxicated men — and some men are unable to have an erection at all after drinking. That's because pre-sex boozing decreases blood flow to your penis, reduces the intensity of your orgasm, and can dampen your level of excitement (in other words, even if you are able to have sex, it may not be nearly as pleasurable as it would be without the excess alcohol). Long-term erectile dysfunction. The risk for long-term erectile dysfunction has been linked to chronic heavy use of alcohol. In fact, studies show that men who are dependent on alcohol have a 60 to 70 percent chance of suffering from sexual problems. The most common of these are erectile dysfunction, premature ejaculation, and loss of sexual desire.

Back to what you should eat and why. I would not recommend lots of starches, simply because as carbohydrates, they burn out quickly and it's going to take your body energy to burn those carbohydrates. Because the body is using that energy, it's not going to allow you to have extra energy to use in the bedroom. Now given, a lot of you are super human, a lot of you have great genetics, also

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a lot of you train stroke skills, so you are going to already have an accelerated ability in the bedroom. I am talking about reaching your peak or really being able to deliver your best performance. I wouldn't recommend lots of starchy carbohydrates like noodles, rice, bread. A lot of these things fill you up; however, you are going to burn out because your body needs to focus a lot of its energy on breaking down these complex carbs. It's going to make you sleepy; that's where the "-itis" comes from. I recommend green vegetables and water. If you drink water with lime, because lime is citrus, it's alkaline when it hits your body. This is going to allow you to flush a lot of toxins out of your system; it's going to allow your machine to really run. The green vegetables in cells act as fuel, but it's not fuel that is going to make you tired. You are not going to get sleepy after eating these greens. You can eat lots and lots and lots and lots of greens and not get tired. It's not going to put you to sleep like if you eat potatoes, rice, lasagna, or pizza. Even black beans, sad to say, will knock you out at this time when you really want to be the most attentive. Here is more of the foods that will get you more out of your time in bed: Avocados

The Aztecs referred to avocados as, ahem, testicles, because of their physical shape. But the scientific reason why avocados make sense as an aphrodisiac is that they are rich in unsaturated fats and low in saturated fat, making them good for your heart and your arteries. Anything that keeps the heart beating strong helps keep blood flowing to all the right places. In fact, men with underlying heart disease are twice as likely to suffer from erectile dysfunction (ED).

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Almonds

Topping my list of feisty foods, almonds have long been purported to increase passion, act as a sexual stimulant, and aid with fertility. Like asparagus (another one of my favorite sexy foods), almonds are nutrient-dense and rich in several trace minerals that are important for sexual health and reproduction, such as zinc, selenium, and vitamin E. “Zinc helps enhance libido and sexual desire,” says Dr. Berman. “We don’t really understand the mechanisms behind it, but we know it works.”

Strawberries

The color red is known to help stoke the fire: A 2008 study found that men find women sexier if they’re wearing red, as opposed to cool colors such as blue or green. Strawberries are also an excellent source of folic acid, a B vitamin that helps ward off birth defects in women and, according to a University of California, Berkley study, may be tied to high sperm counts in men. This Valentine’s Day, try making dark-chocolate-dipped strawberries. And while we’re on the subject, there’s a reason we give chocolate on Valentine’s Day: It’s full of libido-boosting methylxanthines. Seafood Despite their slippery and slimy texture, oysters may be the most well-known aphrodisiac. They’re also one of the best sources of libido-boosting zinc. But other types of seafood can also act as aphrodisiacs. Oily fish—like wild salmon and herring—contain Omega 3’s which are essential for a healthy heart.

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Arugula

Arugula has been heralded as an arousal aid since the first century. Today, research reveals that the trace minerals and antioxidants packed into dark, leafy greens are essential for our sexual health because they help block absorption of some of the environmental contaminants thought to negatively impact our libido. Figs These funny-shaped fruits have a long history of being a fertility booster, and they make an excellent aphrodisiac because they are packed with both soluble and insoluble fiber, which is important for heart health. Plus, high-fiber foods help fill you up, not out, so it's easier to achieve that sexy bottom line—or belly. Citrus Any member of this tropical fruit family is super-rich in antioxidants, vitamin C, and folic acid—all of which are essential for men's reproductive health. Enjoy a romantic salad that incorporates citrus, like pink grapefruit or mandarin oranges, or use a dressing made with lemon and lime.

Again we have to get out of this whole framework, out of this fuzzy inebriated love making mindset. And a lot of times we are inebriated either from alcohol, from weed or from doing things like eating the wrong stuff before we make love. You want to have your machine running clean. Pay keen attention to this body, to her 'tells' – you want to be able to look at her hands, her feet, notice what she is clinching on. Be able to feel each and every part of her body reacting to you, so that you know how to react to her. When it comes to intimacy and love- making, training like the champion you're born to be requires that you eat like one as well.

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Greatest Herbs For Male Reproductive Health horny-goat-weed

In China, it's called yin yang huo.

The legend states that a Chinese goat herder that noticed the increased sexual activity amongst his goats after they ate this plant that is specific first detected it.

It has a substance called "icariin" that's a PDE-5 inhibitor similar to sildenafil, more often called Viagra.

Additionally, it relaxes the muscles in the penis to allow more blood flow and increase the size of your erection .

This can be the crucial factor since it practically forces the body to send nutrients (including the tissue building chemicals and nutrients) to your manhood.

It has been utilized along with four other epimedium species as a method to take care of impotence for thousands of years in China. Particularly when used for sexual enhancements it needs to be coupled with other herbs.

By itself, it may cause aggressiveness, irritability and fever. While giving you an insane sex drive, but it may also prevent headaches.

Ginkgo

It can do amazing things for the head, enriching your recollection, making things clear and improving your focus. It may also help with depression, especially melancholy brought on by erection dysfunction.

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Due to the anti-depression potential to enhance dopamine in the entire body and help in tissue recovery and healing, like symptoms, it's one of the very best penile enlargement ingredient out there.

It's said to improve it's going to offer you a pleasant glow once you finish also skill to be excited, a guy's want, enhance orgasms. Ginkgo has a lot of flavonoids which improve circulation in your body.

This explains why your mind is indeed much clearer, because of the increase in oxygen your brain is receiving. It also means more blood circulation to your penis, resulting in longer and more difficult erections.

You need to be cautious using this supplement for those who own a history of blood disorders, particularly if you've got problems with blood clotting because blood circulation raises. However, it's an extremely safe nutritional supplement which has demonstrated results.

Panax Ginseng

Panaxginseng-testosterone-nitric-oxide-and-erection-advantages

Panax ginseng is the scientific name, but it's more generally referred to Korean ginseng, ginseng, panax, or as real ginseng.

There are other species like Red Ginseng and American Ginseng that don't have the same results, so make sure you read the bottle carefully.

It has been utilized in China, Japan, and Korea for centuries as a sexual enhancement drug. It's proven to boost energy, improve and helps you to reverse libido decline.

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On the list we have seen like the other supplements, increase nitric oxide synthesis and it really is proven to improve blood flow, so it helps you control when you ejaculate, although it not only gives you a larger erection.

It's also scientifically proven to boost endurance, and decrease pressure so you can survive longer and be more relaxed in bed.

Low stress levels and low cortisol are vital for penis enlargement. Read more about HGH and cortisol.

Mucuna Pruriens

Also known as cowhage seeds or velvet bean, Mucuna Pruriens is a natural source of levodopa that is a precursor.

Found mostly in Asia and Africa, this plant the dopamine that's generated by this plant helps you to regulate your mood and feelings that are pleasurable. That makes it a great method to assist fight against depression and other mental disorders.

Dopamine is an all-natural sex enhancer. It's been proven to delay ejaculation. It might assist you to recover faster, leaving less time in between sexual meetings and can also raise the length of your erections.

Muiru Puama

You may see para pama: marapuama, mara puama, or the name spelled an assortment of different manners.

It comes from a Brazilian tree that has a unique bark and root where the supplement is created. Studies revealed an increase in sexual desire

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after only two weeks of utilizing the supplement.

It's been found to be most effective in mature or maturing men, even though it is often shown to become successful for men from an assortment of distinct ages.

Muirapuama can increase circulation to the penis, helping you've larger and longer lasting erections

Tribulus Terrestris

A Chinese aphrodisiac that is used as an all-natural male enhancer.

It may raise male sexual function and increase the rates of testosterone in one's body, that will improve size and sexual performance.

Studies demonstrate that in specific evaluation subjects, testosterone levels increased up after only using the supplement for five days. It enhances the androgen receptors in the brain that will increase libido .

One study reveals that 85% of the guys had an increased libido after 94% and 30 days demonstrated a rise after 60 days.

The increased testosterone can have other benefits for your body as well. It may help you decrease body fat and increase the total amount of lean muscle tissue within you.

This can all assist you to get in better shape and give you more energy for regular actions, but also during intercourse.

It's also understood to create more viable and more sperm sperm, which can be useful for the ones that are having trouble firing blanks.

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Shilajit

Shilajit is a natural substance found in the Himalayas. It comprises over 85 different nutrients, vitamins and antioxidants which are beneficial to your own health that is sexual. People in the north of India understand shilajatu it as salajit, mimie, or mummiyo.

It is a blackish-brown powder that comes from your rocks in the Himalayas and has been put to use for countless decades by the folks to improve energy and fight against aging (allegedly by improving HGH).

Shilajit is composed of tons of different antioxidants and minerals that give energy to you.

These two qualities can be advantageous to your own sex life just as much as your daily life. The extra energy gives you a brand new vitality in bed and also the antioxidants help your body recover quicker.

Additionally they help enhance blood circulation to the genitals, improving your erection and improving size. It can also be used as a means to beat anxiety and strain is a common factor in low sex drive. By being relaxed, you are able to perform in the bedroom.

This is based on Dr. William Sheldon's somatotypes the three body types system as a means to customize nourishment.

So have a look at the examples below and - based on the features that are typical - determine which of these three body types you have:

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Before getting to every one of the three body types, keep in mind two key points.

1) Your special body type is a genetic pattern and certainly will always remain the same. There's no going from one group to a different even when you shift the ratio of body fat over workouts on your type and muscle mass with all the proper nutrition.

2) There's nearly always some overlapping between these predominant body types; you may be a "pure" type or a combination of two kinds: Endo-Mesomorph or Meso Ectomorph.

By way of example, in case you are mostly a Mesomorph, you are able to trim down as much as you can, but you will never become an Ectomorph. Similarly, you could be an in-shape Endomorph, but you can't pass as a Mesomorph.

Let's take a look at each one of these:

Three Body Types: #1. Endomorph

Let us see a number of Endomorphs' basic characteristics:

Character: caring, patient, tolerant, extroverted, quite nourishing, adores comfort (even luxury), great food and being with people.

Bone frame: large joints and generally a heavier build with short limbs, wide hips and shoulders.

Soft tissue: tend to be naturally good-covered with fat tissue a little overweight; women are softer and curvier, using an extremely feminine aspect.

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Metabolism: dull, low energy; shops fat readily and holds onto it more powerful than all the body types, retains fluids easily.

Endomorphs' Perfect Body Type Diet & Work Out Plan

As an Endomorph, your nutrients for losing weight should really be roughly up to 30% complex carbs (starchy vegetables, brown rice, whole grains), about 45% quality protein (chicken/turkey breast, lean beef, whey protein) and about 25% healthy fats: omega 3 sources (fish, seafood) and coconut oil, which helps to increase your sluggish metabolism.

Additionally, to keep up your metabolic rate, break up your daily meals into smaller portions so you have something to eat helpful every 2-3 hours.

Avoid as much as you can all varieties of sugar (including all fruits except berries) and simple carbohydrates like white flour products and pasta, white rice, potatoes, since they result in a rapid rise of your blood sugar level, which, in turn triggers the release of insulin, the fat-storage hormone. Never end your meals feeling completely full.

Strength training: tone-up your muscle mass at least 3-4 times per week at higher intensity to help keep your metabolism high and shape your body up. The utmost effective work out is interval training for weight loss. In the event you are a girl, consider Curves workout centres - as these not only give you the proper work outs for you, but also the motivation and enjoyment of working out with a friendly number of well-being-minded girls.

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In addition, get active throughout the day - you really need to remain in motion to keep your metabolism up and keep burning off calories.

SIGNIFICANT! If your body type is mostly Endomorph, you most likely despise any kind of intense physical activity or exercise. However, take into account that of all the three body types, for Endomorphs diet is NEVER to shed weight, keep it off and shape up. Your slow metabolic rate should be boosted always with both strength training and aerobic exercise.

Desire to get off the pounds quickly and reshape your body or going at the gym? Would it be beneficial to you personally to see workout videos showing you the correct (and safe) way to exercise on your body shape and step-by-step guidance to unleash your perfect body? In the event that you want an effective plan that is flexible and fits into your life whatever your age and present shape you're in, I encourage one to have a look at Belinda Benn's Get Lean Program >>

Three Body Types: #2. Mesomorph

Three Body Types - Mesomorph

Of the three body types, the mesomorph loses it relatively simple using the right diet and exercising routine and puts on weight.

Some of Mesomorphs' characteristics are...

Character: lively, dynamic, assertive, courageous, energetic, even aggressive and competitive, and frequently risk taker.

Bone body: strong body, medium build, medium joints, big bones,

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with wide shoulders broader in relation to the hips (slightly broader for women and also a TON more broader for guys).

Soft tissue: naturally (i.e., when not heavy) with a lot of dense muscle mass and thin (even without exercising).

Metabolism: quick; losing fat and gaining muscle readily, but tough to get extremely skinny because of the compact muscle tissue.

Mesomorphs' Ideal Body Type Diet & Work Out Plan

Avoid fatty foods (full-fat dairy, fatty meats, cold cuts, mayo, very rich desserts,) and minimize as much as possible refined carbs (sugars and white flour products), as they cause rapid weight gain actuating a fat-storage metabolism.

As a Mesomorph, you need to eat 3 smaller meals favoring foods high in quality protein (whey, turkey, chicken, lean beef, eggs) and complex carbohydrates (leafy greens and non-starchy vegetables).

Seafood and include fish, as they truly are excellent omega 3s sources - weight loss connection and omega 3 is well-known.

Strength training: strengthen your center with particular exercises to flatten your stomach or Pilates; tone your system and shape up your muscles through light circuit training or body weight workouts 2-3 times weekly.

Aerobic exercise: you'll keep looking slim and trim including 30-45 min. of aerobics 3-5 times a week at moderate to fast pace. The aerobic work outs that are best are the aquatic exercise routines, crunch cardio,

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hula hoop workout, circuit training, stairmaster, rope jumping, power yoga.

Ectomorph

Of the three body types, the lanky Ectomorphs put on weight the hardest - whether muscle mass or body fat. Yet, this does not mean they can not get big-boned.

Here are some of Ectomorphs' features:

Temperament: commonly hyperactive, sensitive, artistic, exceptionally self aware, apprehensive, introverted, socially limited.

Bone body: long, lean limbs, small joints, light build, with small waist and narrow shoulders.

Soft tissue muscle tissue or body fat, commonly underweight.

Low in muscular strength, metabolism: quick, not storing carbs as fat; problem to get muscle.

Ectomorphs' Ideal Body Type Diet & Workout Strategy:

Avoid fatty foods, especially animal fat, cold cuts, mayo, full-fat dairy, rich desserts, chips, packaged foods.

As an Ectomorph, your perfect nourishment consists of about 55% of complex carbs (whole grains, rice, nuts, all vegetables), approx. 30% quality proteins (whey, turkey, chicken, eggs), and up to 15% healthy fats like cold-pressed virgin olive oil, flaxseed oil and great omega 3

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sources like fish and seafood.

Strength training: build up your muscle mass through daily average-heavy intensity divide routine, working parts of your body alternatively and separately with body weight workouts, such as the five Tibetan exercises for increased strength and flexibility or a higher intensity calisthenics routine.

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THE BEST FOODS FOR

**Semen
Production**

The Best Foods for Semen Production

Classic Oyster Stew



(3.1k shares, 1 review, rated 4 stars by 31 people)

MAKES: 10 SERVINGS

SERVING SIZE: 3/4 CUP

START TO FINISH: 25 MINS

Ingredients

3 ounces shucked oysters, undrained (about 1 lb.)

4 cups whole milk

2 cups whipping cream

7 tablespoons unsalted butter

1 large yellow onion, finely chopped (1 cup)

1 stalk celery, finely chopped (1/2 cup)

3/4 teaspoon kosher salt

3 tablespoons all-purpose flour

Freshly ground black pepper

cayenne pepper

Snipped fresh Italian (flat-leaf) parsley

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Directions

1. Drain oysters, reserving liquor. Inspect oysters and remove any bit of shell. Set aside oysters and liquor.
2. In medium saucepan heat milk and cream just to simmering; keep warm.
3. In Dutch oven heat 4 tablespoons of the butter over medium heat. When butter is melted and bubbling, add onion, celery, and 1/2 teaspoon of the salt, stirring well to coat in butter. Cook slowly, about 10 minutes, stirring often until onion is tender and translucent. Sprinkle flour over vegetable mixture. Cook 2 minutes more, stirring well to blend in the flour. Slowly whisk in the hot milk and cream; ring mixture back to a low simmer, stirring occasionally.
4. Meanwhile, in a 12-inch nonstick skillet heat remaining 3 tablespoons butter over medium heat until hot and bubbly. Add drained oysters in a single layer. Sprinkle remaining salt and a few grinds of black pepper. Cook just until oysters begin to curl around the edges and gills are slightly exposed. Transfer oysters to the milk mixture in Dutch oven. Turn off heat.
5. Add oyster liquor to hot skillet. Cook 2 to 3 minutes, until liquor comes to boiling. Immediately transfer to stew in Dutch oven; stir. Sprinkle cayenne and stir in. Cover and let stand for 10 minutes. Sprinkle servings with parsley.

Nutrition Facts

Per serving: 342 kcal cal., 30 g fat (18 g sat. fat, 2 g polyunsaturated fat, 8 g monounsaturated fat), 121 mg chol., 303 mg sodium, 11 g carb., 0 g fiber, 6 g sugar, 8 g pro. Percent Daily Values are based on a 2,000 calorie diet

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Tomato Egg Salad



(920 shares, 1 review, rated 3.5 stars by 29 people)

MAKES: 4 SERVINGS

START TO FINISH: 25 MINS

Ingredients

6 eggs

6 roma tomatoes

1/3 of a seedless cucumber, chopped (about 3/4 cup)

1/4 of a red onion, chopped (about 1/4 cup)

1/3 cup mayonnaise

1 tablespoon Dijon-style mustard

1 bunch watercress, trimmed

1/2 teaspoon each salt and ground black pepper

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Directions

1. In a medium saucepan, cover eggs with water. Bring to a boil over high heat. Remove from heat; cover and let stand 12 minutes. Drain, rinse, peel and chop cooked eggs.
2. Meanwhile halve tomatoes lengthwise and remove seeds. In a mixing bowl combine cucumber, onion, mayonnaise, mustard, salt and pepper. Fold in chopped egg.
3. Divide watercress among 4 plates. Top each with 3 tomato halves; spoon on egg salad. Drizzle with any remaining dressing. Makes 4 servings.

Nutrition Facts

Per serving: 276 kcal cal., 22 g fat (5 g sat. fat, 10 g polyunsaturated fat, 3 g monounsaturated fat), 324 mg chol., 610 mg sodium, 8 g carb., 2 g fiber, 5 g sugar, 12 g pro. Percent Daily Values are based on a 2,000 calorie diet

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Deviled Egg Salad



(994 shares, rated 4 stars by 17 people)

MAKES: 6 SERVINGS

PREP: 30 MINS

Ingredients

- 7 hard-cooked eggs*
- 3 tablespoons salad dressing or mayonnaise
- 1 tablespoon chopped fresh dill weed
- 1 clove garlic, minced
- 5 dashes bottled hot pepper sauce
- 1/8 teaspoon salt
- 6 cups torn Boston or Bibb lettuce
- 2 cups grape or cherry tomatoes, halved
- 1 medium red sweet pepper, chopped
- 4 slices bacon, crisp-cooked, drained, and crumbled
- 3 green onions, sliced
- 1 recipe Dill Vinaigrette

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Directions

1. Halve hard-cooked eggs lengthwise and place yolks in a small bowl. Set whites aside. Mash yolks with fork and stir in salad dressing, dill weed, garlic, hot pepper sauce, and salt. Stuff egg white halves with yolk mixture. Set aside.
2. On a platter arrange lettuce, tomatoes, sweet pepper, bacon, and green onions. Arrange eggs on greens. Drizzle with Dill Vinaigrette. Makes 6 to 8 servings

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Dill Vinaigrette

Ingredients

1/3 cup olive oil

2 tablespoons tarragon vinegar

1 tablespoon snipped fresh dill

2 teaspoons Dijon-style mustard

1 clove garlic, minced

¼ teaspoon salt

¼ teaspoon bottled hot pepper sauce

Direction:

In a screw-top jar combine oil, vinegar, dill, mustard, garlic, salt, and hot pepper sauce. Cover and shake well.

Nutrition Facts

Per serving: 269 kcal cal., 22 g fat (4 g sat. fat, 2 g polyunsaturated fat, 12 g monounsaturated fat), 254 mg chol., 427 mg sodium, 8 g carb., 2 g fiber, 5 g sugar, 11 g pro. Percent Daily Values are based on a 2,000 calorie diet

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Herbed Deviled Egg Bruschetta



(6.2k shares, rated 4.5 stars by 12 people)

MAKES: 8 SERVINGS

MAKES: 8 APPETIZER SERVINGS

START TO FINISH: 45 MINS

Ingredients

4 eggs

2 tablespoons snipped fresh chives

1 tablespoon snipped fresh dill

¼ cup mayonnaise

1 tablespoon Dijon-style mustard

4 slices sandwich bread, toasted

Salt and black pepper

Paprika

2 tablespoons chopped baby dill pickles

2 tablespoons capers

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Directions

1. Place eggs in single layer in medium saucepan; add water to cover by 1 inch. Bring to rapid boil (large, rapidly breaking bubbles) over high heat. Cover; remove from heat. Let stand 15 minutes. Drain; place in bowl of ice water until cool enough to handle. Peel immediately under cool running water.
2. In shallow dish, combine chives and dill. Roll peeled eggs in herbs to coat. Remove eggs to cutting board; slice. Stir mayonnaise and mustard into remaining herbs.
3. Cut toast diagonally in half; remove crust.
4. To serve, spread each toast triangle with some of the Dijon spread and egg slices. Sprinkle with salt, pepper, and paprika. Serve with chopped baby dill pickles and capers. Makes 8 appetizer servings.

Nutrition Facts

Per serving: 123 kcal cal., 8 g fat (2 g sat. fat, 4 g polyunsaturated fat, 1 g monounsaturated fat), 108 mg chol., 412 mg sodium, 7 g carb., 0 g fiber, 1 g sugar, 4 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Slow-Baked Tomatoes with Garlic and Mint



(694 shares, rated 4 stars by 33 people)

MAKES: 8 SERVINGS

PREP: 15 MINS

BAKE: 45 MINS 325°F

Ingredients

1 ½ pounds cherry or grape tomatoes

1/4 - ½ cup extra virgin olive oil

7 cloves garlic, peeled, split lengthwise and green shoot removed

1 bunch fresh mint, trimmed

1 – 2 teaspoons coarse or flake salt

1 teaspoon freshly ground black pepper

Toasted slices of rustic bread

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Goat cheese (optional)

Directions

1. Preheat oven to 325 degrees F. Wash and drain tomatoes well. Pat dry with paper towels.
2. In a nonreactive (such as earthenware) 2-quart baking dish place tomatoes in a single layer. Pour on olive oil so they are very well coated and there should be a thin layer (1/8 inch) of oil on bottom of dish. Toss in garlic, mint, salt and pepper.
3. Bake, uncovered, for 45 to 60 minutes or until tomato skins split and soften but tomatoes still retain their shape.
4. Serve hot, warm, or at room temperature. Spoon or mash over slices of toasted bread and serve with goat cheese. Makes 8 servings.

Nutrition Facts

Per serving: 178 kcal cal., 10 g fat (1 g sat. fat, 1 g polyunsaturated fat, 6 g monounsaturated fat), 423 mg sodium, 20 g carb., 2 g fiber, 3 g sugar, 4 g pro. Percent Daily Values are based on a 2,000 calorie diet

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Chocolate Chai



(1.7k shares, rated 4.5 by 7 people)

MAKES: 8 SERVINGS

START TO FINISH: 15 MINS

Ingredients

4 tea bags containing black tea, such as orange pekoe, Darjeeling, English breakfast, or Lapsang souchong

2 cups boiling water

$\frac{3}{4}$ cup sugar

$\frac{1}{2}$ cup unsweetened Dutch-process cocoa powder

8 cups milk

1 tablespoon vanilla

2 teaspoons ground cinnamon

2 teaspoons ground nutmeg

Whipped cream

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Additional ground nutmeg

Candy canes (optional)

Directions

Pour the boiling water over tea bags in a large saucepan. Cover and let stand 3 to 5 minutes. Remove tea bags. Stir in sugar and cocoa powder. Cook and stir over medium heat just until mixture comes to boiling. Stir in milk, vanilla, cinnamon, and nutmeg; heat through. Do not boil. Pour into cups. Top each serving with a dollop of whipped cream sprinkled with nutmeg. If desired, insert candy canes for stirrers. Makes 8 to 10 servings.

Nutrition Facts

Per serving: 249 kcal cal., 8 g fat (5 g sat. fat, 29 mg chol., 127 mg sodium, 33 g carb., 0 g fiber, 10 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Herbed Salmon



(9.6k shares, 1 review, rated 3.5 by 72 people)

MAKES: 4 SERVINGS

PREP: 15 MINS

BAKE: 3 MINS TO 7 MINS 350°F

Ingredients

1 pound skinless salmon fillet, cut into 4 portions

1 lemon

1 tablespoon snipped fresh dillweed

1 tablespoon snipped fresh tarragon or lemon thyme

1 tablespoon snipped fresh Italian (flat-leaf) parsley or bias-sliced chives

½ teaspoon salt

½ teaspoon ground black pepper

2 tablespoons butter, softened

Lemon peel and fresh herbs (optional)

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Directions

1. Preheat oven to 350 degrees F. Rinse fish; pat dry. Shred 1 teaspoon of peel from lemon; set aside. Cut lemon in half; juice half the lemon. In a small bowl combine lemon peel, snipped herbs, salt, pepper, and butter; stir to combine. Spread evenly on the salmon.
2. Heat a 12-inch nonstick oven-going skillet over medium heat. Add salmon, herb side down. Cook for 3 minutes or until golden brown. Turn salmon; pour lemon juice over salmon. Place pan in oven and bake for 3 to 7 minutes or until salmon flakes easily when tested with a fork.
3. Transfer salmon to serving plates; drizzle with pan juices. Top with additional shredded lemon peel and snipped fresh herbs.

Nutrition Facts

Per serving: 294 kcal cal., 21 g fat (7 g sat. fat, 5 g polyunsaturated fat, 6 g monounsaturated fat), 78 mg chol., 401 mg sodium, 3 g carb., 1 g fiber, 1 g sugar, 24 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Creamy Shrimp & Tomato Chowder



(1.5k shares, 1 review, rated 3.5 by 19 people)

MAKES: 4 SERVINGS

SERVING SIZE: 1 1/2 CUPS

START TO FINISH: 18 MINS

Ingredients

2 stalks celery, chopped (1 cup)

1 medium onion, chopped (1/2 cup)

1 tablespoon olive oil

2 14 1/2 ounce can diced tomatoes with basil, garlic, and oregano, undrained

8 ounces medium peeled cooked shrimp

1/2 cup whipping cream

1/2 cup water

Ground Black Pepper

The Best Foods for Semen Production

Slivered fresh basil

Focaccia wedges

Directions

1. In a large saucepan cook celery and onion in hot oil just until tender. Stir in tomatoes; heat through. Add shrimp, whipping cream, and water. Cook over medium heat just until hot. Season to taste with pepper.
2. Ladle chowder into bowls; top with basil. Serve with focaccia wedges. Serves 4 (1-1/2-cup servings).

Nutrition Facts

Per serving: 245 kcal cal., 15 g fat (8 g sat. fat, 1 g polyunsaturated fat, 6 g monounsaturated fat), 152 mg chol., 1056 mg sodium, 14 g carb., 2 g fiber, 10 g sugar, 15 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Maple-Bourbon Glazed Salmon



(6.1k shares, rated 4 stars by 102 people)

MAKES: 4 SERVINGS

STAND: 30 MINS

Ingredients

1/3 cup pure maple syrup or maple-flavor syrup

1/3 cup orange juice

3 tablespoons bourbon whiskey or orange juice

4 4 ounces skinless salmon fillets

Salt

Ground black pepper

¼ cup coarsely chopped pecans or walnuts

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Directions

1. Preheat broiler. For syrup glaze, in a small saucepan combine maple syrup, orange juice, and whiskey. Cook, uncovered, over medium heat while preparing salmon.
2. Lightly sprinkle salmon with salt and pepper. Place on a lightly greased broiler pan. Broil 3 to 4 inches from heat for 5 minutes. Remove 2 tablespoons glaze and brush on all sides of salmon. Turn salmon and broil 5 minutes longer or until salmon flakes easily when tested with a fork.
3. Stir pecans into remaining glaze; heat on high about 5 minutes or until glaze reaches the consistency of syrup. Serve salmon topped with pecan syrup.

Nutrition Facts

Per serving: 386 kcal cal., 20 g fat (4 g sat. fat, 6 g polyunsaturated fat, 7 g monounsaturated fat), 62 mg chol., 215 mg sodium, 21 g carb., 1 g fiber, 18 g sugar, 24 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Salmon and Ravioli



(4.4k shares, 3 reviews, rated 4 stars by 104 people)

MAKES: 4 SERVINGS

Ingredients

1 9 ounce package refrigerated four cheese ravioli

1 lemon

2 6 ounces skinless, salmon fillets

Salt and ground black pepper

2 tablespoons olive oil

1 6 ounce package baby spinach

3 cloves garlic, thinly sliced

2 tablespoons butter

Shredded Parmesan cheese

Directions

1. Cook ravioli according to package directions; drain.
2. Meanwhile, halve lemon. Squeeze juice from one half of the lemon; cut

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remaining half into small wedges. Set lemon juice and lemon wedges aside. Rinse salmon; pat dry. Sprinkle with salt and pepper.

3. In a large skillet heat olive oil over medium heat; add salmon; cook for 6 to 8 minutes until salmon just flakes, turning once. Remove salmon; add spinach to skillet. Cook 1 minute or until spinach just begins to wilt. Remove spinach from skillet. Add lemon juice, garlic and butter to hot skillet. Cook and stir over medium heat until butter melts. Cook and stir 1 minute more.
4. Slice salmon and divide among 4 plates. Add ravioli and spinach; pour pan juices atop. Serve with lemon wedges and pass Parmesan. Makes 4 servings.

Nutrition Facts

Per serving: 525 kcal cal., 31 g fat (12 g sat. fat, 4 g polyunsaturated fat, 10 g monounsaturated fat), 102 mg chol., 689 mg sodium, 31 g carb., 3 g fiber, 2 g sugar, 29 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Lemon-Blueberry Muffins



(1.3k shares, rated 3 stars by 8 people)

MAKES: 12 SERVINGS

MAKES: 12 MUFFINS

PREP: 15 MINS

BAKE: 20 MINS 400°F

Ingredients

Nonstick spray coating

2 cups all-purpose flour

3 tablespoons sugar

1 ½ teaspoons baking powder

½ teaspoon baking soda

2/3 cup plain nonfat yogurt

¼ cup frozen egg product, thawed

¼ cup milk

2 tablespoons cooking oil

1 teaspoon finely shredded lemon peel

1 cup fresh or frozen blueberries

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Directions

1. Spray twelve 2-1/2-inch muffin cups with nonstick spray coating; set aside.
2. In a large mixing bowl stir together flour, sugar, baking powder, and baking soda. Make a well in the center of dry mixture.
3. In a medium mixing bowl combine yogurt, egg product, milk, oil, and lemon peel. Add yogurt mixture all at once to dry mixture. Stir just until moistened (batter should be lumpy). Fold in blueberries.
4. Spoon batter into the prepared muffin cups, filling each 2/3 full. Bake in a 400 degree F oven for 20 to 25 minutes or until a wooden toothpick inserted in center comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Then remove muffins from muffin cups. Serve warm. Makes 12 muffins.

Nutrition Facts

Per serving: 119 kcal cal., 3 g fat 68 mg sodium, 20 g carb., 1 g fiber, 3 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Lemon Blueberry Fans



(2.3k shares, 2 reviews, rated 4 stars by 27 people)

MAKES: 54 SERVINGS

PREP: 1 HR

BAKE: 8 MINS TO 10 MINS 375°F

CHILL: 1 HR TO 2 HRS

Ingredients

1 cup butter, softened

1 3 ounce package cream cheese, softened

1 cup granulated sugar

¼ teaspoon salt

1 teaspoon finely shredded lemon peel

1 teaspoon vanilla

½ teaspoon lemon extract

2 tablespoons cornstarch

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2 ½ cups all-purpose flour

2/3 cup blueberry or raspberry jam or preserves

Finely shredded lemon peel (optional)

Directions

1. In a very large bowl, combine butter and cream cheese. Beat with an electric mixer on medium to high speed for 30 seconds. Add granulated sugar and salt. Beat until light and fluffy, scraping side of bowl occasionally. Beat in the 1 teaspoon lemon peel, the vanilla, and lemon extract until combined. Beat in cornstarch. Beat in as much of the flour as you can with the mixer. Using a wooden spoon, stir in any remaining flour. Divide dough in half. Cover and chill for 1 to 2 hours or until dough is easy to handle.
2. Preheat oven to 375 F. On a lightly floured surface, roll out one of the dough portions to an 1/8-inch thickness. Using a round 2-1/2-inch cookie cutter, cut out dough. Place dough rounds 1 inch apart on an ungreased cookie sheet.
3. Spoon 1/2 teaspoon of the jam onto the center of each round. To shape fans, bring opposite sides of each dough circle up over the jam and pinch them together where they meet, forming a point at one end.
4. Bake in the preheated oven for 8 to 10 minutes or until edges are lightly browned. Cool on cookie sheet for 1 minute. Transfer cookies to a wire rack; let cool. Repeat with the remaining dough portions. If desired, sprinkle cookies with additional lemon peel before serving. Makes about 54 cookies.

The Best Foods for Semen Production

Blueberry-Pineapple Smoothie



(7.1k shares, rated 4 stars by 50 people)

MAKES: 2 SERVINGS

SERVING SIZE: 1 CUP

START TO FINISH: 10 MINS

Ingredients

2 cups fresh baby spinach

1 cup frozen blueberries

1 banana

½ cup vanilla yogurt

¼ cup chopped fresh pineapple

¼ cup frozen dark sweet cherries

¼ cup orange juice

Chopped pineapple and/or fresh blueberries (optional)

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Directions

In a blender combine all ingredients except the optional pineapple and/or blueberry topper. Cover and blend until nearly smooth, stopping to scrape down sides of container as necessary. Divide between two glasses. Top with pineapple and/or blueberries. Makes 2 (1-cup) servings.

Nutrition Facts

Per serving: 195 kcal cal., 1 g fat (1 g sat. fat, 0 g polyunsaturated fat, 0 g monounsaturated fat), 3 mg chol., 86 mg sodium, 43 g carb., 5 g fiber, 30 g sugar, 6 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Herb-Garlic Beef Roast



(4k shares, 5 reviews, rated 4 stars by 47 people)

MAKES: 4 SERVINGS

START TO FINISH: 19 MINS

Ingredients

- 1 ounce refrigerated cooked beef roast au jus
- 1 pound small round red potatoes
- 3 medium carrots
- 1 tablespoon cooking oil
- Freshly ground black pepper
- 3 tablespoons chopped fresh Italian (flat-leaf) parsley
- 3 – 6 cloves garlic, minced
- 1 tablespoon finely shredded lemon peel

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Directions

1. In large skillet cook beef roast, covered, over medium heat for 10 minutes. Uncover and simmer for 5 minutes more, until juices are slightly reduced. Meanwhile, quarter potatoes. Peel and diagonally slice carrots in 3/4-inch pieces. Place vegetables in microwave-safe dish. Drizzle with cooking oil and sprinkle with pepper; toss to coat. Tightly cover with lid or plastic wrap. Microwave on high (100% power) for 10 minutes or until tender.
2. For herb-garlic mixture, in a small bowl combine parsley, garlic, and lemon peel. To serve, stir vegetables into skillet with beef and juices. Divide among serving dishes. Sprinkle with herb-garlic mixture. Makes 4 servings.

Nutrition Facts

Per serving: 311 kcal cal., 12 g fat (5 g sat. fat, 2 g polyunsaturated fat, 1 g monounsaturated fat), 64 mg chol., 465 mg sodium, 28 g carb., 4 g fiber, 6 g sugar, 25 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Beef Stew and Garlic Mash



(1.3k shares, rated 3.5 stars by 13 people)

MAKES: 4 SERVINGS

START TO FINISH: 25 MINS

Ingredients

1 1 pound bag frozen vegetable blend (carrots, peas, and onions)

½ cup water

1 17 ounce package refrigerated cooked beef tips in gravy

2 teaspoons Worcestershire sauce

6 cloves garlic

2 tablespoons water

1 pound Yukon gold or red potatoes, halved

2 tablespoons olive oil

¼ teaspoon salt

¼ teaspoon ground black pepper

2 tablespoons fresh oregano leaves

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Directions

1. In a 4-quart Dutch oven combine vegetables and the 1/2 cup water. Bring to boiling over medium heat. Meanwhile, microwave beef tips according to package directions. Add beef and Worcestershire sauce to vegetables. Reduce heat to low. Cook, covered, for 5 minutes or until vegetables are tender.
2. In a small microwave-safe bowl combine garlic and the 2 tablespoons water; cover with vented plastic wrap. Microwave on 100 percent power (high) for 1 minute; set aside. In a large microwave-safe bowl microwave potatoes on 100 percent power (high) for 8 to 10 minutes; stirring once halfway through cooking.
3. Peel and mash garlic. Add garlic, olive oil, salt, and pepper to potatoes; mash. Divide potatoes among four dishes; top with stew and sprinkle with oregano.

Nutrition Facts

Per serving: 368 kcal cal., 14 g fat (3 g sat. fat, 1 g polyunsaturated fat, 5 g monounsaturated fat), 47 mg chol., 888 mg sodium, 42 g carb., 8 g fiber, 4 g sugar, 24 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Green Beans with Almonds



(2.6k shares, 1 review, rated 3.5 by 29 people)

Ingredients

1 ½ pounds haricot verts or thin green beans, trimmed if desired

½ cup whole almonds, coarsely chopped

1 tablespoon olive oil

2 cloves garlic, minced

½ cup coarsely snipped fresh parsley

1 tablespoon finely shredded lemon peel

¼ teaspoon salt

¼ teaspoon ground black pepper

Finely shredded lemon peel (optional)

Directions

1. In a Dutch oven cook green beans in boiling, lightly salted water about 8 minutes or just until tender; drain. Return beans to Dutch oven.

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2. Meanwhile, in a large skillet cook almonds in hot oil over medium heat for 3 minutes, stirring frequently. Add garlic; cook and stir for 1 minute.
3. Add almond mixture, parsley, 1 tablespoon lemon peel, salt, and pepper to green beans; toss gently to coat. Transfer bean mixture to a serving dish. If desired, sprinkle with additional lemon peel.

Nutrition Facts

Per serving: 77 kcal cal., 5 g fat (0 g sat. fat, 1 g polyunsaturated fat, 3 g monounsaturated fat), 0 mg chol., 80 mg sodium, 8 g carb., 4 g fiber, 1 g sugar, 3 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Slow Cooker Pot Roast Stew



(1.8k shares, rated 4 stars by 46 people)

MAKES: 8 SERVINGS

PREP: 40 MINS

COOK: 6 HRS ON LOW OR HIGH-HEAT 3 HOURS; PLUS 1-1/2 HOURS ON HIGH-HEAT SETTING-1/2 HOURS

Ingredients

2 large onions, cut into 1/2-inch wedges (2 cups)

1 3 pound boneless beef chuck pot roast, cut into 1-inch cubes

¾ cup dry red wine or lower-sodium beef broth

¼ cup tomato paste

3 tablespoons balsamic vinegar or cider

2 3 inches cinnamon sticks

1 teaspoon dried rosemary, crushed

1 teaspoon ground allspice

¾ teaspoon salt

1/4 - ½ teaspoon crushed red pepper

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1 2 pound butternut squash, peeled, seeded and cut into 1-1/2-inch pieces (about 4 1/2 cups)

2 large quince or cooking apples, cored and cut into 1/2-inch wedges

4 cups hot cooked couscous

Directions

1. Place onions in a 5- to 6-quart slow cooker. Place beef on top of onions. In a bowl combine wine, tomato paste, vinegar, cinnamon, rosemary, allspice, salt, and crushed red pepper; pour over beef.
2. Cover and cook on low-heat setting for 6 hours or on high-heat setting for 3 hours. Adjust low-heat setting to high-heat setting. Stir in squash and quince. Cover and cook 1-1/2 to 2 hours more or until squash is tender. If using apples, add to cooker the last 1/2 hour of cooking. Remove and discard cinnamon. Serve pot roast with couscous and juices. Makes 8 servings.

Nutrition Facts

Per serving: 418 kcal cal., 8 g fat (2 g sat. fat, 1 g polyunsaturated fat, 4 g monounsaturated fat), 101 mg chol., 347 mg sodium, 36 g carb., 4 g fiber, 4 g sugar, 41 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Barley Beef Soup



(3.6k shares, rated 4 stars by 28 people)

MAKES: 8 SERVINGS

PREP: 25 MINS

COOK: 8 HRS TO 10 HRS (LOW) OR 4 TO 5 HOURS (HIGH)

Ingredients

12 ounces beef or lamb stew meat

1 tablespoon vegetable oil

4 14 ounce cans lower-sodium beef broth

1 14 1/2 ounce can diced tomatoes, undrained

1 cup chopped onion (1 large)

1 cup peeled parsnip or potato cut into 1/2-inch pieces

1 cup frozen mixed vegetables

2/3 cup regular barley

1/2 cup chopped celery (1 stalk)

1 cup bay leaf

2 cloves garlic, minced

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1 teaspoon dried oregano or basil, crushed

¼ teaspoon ground black pepper

Directions

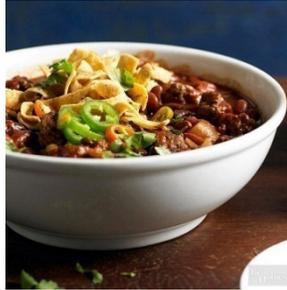
1. Trim fat from meat. Cut meat into 1-inch pieces. In a large skillet, cook meat in hot oil over medium-high heat until brown. Drain off fat.
2. Transfer meat to a 5- or 6-quart slow cooker. Stir in broth, undrained tomatoes, onion, parsnip, frozen vegetables, barley, celery, bay leaf, garlic, oregano, and pepper.
3. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

Nutrition Facts

Per serving: 168 kcal cal., 4 g fat (1 g sat. fat, 25 mg chol., 492 mg sodium, 20 g carb., 3 g fiber, 13 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Beef and Bean Chili



(1.7k shares, rated 4 stars by 45 people)

MAKES: 8 SERVINGS

PREP: 30 MINS

COOK: 20 MINS

Ingredients

2 pounds lean ground beef

2 large onions, chopped (2 cups)

6 cloves garlic, minced

2 – 4 jalapeno peppers, seeded and finely chopped

2 tablespoons chili powder

2 teaspoons ground cumin

1 15 ounce can tomato sauce

2 cups water

3 15 ounce can kidney beans, rinsed and drained

¼ cup chopped fresh cilantro

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1 ounce semisweet chocolate, chopped

½ teaspoon salt

4 cups corn chips

Directions

1. In a Dutch oven brown beef over medium heat; drain off fat. Add onions, garlic, and peppers to pan; cook about 5 minutes or until almost tender. Add the chili powder and cumin; cook for 1 minute, until fragrant. Add tomato sauce and water; bring to boiling. Reduce heat to medium-low. Simmer, covered, for 10 minutes.
2. Mash one-third of the beans. Stir all beans into chili. Return to simmering; cook about 5 minutes. Remove from heat. Stir in the chopped cilantro, chocolate and salt until chocolate is melted. Serve topped with corn chips.

Nutrition Facts

Per serving: 389 kcal cal., 22 g fat (8 g sat. fat, 1 g polyunsaturated fat, 9 g monounsaturated fat), 85 mg chol., 370 mg sodium, 20 g carb., 6 g fiber, 7 g sugar, 28 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Fruit and Broccoli Salad



(779 shares, rated 4 stars by 20 people)

MAKES: 12 SERVINGS

PREP: 15 MINS

CHILL: 1 HR

Ingredients

½ ounce 16-oz. package shredded broccoli (broccoli slaw mix)

1 cup seedless red and/or green grapes, halved

2/3 cup chopped apple (1 medium)

1/3 - ½ cup bottled citrus salad dressing (such as tangerine vinaigrette)

2 medium orange, peeled, seeded, and sectioned

½ cup coarsely chopped pecans or walnuts, toasted if desired*

Red-tip butterhead (Boston or Bibb) lettuce

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Directions

In a very large bowl combine shredded broccoli, grapes, and apples. Up to 1 hour before serving, pour salad dressing over broccoli mixture. Add oranges; toss to coat. Cover and chill . Transfer to a serving bowl. Sprinkle with nuts; toss again. Makes 12 to 16 servings.

To Toast Nuts:

Preheat oven to 350 degree F. Spread nuts in a single layer in a shallow baking pan. Bake for 5 to 10 minutes or until light golden brown, stirring once or twice.

Nutrition Facts

Per serving: 219 kcal cal., 15 g fat (2 g sat. fat, 4 g polyunsaturated fat, 6 g monounsaturated fat), 6 mg chol., 131 mg sodium, 21 g carb., 2 g fiber, 14 g sugar, 3 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Gingered Beef & Broccoli Salad Bowl



(1.7k shares, rated 3.5 stars by 27 people)

MAKES: 4 SERVINGS

START TO FINISH: 20 MINS

Ingredients

12 ounces beef sirloin steak

2/3 cup bottled ginger vinaigrette salad dressing

3 cups broccoli florets

8 cups mixed spring or baby salad greens

1 red sweet pepper

Directions

1. Trim fat from beef. Thinly slice beef across the grain into bite-size strips; set aside.
2. In a wok or large skillet heat 2 tablespoons of the salad dressing over medium-high heat. Add broccoli. Cook and stir for 3 minutes. Add beef to

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wok or skillet. Cook and stir 2 to 3 minutes or until beef is slightly pink in center. Remove beef and broccoli from wok or skillet. Remove stem end and seeds from sweet pepper. Cut sweet pepper in bite-size strips.

3. In large bowl combine greens, sweet pepper, beef, and broccoli. Drizzle remaining salad dressing; toss to coat. Makes 4 servings.

Nutrition Facts

Per serving: 237 kcal cal., 9 g fat (2 g sat. fat, 0 g polyunsaturated fat, 1 g monounsaturated fat), 60 mg chol., 468 mg sodium, 17 g carb., 4 g fiber, 10 g sugar, 22 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Broccoli and Chicken Casserole



(7.7k shares, 1 review, rated 3.5 stars by 70 people)

MAKES: 6 SERVINGS

PREP: 30 MINS

BAKE: 40 MINS 350°F

Ingredients

4 ounces dried medium noodles

2 ½ cups chopped cooked chicken or turkey

1 10 ounce package frozen chopped broccoli, thawed

½ cup sliced green onions

1 10 ¾ ounce can condensed cream of mushroom soup

½ cup skim milk

½ cup shredded Swiss cheese (2 ounces)

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1 teaspoon dried basil, crushed

1/8 teaspoon pepper

Paprika

Directions

1. Cook noodles according to package directions. Drain well.
2. In a 2-quart casserole stir together noodles, chicken or turkey, broccoli, and green onions.
3. In a medium mixing bowl stir together soup, milk, cheese, basil, and pepper. Stir into noodle mixture.
4. Bake, covered, in a 350 degree F oven for 40 to 45 minutes or until heated through. Sprinkle with paprika. Makes 6 servings.

Nutrition Facts

Per serving: 290 kcal cal., 11 g fat 61 mg chol., 508 mg sodium, 22 g carb., 25 g pro.
Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Chicken and Lemon-Broccoli Alfredo



(13.9k shares, 6 reviews, rated 4 stars by 86 people)

MAKES: 4 SERVINGS

START TO FINISH: 20 MINS

Ingredients

4 small skinless, boneless chicken breast halves

Salt and pepper

8 ounces mushrooms, halved

1 tablespoon olive or cooking oil

1 lemon

3 cups fresh broccoli florets

1 10 ounce container refrigerated light Alfredo pasta sauce

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Directions

1. Season chicken with salt and pepper. In large skillet brown chicken and mushrooms 4 minutes in hot oil, turning chicken halfway through.
2. Meanwhile, shred 2 teaspoons lemon peel; set aside. Slice lemon. Add broccoli and lemon slices to skillet. Cover; cook 8 minutes or until chicken is done (170 degrees F on an instant-read thermometer).
3. Place chicken and vegetables on plates. Add Alfredo sauce to skillet; heat through. Serve with chicken. Add lemon peel and pepper. Makes 4 servings.

Nutrition Facts

Per serving: 295 kcal cal., 12 g fat (5 g sat. fat, 1 g polyunsaturated fat, 3 g monounsaturated fat), 91 mg chol., 705 mg sodium, 16 g carb., 4 g fiber, 5 g sugar, 35 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Easy Cheesy Broccoli and Rice



(2.4k shares, 1 review, rated 4 stars by 36 people)

MAKES: 6 SERVINGS

START TO FINISH: 15 MINS

Ingredients

1 10 ounce package frozen chopped broccoli

1 cup quick-cooking rice

1 cup water

¼ teaspoon salt

1 cup shredded reduced-fat cheddar or Swiss cheese (4 ounces)

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Directions

1. In a medium saucepan combine frozen broccoli, uncooked rice, water, and salt. Bring to boiling, stirring frequently to break up frozen broccoli.
2. Remove from heat. Cover and let stand for 5 minutes. Return saucepan to burner. Over low heat, add cheese, stirring just until cheese is melted. If desired, serve in bowls and sprinkle with additional shredded reduced-fat cheddar cheese. Makes 6 servings.

Nutrition Facts

Per serving: 132 kcal cal., 4 g fat (3 g sat. fat, 13 mg chol., 270 mg sodium, 16 g carb., 1 g fiber, 7 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Broccoli-Stuffed Sole



(45.8k shares, 2 reviews, rated 4 stars by 38 people)

MAKES: 4 SERVINGS

START TO FINISH: 45 MINS 350°F

Ingredients

4 4 ounces fresh or frozen skinless sole, flounder, or other fish fillets, about 1/4 inch thick

1 cup frozen cut broccoli, thawed

1 beaten egg

1 8 ounce container soft-style cream cheese with chives and onion

¼ cup grated Parmesan cheese

¾ cup herb-seasoned stuffing mix

2 tablespoons milk

2 tablespoons dry white wine

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Directions

1. Thaw fish, if frozen. Rinse fish and pat dry with paper towels. For stuffing, drain broccoli, pressing out excess liquid. Combine egg, half of the cream cheese, and the Parmesan cheese. Stir in broccoli and stuffing mix. Spoon one-fourth of the stuffing onto an end of each fillet. Roll up, securing rolls with wooden toothpicks. Place fish in a greased 2-quart square baking dish. Bake, covered, in a 350 degree F oven for 30 to 35 minutes or until fish flakes easily with a fork and stuffing is hot.
2. Meanwhile, for sauce, in a small saucepan cook remaining cream cheese, milk, and wine until heated through, stirring often. Serve sauce over fish. Makes 4 servings.

Nutrition Facts

Per serving: 376 kcal cal., 23 g fat (12 g sat. fat, 172 mg chol., 500 mg sodium, 11 g carb., 1 g fiber, 29 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Broccoli-Potato Soup with Greens



(1.2k shares, rated 4 stars by 25 people)

MAKES: 4 SERVINGS

COOK: 8 MINS

Ingredients

2 medium red potatoes, chopped

1 14 1/2 ounce can reduced-sodium chicken broth

3 cups small broccoli florets

2 cups milk

3 tablespoons all-purpose flour

2 cups smoked Gouda cheese, shredded (8 ounces)

Ground black pepper

2 cups winter greens (such as curly endive, chicory, romaine, escarole, or spinach)

Shredded Gouda cheese (optional)

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Directions

1. In large saucepan combine potatoes and broth. Bring to boiling; reduce heat. Simmer, covered, for 8 minutes. Mash slightly. Add broccoli and milk; bring just to simmering.
2. In a medium bowl toss flour with the 2 cups cheese; gradually add to soup, stirring cheese until melted. Season to taste with pepper. Ladle soup into shallow serving bowls. Top with greens and additional cheese.

Nutrition Facts

Per serving: 365 kcal cal., 18 g fat (11 g sat. fat, 1 g polyunsaturated fat, 5 g monounsaturated fat), 74 mg chol., 782 mg sodium, 28 g carb., 4 g fiber, 10 g sugar, 23 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Roasted Asparagus



(1.4k shares, rated 4 stars by 20 people)

MAKES: 4 SERVINGS

PREP: 10 MINS

ROAST: 15 MINS 450°F

Ingredients

1 pound fresh asparagus, trimmed

1/8 teaspoon ground black pepper

1 tablespoon olive oil

3 tablespoons grated Parmesan cheese

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Directions

Preheat oven to 450F. Place asparagus in a 2-quart baking dish. Sprinkle with pepper. Drizzle with olive oil. Toss lightly to coat. Roast, uncovered, in the preheated oven about 15 minutes or until crisp-tender, lightly tossing twice during roasting. Transfer asparagus to a warm serving platter. Sprinkle with cheese. Makes 4 servings.

Nutrition Facts

Per serving: 58 kcal cal., 5 g fat (1 g sat. fat, 3 mg chol., 59 mg sodium, 3 g carb., 1 g fiber, 3 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Garlic-Roasted Asparagus



(21.3k shares, 7 reviews, rated 4 stars by 241 people)

Ingredients

- 1 ½ pounds fresh asparagus spears
- 2 – 3 cloves garlic, thinly sliced
- 2 – 3 tablespoons olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Directions

1. Preheat oven to 450 degrees F. Snap off and discard woody bases from asparagus. Place asparagus and garlic in a 15x10x1-inch baking pan. Drizzle with oil and sprinkle with salt and pepper. Toss to coat.
2. Roast for 10 to 15 minutes or until asparagus is crisp-tender, stirring once halfway through roasting. Serve immediately. Makes 6 servings.

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Nutrition Facts

Per serving: 64 kcal cal., 5 g fat (1 g sat. fat, 1 g polyunsaturated fat, 3 g monounsaturated fat), 0 mg chol., 99 mg sodium, 5 g carb., 2 g fiber, 2 g sugar, 3 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Bananas Foster Gelato



(1.2k shares, rated 4 stars by 8 people)

MAKES: 8 SERVINGS

SERVING SIZE: 1/2 CUP

PREP: 30 MINS

FREEZE: 12 HRS OVERNIGHT

Ingredients

2/3 cup packed brown sugar

5 egg yolks

¼ teaspoon ground cinnamon

1 ¾ cups whole milk

¼ cup whipping cream

2 ripe bananas

1 teaspoon lemon juice

2 tablespoons dark rum or 1/2 tsp. rum extract

1 teaspoon vanilla

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Sliced bananas (optional)

Caramel-flavored ice cream topping (optional)

Directions

1. In medium mixing bowl beat brown sugar, egg yolks, and cinnamon with an electric mixer about 4 minutes; set aside.
2. In medium saucepan heat and stir the milk, cream, and 1/2 teaspoon salt until just simmering. Slowly stir about 1 cup of the hot milk mixture into the egg yolk mixture. Return all egg yolk mixture to saucepan. Heat and stir constantly (do not boil) until mixture thickens. Remove pan from heat and place in bowl of ice water; stir 2 to 3 minutes to cool.
3. Mash the 2 bananas with the lemon juice. Stir into thickened mixture along with rum and vanilla (mixture may appear slightly curdled). Transfer to large bowl. Cover; refrigerate overnight.
4. Freeze in 1-1/2- or 2-quart ice cream freezer according to manufacturer's directions. Serve with sliced bananas and caramel topping. Makes about 8 (1/2-cup) servings.

Nutrition Facts

Per serving: 198 kcal cal., 7 g fat (4 g sat. fat, 1 g polyunsaturated fat, 2 g monounsaturated fat), 147 mg chol., 180 mg sodium, 28 g carb., 1 g fiber, 25 g sugar, 4 g pro. Percent Daily Values are based on a 2,000 calorie diet

Maple-Glazed Bananas



(934 shares, rated 5 stars by 11 people)

MAKES: 4 SERVINGS

START TO FINISH: 15 MINS

Ingredients

¼ cup butter

¼ cup packed brown sugar

¼ cup pure maple syrup or maple-flavored syrup

1 tablespoon lemon juice

½ teaspoon ground cinnamon

3 firm, ripe bananas, halved lengthwise and cut into 1-inch pieces

1 pint vanilla ice cream

The Best Foods for Semen Production

Directions

1. In heavy medium skillet, melt butter over medium heat. Stir in brown sugar, syrup, lemon juice, and cinnamon. Bring to boiling; reduce heat. Simmer, uncovered, for 2 minutes. Add bananas; spoon some of the syrup mixture over bananas. Cook and stir for 1 to 2 minutes more or until heated through. Remove from heat.
2. Scoop ice cream into dessert dishes. Spoon warm bananas and syrup over ice cream.

Nutrition Facts

Per serving: 471 kcal cal., 24 g fat (15 g sat. fat, 1 g polyunsaturated fat, 6 g monounsaturated fat), 99 mg chol., 135 mg sodium, 64 g carb., 2 g fiber, 51 g sugar, 4 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Tutti-Fruity Smoothie



(1.8k shares, 2 reviews, rated 3.5 stars by 32 people)

MAKES: 2 SERVINGS

START TO FINISH: 10 MINS

Ingredients

1 banana, peeled and cut up

¼ cup fresh or frozen blueberries

¼ cup sliced fresh or frozen strawberries

¾ cup vanilla soymilk or milk

½ cup pomegranate-blueberry juice, pomegranate juice, grape juice, or cranberry juice, chilled

½ cup vanilla frozen yogurt or pineapple sherbet

The Best Foods for Semen Production

Directions

In a blender container combine banana, berries, soymilk, juice, and yogurt. Cover and blend until smooth. Pour into glasses. Makes 2 servings.

Nutrition Facts

Per serving: 209 kcal cal., 4 g fat (2 g sat. fat, 1 g polyunsaturated fat, 1 g monounsaturated fat), 5 mg chol., 80 mg sodium, 42 g carb., 3 g fiber, 29 g sugar, 4 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Tropical Fruit Smoothies



(709 shares, rated 4 stars by 20 people)

MAKES: 4 SERVINGS

SERVING SIZE: 2/3 CUP TO 1 CUP

PREP: 10 MIN

Ingredients

1 6 ounce carton apricot-mango, orange-mango, pina colada, or pineapple fat-free yogurt with artificial sweetener

1 cup fat-free milk

1 cup sliced fresh banana

1 cup sliced fresh mango or refrigerated mango slices

1 cup small ice cubes or crushed ice

Sliced mango, lime wedges, or pineapple wedges (optional)

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Directions

In a blender, combine yogurt, milk, banana, and the 1 cup mango. Cover and blend until smooth. Add ice; cover and blend until smooth. If desired, garnish with additional mango slices or lime or pineapple wedges. Makes 4 to 6 (2/3 to 1 cup) servings.

Nutrition Facts

Per serving: 103 kcal cal., 0 g fat (0 g sat. fat, 2 mg chol., 53 mg sodium, 22 g carb., 2 g fiber, 5 g pro. Percent Daily Values are based on a 2,000 calorie diet



THE BEST FOODS FOR

Erection Strength

The Best Foods for Semen Production

Citrus Cider



(2.6k shares, rated 4 stars by 17 people)

MAKES: 13 SERVINGS

SERVING SIZE: 6 OUNCE

PREP: 10 MINS

SLOW COOK: 5 HRS TO 6 HRS (LOW) OR 2 1/2 TO 3 HOURS (HIGH)

Ingredients

2 quarts apple cider or apple juice

1 cup orange juice*

½ cup lemon juice*

¼ cup honey

8 inches stick cinnamon, broken

8 whole cloves

3 slices fresh ginger

Directions

The Best Foods for Semen Production

1. In a 3 1/2- to 4-quart slow cooker, combine cider, orange juice, lemon juice, and honey. Stir to dissolve honey.
2. For a spice bag, cut a 6-inch square from a double thickness of 100%-cotton cheesecloth. Place cinnamon, cloves, and ginger in the center of the cloth. Bring the corners together and tie closed with 100%-cotton kitchen string. Add spice bag to slow cooker.
3. Cover; cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours. Remove the spice bag and discard.

Test Kitchen Tip:

If you squeeze fresh oranges and lemons for the juice, use a vegetable peeler to cut several wide strips of peel from the fruit, avoiding the white pith underneath. Add the peel to the spice bag.

Nutrition Facts

Per serving: 89 kcal cal., 1 mg sodium, 10 g carb., 7 g sugar Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Citrus Salmon with Broccoli



(2.1k shares, 3 reviews, rated 4 stars by 53 people)

MAKES: 4 SERVINGS

START TO FINISH: 22 MINS

Ingredients

1 lemon

1 tablespoon sugar

2 tablespoons butter

4 4 ounces skinless salmon fillets

Salt

Ground black pepper

1 tablespoon snipped fresh dill

1 tablespoon olive oil

1 pound broccoli, trimmed

4 cloves garlic, peeled and sliced

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Lemon slices and fresh dill (optional)

Directions

1. Slice half of the lemon into thin slices; set aside. Juice remaining half of lemon into a 1-cup measure; add water to equal 1/2 cup. Stir in sugar. Set aside.
2. In a 12-inch nonstick skillet heat butter over medium-high heat. Sprinkle salmon with salt and pepper; add to skillet. Cook for 2 to 3 minutes or until bottom is golden; turn fillets. Add lemon juice mixture. Top with snipped dill and lemon slices. Reduce heat to medium; cover and cook 5 to 6 minutes more or until fish flakes easily when tested with a fork.
3. Meanwhile, in another skillet heat oil over medium heat. Quarter broccoli lengthwise into long spears; add to skillet along with garlic. Cook broccoli and garlic in hot oil over medium heat for 8 to 10 minutes or until crisp-tender, turning often. Serve salmon with broccoli; pour pan juices over salmon. If desired, serve with additional lemon slices and fresh dill.

Nutrition Facts

Per serving: 363 kcal cal., 25 g fat (8 g sat. fat, 5 g polyunsaturated fat, 8 g monounsaturated fat), 78 mg chol., 277 mg sodium, 12 g carb., 3 g fiber, 5 g sugar, 26 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Fresh Citrus and Cranberry Salad



(3.8k shares, rated 4 stars by 62 people)

MAKES: 8 SERVINGS

PREP: 25 MINS

CHILL: 1 HR

Ingredients

2 cups fresh or frozen cranberries, thawed

4 oranges

2 stalks celery, thinly sliced (1 cup)

½ small red onion, finely chopped (1/3 cup)

¼ cup sugar

2 tablespoons fresh lemon juice

1 teaspoon grated fresh ginger

1 5 ounce package baby arugula

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¼ cup fresh mint leaves, chopped

2 tablespoons walnut oil or olive oil

Directions

1. For Cranberry Topper, in food processor cover and pulse cranberries 5 times to coarsely chop (or coarsely chop by hand). Transfer to bowl.
2. Cut peel from oranges. Section oranges over bowl to catch juice. Add sections and juice to cranberries. Stir in celery, onion, sugar, lemon juice, and ginger. Cover and refrigerate at least 1 hour or up to 2 days.
3. Toss arugula with mint and oil. Top with cranberry mixture. Serves 8.

Nutrition Facts

Per serving: 92 kcal cal., 4 g fat (0 g sat. fat, 2 g polyunsaturated fat, 1 g monounsaturated fat), 0 mg chol., 16 mg sodium, 15 g carb., 3 g fiber, 11 g sugar, 1 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Sweet Beets and Greens Smoothies



(2.2k shares, rated 4.5 stars by 8 people)

MAKES: 4 SERVINGS

SERVING SIZE: 8 OUNCES

MAKES: 4 CUPS

PREP: 15 MINS

COOK: 30 MINS

Ingredients

3 medium beets, peeled and quartered (9 ounces)*

1 ½ cups frozen unsweetened blueberries

1 ½ cups frozen unsweetened whole strawberries

1 ½ cups pomegranate juice

3 tablespoons honey

1 ½ cups chopped, trimmed Swiss chard or kale

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Directions

1. In a medium saucepan cook beets, covered, in boiling water for 30 to 40 minutes or until very tender. Drain beets in a colander. Run cold water over beets until cool. Drain well.
2. In a blender combine beets, blueberries, strawberries, pomegranate juice, and honey. Cover and blend until smooth, stopping to scrape sides of blender as needed. Add chard (blender will be full); cover and blend until very smooth, stopping to scrape sides of blender as needed.
3. Pour into tall glasses and serve immediately.

Make-Ahead Tip:

Prepare smoothies as directed. Transfer to an airtight freezer container. Cover and chill for up to 3 days or freeze for up to 6 months. If frozen, thaw in the refrigerator. Stir well before serving.

Nutrition Facts

Per serving: 178 kcal cal., 1 g fat (0 g sat. fat, 0 g polyunsaturated fat, 0 g monounsaturated fat), 0 mg chol., 89 mg sodium, 44 g carb., 5 g fiber, 37 g sugar, 2 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Beet and Apple Soup with Horseradish Cream



(757 shares, rated 4 stars by 17 people)

MAKES: 6 SERVINGS

MAKES: 6 TO 8 SIDE-DISH SERVINGS

START TO FINISH: 50 MINS

Ingredients

10 medium beets (about 2-1/2 pounds)

1 medium sweet onion, chopped

1 medium potato, peeled and chopped

1 small cooking apple, such as Granny Smith or Gala, peeled, cored, and chopped

3 14 1/2 ounce cans reduced-sodium chicken broth

Salt

Ground black pepper

2 tablespoons dry sherry or white balsamic vinegar

1 8 ounce carton sour cream

2 tablespoons prepared horseradish

¼ teaspoon cayenne pepper

1 recipe Skillet Beets (optional)

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Directions

1. Peel eight of the beets* and cut each into 1-inch pieces. (Reserve remaining two beets to make Skillet Beets.) In a 4-quart Dutch oven combine the chopped beets, onion, potato, apple, and broth; bring to boiling. Reduce heat. Simmer, covered, 25 to 30 minutes or until tender. Cool about 5 minutes.
2. Transfer soup, half at a time, to a food processor. Cover; process until smooth. (Or blend with immersion blender.) Return to Dutch oven. Stir in sherry. Season to taste with salt and black pepper. Heat through.
3. For horseradish cream, in a small bowl combine sour cream, horseradish, and cayenne pepper; stir about 1/2 cup of the cream mixture into the hot soup. Set aside remaining cream mixture.
4. To serve, ladle soup into bowls. Top with a dollop of the remaining horseradish cream and, if desired, Skillet Beets.

The Best Foods for Semen Production

Skillet Beets

Ingredients

2 reserved beets

2 tablespoons vegetable oil

Direction

Trim tops from beets to leave 1 inch of stem. Peel and thinly slice beets lengthwise from top to bottom. In a large skillet cook beet slices in hot oil over medium heat 8 minutes or until tender, turning once.

Nutrition Facts

Per serving: 222 kcal cal., 9 g fat (5 g sat. fat, 1 g polyunsaturated fat, 2 g monounsaturated fat), 17 mg chol., 729 mg sodium, 31 g carb., 6 g fiber, 17 g sugar, 7 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Beet, Carrot & Apple Salad



(3.7k shares, rated 4 stars by 25 people)

MAKES: 8 SERVINGS

SERVING SIZE: 1/2 CUP

MAKES: 12 SERVINGS, PLUS LEFTOVERS

START TO FINISH: 45 MINS

Ingredients

Zest and juice of 1 orange

Zest and juice of 1 lime

2 tablespoons sherry vinegar

$\frac{3}{4}$ cup extra-virgin olive oil

Sea salt and fresh ground black pepper

1 pound beets, peeled and cut in matchsticks

2 large carrots, peeled and cut in matchsticks

1 Granny Smith apple, cored, peeled and cut in matchsticks

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1 turnip, peeled and cut in matchsticks

1 bunch flat-leaf parsley, stems removed

Directions

1. In a large bowl, combine the orange zest and juice, lime zest and juice, and vinegar. Slowly whisk in the olive oil, then season with salt and pepper to taste.
2. In the same bowl, layer beets, carrots, apple, and turnip. Season with additional salt and pepper to taste. Toss salad right before serving, then top with parsley leaves.
3. To cut matchsticks Use a mandolin or a food processor that has either a julienne blade or large shredding blade.

Nutrition Facts

Per serving: 118 kcal cal., 10 g fat (1 g sat. fat, 1 g polyunsaturated fat, 7 g monounsaturated fat), 0 mg chol., 87 mg sodium, 7 g carb., 2 g fiber, 4 g sugar, 1 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Power Kale Salad



(2.2k shares, rated 4 stars by 14 people)

MAKES: 4 SERVINGS

PREP: 15 MINS

BAKE: 15 MINS TO 18 MINS 400°F

Ingredients

4 skinless, boneless chicken breast halves (1 1/4 to 1 1/2 lbs.)

3 tablespoons olive oil

2 seedless tangerines or oranges

½ teaspoon salt

½ teaspoon coarsely ground black pepper

½ cup dried tart red cherries

½ cup pomegranate-blueberry juice blend

1 tablespoon red wine vinegar

4 ounces green or purple kale leaves, shredded (4 cups)

½ cup thinly sliced red onion

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1 red or green pear, cored and thinly sliced

1 ounce Parmesan cheese, shaved

Directions

1. Preheat oven to 400 degrees F. Brush chicken with 1 Tbsp. of the olive oil. Transfer to a foil-lined baking sheet. Finely shred 2 tsp. peel from the tangerines. Peel tangerines; slice crosswise and set aside. Sprinkle chicken with tangerine peel, 1/4 tsp. of the salt, and 1/4 tsp. of the pepper. Bake 15 to 20 minutes or until done (165 degrees F). Transfer to a cutting board; let stand 5 minutes.
2. Meanwhile, place cherries in a small microwave-safe bowl. Add pomegranate-blueberry juice; microwave 30 seconds. Let stand 10 minutes. Drain cherries, reserving juice; set cherries aside.
3. For dressing, in a small bowl whisk together reserved juice, remaining 2 Tbsp. olive oil, vinegar, remaining 1/4 tsp. salt, and remaining 1/4 tsp. pepper. Pour half of the dressing into a large bowl. Add kale and onion; toss to coat. Transfer to a serving platter.
4. Slice chicken; arrange over kale mixture with tangerines and pear. Top with cherries and Parmesan cheese. Drizzle with remaining dressing.

Nutrition Facts

Per serving: 434 kcal cal., 16 g fat (3 g sat. fat, 2 g polyunsaturated fat, 9 g monounsaturated fat), 95 mg chol., 559 mg sodium, 39 g carb., 4 g fiber, 29 g sugar, 35 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Pumpkin-Kale Calico Bean Stew



(3.4k shares, 3 reviews, rated 3.5 stars by 26 people)

MAKES: 6 SERVINGS

SERVING SIZE: 1 1/2 CUPS

MAKES: ABOUT 9 CUPS

PREP: 30 MINS

STAND: 1 HR

SLOW COOK: 11 HRS TO 12 HRS (LOW) OR 5 1/2 TO 6 HOURS PLUS 30 MINUTES (HIGH)

Ingredients

½ cup dried Great Northern beans

½ cup dried pinto beans

½ cup dried black beans

4 cups unsalted vegetable stock

1 15 ounce can pumpkin

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- 1 cup chopped onion (1 large)
- 1 ½ teaspoons ground cumin
- 1 teaspoon dried oregano, crushed
- 1 teaspoon chili powder
- ¾ teaspoon salt
- 4 cups roughly chopped fresh kale (3 ounces)
- 1 14 1/2 ounce can Italian-style stewed tomatoes, undrained and cut up
- 1 cup frozen shelled sweet soybeans (edamame), thawed
- 1 tablespoon bottled Louisiana hot sauce

Directions

1. Rinse beans; drain. In a large saucepan combine beans and enough water to cover beans by 2 inches. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover and let stand for 1 hour. Drain and rinse beans.
2. In a 4-quart slow cooker combine beans, vegetable stock, pumpkin, onion, cumin, oregano, chili powder, and salt.
3. Cover and cook on low-heat setting for 11 to 12 hours or on high-heat setting for 5 1/2 to 6 hours. If using low-heat setting, turn to high-heat setting. Stir in kale, tomatoes, edamame, and hot sauce. Cover and cook on high-heat setting for 30 minutes more. Makes 6 servings.

Nutrition Facts

Per serving: 268 kcal cal., 2 g fat (0 g sat. fat, 1 g polyunsaturated fat, 1 g monounsaturated fat), 0 mg chol., 739 mg sodium, 49 g carb., 13 g fiber, 11 g sugar, 15 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Good Greens Winter Soup



(1.3k shares, rated 4.5 stars by 24 people)

MAKES: 8 SERVINGS

MAKES: 8 SIDE-DISH SERVINGS

START TO FINISH: 35 MINS

Ingredients

2 leeks, trimmed, halved, and sliced

2 stalks celery, chopped

2 cloves garlic, minced

1 tablespoon olive oil

3 14 ounce can vegetable broth

1 14 1/2 ounce can diced tomatoes with basil, garlic, and oregano

4 cups coarsely shredded kale

2 medium zucchini, halved and sliced

1 5 ounce package baby spinach

½ cup chopped Italian parsley or basil

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2 tablespoons red wine vinegar

Directions

In 5-quart Dutch oven cook leeks, celery, and garlic in oil over medium heat for 10 minutes or until beginning to brown. Stir in broth, undrained tomatoes, kale, zucchini, 1/4 teaspoon each salt and black pepper. Bring to boiling; reduce heat. Simmer, covered, 5 minutes, stirring once. Reserve a few spinach leaves; stir in remaining spinach, parsley, and vinegar. Top with reserved spinach leaves. Makes 8 side-dish servings.

Nutrition Facts

Per serving: 90 kcal cal., 2 g fat (0 g sat. fat, 0 g polyunsaturated fat, 1 g monounsaturated fat), 0 mg chol., 737 mg sodium, 14 g carb., 2 g fiber, 7 g sugar, 5 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Grilled Beef Tenderloin & Arugula Salad



(1.2k shares, rated 3 stars by 4 people)

Ingredients

1 lemon

12 ounces beef tenderloin, grilled and sliced

5 – 8 ounces arugula

1 bulb fennel, thinly shaved

1 bunch asparagus, trimmed, grilled, and slightly chilled

1 pint grape tomatoes, halved

1 red onion, sliced, grilled, and slightly chilled

½ cup low-fat feta cheese, crumbled

3 tablespoons olive oil

salt

pepper

10 chives, chopped

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Directions

1. Remove zest and juice from lemon, set aside.
2. In a bowl, combine beef tenderloin, arugula, fennel, asparagus, grape tomatoes, red onion, low-fat feta cheese, lemon juice, olive oil, salt, and pepper.
3. Top with lemon zest and chives.

The Best Foods for Semen Production

Gnocchi, Sweet Corn & Arugula in Cream Sauce



(25.4k shares, 10 reviews, rated 4 stars by 145 people)

MAKES: 4 SERVINGS

SERVING SIZE: 1 CUP

MAKES: 4 CUPS

START TO FINISH: 20 MINS

Ingredients

2 small ears of fresh sweet corn or 2 cups frozen whole kernel corn

1 pound shelf-stable potato gnocchi

$\frac{3}{4}$ cup half-and-half or light cream

1 3 ounce package cream cheese, cut up

$\frac{1}{2}$ teaspoon each salt, garlic powder and dried basil or oregano

$\frac{1}{4}$ teaspoon freshly ground black pepper

3 cups torn fresh arugula

Crushed red pepper (optional)

The Best Foods for Semen Production

Directions

1. In Dutch oven cook gnocchi according to package directions, adding corn the last 5 minutes of cooking time. Use tongs to transfer ears of corn (if using) to cutting board. Drain gnocchi and corn kernels (if using), reserving 1/2 cup of the pasta water. Do not rinse.
2. Meanwhile, for cream sauce, in medium saucepan combine half-and-half, cream cheese, salt, garlic powder, dried herb, and pepper. Cook over medium heat for 10 minutes, stirring frequently. Stir in reserved pasta water.
3. Return cooked pasta to Dutch oven. Cut corn from cob and add to pasta. Pour cream sauce over pasta; heat through, if necessary. Stir in arugula. Serve in bowls. Sprinkle with additional salt, pepper, dried herb, and crushed red pepper.

Nutrition Facts

Per serving: 328 kcal cal., 13 g fat (7 g sat. fat, 1 g polyunsaturated fat, 3 g monounsaturated fat), 40 mg chol., 908 mg sodium, 46 g carb., 1 g fiber, 3 g sugar, 8 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Spinach-Feta Bake



(3.1k shares, rated 3.5 stars by 16 people)

MAKES: 6 SERVINGS

PREP: 20 MINS

BAKE: 30 MINS 350°F

Ingredients

Nonstick cooking spray

¾ cup chopped onion

3 cloves garlic, minced

1 teaspoon olive oil or cooking oil

2 10 ounce packages frozen chopped spinach, thawed and well-drained

1 cup low-fat cottage cheese, drained

1 cup crumbled feta cheese (4 ounces)

½ cup refrigerated or frozen egg product, thawed

1 tablespoon snipped fresh oregano or 1 teaspoon dried oregano, crushed

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¼ teaspoon coarsely ground black pepper

¼ cup finely shredded Parmesan cheese

2 tablespoons fine dry bread crumbs

Directions

1. Lightly coat a 9-inch pie plate with cooking spray; set aside. In a medium saucepan cook onion and garlic in hot oil until onion is tender.
2. Stir spinach, drained cottage cheese, feta cheese, egg product, oregano, and black pepper into onion mixture. Spoon the spinach mixture into the prepared pie plate.
3. In a small bowl combine Parmesan cheese and bread crumbs; sprinkle over spinach mixture. Bake, uncovered, in a 350 degree F oven for 30 to 35 minutes or until a knife inserted near center comes out clean. To serve, cut into wedges. Makes 6 servings.

Nutrition Facts

Per serving: 157 kcal cal., 7 g fat (4 g sat. fat, 0 g polyunsaturated fat, 2 g monounsaturated fat), 24 mg chol., 621 mg sodium, 8 g carb., 3 g fiber, 3 g sugar, 14 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Potato-Spinach Casserole



(2.9k shares, rated 3.5 stars by 30 people)

MAKES: 12 SERVINGS

PREP: 10 MINS

COOK: 25 MINS

BAKE: 15 MINS 400°F

Ingredients

6 – 8 large potatoes (about 3 pounds)

1 8 ounce carton dairy sour cream

¼ cup butter or margarine

2 tablespoons snipped fresh chives or green onion tops

¼ teaspoon pepper

The Best Foods for Semen Production

1 10 ounce package frozen chopped spinach, thawed and well drained

1 cup shredded cheddar cheese (4 ounces)

Directions

Peel and quarter potatoes. In covered large saucepan, cook in small amount of boiling lightly salted water for 20 to 25 minutes or until tender. Drain. Mash (should have about 6 cups). Add sour cream, butter, chives, and pepper; mash again until butter is melted and mixture is smooth. Stir in spinach. Transfer to a 2-quart casserole. Bake, uncovered, in a 400 degree F oven for 15 to 20 minutes or until heated through. Sprinkle with cheese. Makes 12 servings.

Nutrition Facts

Per serving: 204 kcal cal., 11 g fat (7 g sat. fat, 29 mg chol., 134 mg sodium, 20 g carb., 3 g fiber, 7 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Ravioli with Spinach Pesto



(1.5k shares, rated 4 stars by 9 people)

MAKES: 4 SERVINGS

START TO FINISH: 20 MINS

Ingredients

1 9 ounce package refrigerated four-cheese ravioli or tortellini

12 ounces baby pattypan squash, halved, or yellow summer squash, halved lengthwise and cut into 1/2-inch slices

3 ½ cups fresh baby spinach

½ cup torn fresh basil

¼ cup bottled Caesar Parmesan vinaigrette salad dressing

2 tablespoons water

Shredded Parmesan cheese (optional)

The Best Foods for Semen Production

Directions

1. Cook ravioli according to package directions, adding squash the last 2 minutes of cooking time. Drain.
2. Meanwhile, for pesto, in a blender combine spinach, basil, salad dressing, and the water. Cover and process until smooth, stopping to scrape down sides as needed.
3. Toss ravioli mixture with pesto. Sprinkle with Parmesan cheese.

Nutrition Facts

Per serving: 218 kcal cal., 6 g fat (2 g sat. fat, 0 g polyunsaturated fat, 0 g monounsaturated fat), 27 mg chol., 525 mg sodium, 31 g carb., 3 g fiber, 4 g sugar, 11 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Chili



(8.9k shares, 4 reviews, rated 4 stars by 155 people)

MAKES: 4 SERVINGS

PREP: 15 MINS

COOK: 20 MINS

Ingredients

- 1 pound lean ground beef
- ½ cup chopped green sweet pepper (1 small)
- ½ cup chopped onion (1 medium)
- 4 cloves garlic, minced
- 1 15 ounce can tomato sauce
- 1 15 ounce can red kidney beans, undrained
- 1 14 1/2 ounce can diced tomatoes, undrained

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2 – 3 teaspoons chili powder

½ teaspoon salt

½ teaspoon dried basil, crushed

¼ teaspoon ground black pepper

Shredded cheddar cheese (optional)

Chopped onion (optional)

Dairy sour cream (optional)

Crushed red pepper (optional)

Directions

1. In a 3-quart saucepan cook and stir ground beef, sweet pepper, 1/2 cup chopped onion, and the garlic over medium heat until meat is brown and onion is tender. Drain off fat.
2. Stir in tomato sauce, undrained beans, undrained tomatoes, chili powder, salt, basil, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. To serve, ladle chili into bowls. If desired, top each serving with cheese, chopped onion, and/or sour cream and pass crushed red pepper. Makes 4 main-dish servings.

Nutrition Facts

Per serving: 381 kcal cal., 15 g fat (6 g sat. fat, 71 mg chol., 1265 mg sodium, 35 g carb., 9 g fiber, 32 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Three-Bean Vegetarian Chili



(1.1k shares, rated 3.5 stars by 30 people)

MAKES: 4 SERVINGS

PREP: 20 MINS

COOK: 6 HRS TO 8 HRS (LOW) OR 3 TO 4 HOURS (HIGH)

Ingredients

1 15 ounce can no-salt-added red kidney beans, rinsed and drained

1 15 ounce can small white beans, rinsed and drained

1 15 ounce can low-sodium black beans, rinsed and drained

1 14 1/2 ounce can diced tomatoes and green chile peppers, undrained

1 cup beer or chicken broth

3 tablespoons chocolate-flavored syrup

1 tablespoon chili powder

The Best Foods for Semen Production

2 teaspoons Cajun seasoning

Dairy sour cream (optional)

Shredded cheddar cheese (optional)

Directions

1. In a 3-1/2- or 4-quart slow cooker, combine kidney beans, white beans, black beans, undrained tomatoes and green chile peppers, beer or broth, chocolate syrup, chili powder, and Cajun seasoning.
2. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.
3. If desired, garnish individual servings with sour cream and cheese. Makes 4 servings.

Nutrition Facts

Per serving: 308 kcal cal., 1 g fat (0 g sat. fat, 0 mg chol., 569 mg sodium, 60 g carb., 21 g fiber, 21 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Vegetarian Green Chili



(1.3k shares, 1 review, rated 4.5 stars by 32 people)

MAKES: 8 SERVINGS

PREP: 25 MINS

COOK: 28 MINS

Ingredients

2 cups long grain rice

2 tablespoons vegetable oil

1 bunch green onions, chopped (1/2 cup)

6 cloves garlic, minced

2 large green sweet peppers, chopped

3 stalks celery, chopped

2 12 ounce bag shelled frozen sweet soybeans (edamame)

1 4 1/2 ounce can chopped green chiles

3 cups vegetable broth or reduced-sodium chicken broth

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- 1 16 ounce jar salsa verde (green salsa)
- 6 cups fresh spinach
- ¼ cup chopped fresh cilantro
- 3 avocados, peeled, pitted, and chopped
- Plain lowfat yogurt or sour cream (optional)

Directions

1. Cook rice according to package directions.
2. Meanwhile, in a Dutch oven cook and stir onions and garlic in hot oil for 2 minutes over medium-high heat. Add the sweet peppers and celery; cook 5 minutes or until crisp-tender. Add the edamame and green chiles; cook 5 minutes. Add broth and salsa verde; bring to boiling. Reduce heat and simmer, covered, for 15 minutes. Stir in the spinach; cook about 1 minute or until wilted.
3. Remove from heat; stir in cilantro and two of the chopped avocados. Top with the remaining avocado and yogurt. Serve with rice.

Nutrition Facts

Per serving: 413 kcal cal., 16 g fat (1 g sat. fat, 2 g polyunsaturated fat, 7 g monounsaturated fat), 753 mg sodium, 56 g carb., 11 g fiber, 5 g sugar, 14 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

In-Your-Sleep Chili



(3.7k shares, 3 reviews, rated 4 stars by 105 people)

MAKES: 6 SERVINGS

PREP: 15 MINS

COOK: 4 HRS TO 6 HRS (LOW) OR 2 TO 3 HOURS (HIGH)

Ingredients

1 pound ground beef

1 large onion, chopped

2 15 ounce cans chili beans in chili gravy

1 14 1/2 ounce can diced tomatoes and green chiles, undrained

1 11 1/2 ounce can hot-style vegetable juice

Sliced green onions, dairy sour cream, and/or shredded cheddar cheese (optional)

The Best Foods for Semen Production

Directions

1. In a large skillet, cook ground beef and onion until meat is brown; drain off fat.
2. In a 3 1/2- to 4-quart slow cooker, combine ground beef mixture, beans, undrained tomatoes and green chiles, and vegetable juice.
3. Cover; cook on low-heat setting for 4 to 6 hours on on high-heat setting for 2 to 3 hours. If desired, top each serving with green onions, sour cream, and/or cheddar cheese.

Nutrition Facts

Per serving: 332 kcal cal., 12 g fat (4 g sat. fat, 0 g polyunsaturated fat, 5 g monounsaturated fat), 51 mg chol., 873 mg sodium, 31 g carb., 9 g fiber, 4 g sugar, 23 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Spiced Black Tea



(797 shares, 1 review, rated 4 stars by 9 people)

MAKES: 8 SERVINGS

SERVING SIZE: 1 CUP

PREP: 10 MINS

STAND: 10 MINS

Ingredients

7 cups water

1 cup sugar

1 1-inch piece peeled fresh ginger

3 whole cloves

1 3-inch stick cinnamon

1 star anise (optional)

4 black tea bags

1 cup pomegranate juice

The Best Foods for Semen Production

¼ cup lemon juice

Lemon slices (optional)

Cinnamon sticks (optional)

Directions

1. In large saucepan combine water, sugar, ginger, cloves, cinnamon, and star anise. Bring to boiling, stirring to dissolve sugar. Boil for 1 minute. Remove from heat and strain. Return mixture to saucepan.
2. Add tea bags. Steep 10 minutes. Remove tea bags. Stir in pomegranate juice and lemon juice. Return to heat; heat through. Serve with lemon slices and cinnamon sticks. Makes 8 (1-cup) servings.

Nutrition Facts

Per serving: 122 kcal cal., 0 g fat (0 g sat. fat, 0 g polyunsaturated fat, 0 g monounsaturated fat), 0 mg chol., 11 mg sodium, 32 g carb., 0 g fiber, 30 g sugar, 0 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Cherry-Pomegranate Chutney



(600 shares, rated 4.5 stars by 23 people)

MAKES: 1-3/4 CUPS

PREP: 15 MINS

COOK: 35 MINS TO 36 MINS

Ingredients

- 1 tablespoon olive oil
- 2 medium onions, chopped (1 cup)
- 1 tablespoon grated fresh ginger
- 2 cloves garlic, minced (1 tsp.)
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- 1 12 ounce package frozen dark sweet cherries
- ½ cup unsweetened pomegranate juice
- 3 tablespoons sugar

The Best Foods for Semen Production

Seeds from 1 small pomegranate (3/4 cup)

¼ teaspoon salt

Directions

1. In large nonstick skillet heat oil over medium heat. Add onions, ginger, and garlic. Cook, about 5 to 6 minutes, stirring occasionally, until tender and translucent. Stir in cinnamon and allspice; cook about 15 to 20 seconds, until fragrant. Add cherries, pomegranate juice, and sugar.
2. Increase heat to medium-high. Bring onion-cherry mixture to boiling. Reduce heat to medium-low. Simmer, uncovered, about 30 minutes, stirring occasionally until onion-cherry mixture is thickened. Remove from heat. Stir in pomegranate seeds and salt. Refrigerate chutney, covered, up to 1 week. Makes 1-3/4 cups.

Nutrition Facts

Per serving: 54 kcal cal., 1 g fat (0 g sat. fat, 0 g polyunsaturated fat, 1 g monounsaturated fat), 0 mg chol., 43 mg sodium, 11 g carb., 1 g fiber, 8 g sugar, 1 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Persimmon, Blood Orange, and Pomegranate Salad



(1.4k shares, rated 3.5 stars by 11 people)

MAKES: 6 SERVINGS

START TO FINISH: 50 MINS

Ingredients

- 1 pomegranate
- 2 large ripe Fuyu persimmons, mangoes, or papayas
- 5 cups mesclun, arugula, baby arugula, or mixed salad greens
- 6 tablespoons thinly sliced green onions (3)
- 1 recipe Pine Nut-Persimmon Vinaigrette
- 4 medium blood and/or navel oranges, peeled and thinly sliced*

Directions

1. Score an "X" into the top of the pomegranate. Break apart into quarters. Working in a bowl of cool water, immerse each quarter; use your fingers to loosen the seeds from the white membrane. Discard peel and membrane. Drain the seeds; set aside.

The Best Foods for Semen Production

2. Cut each persimmon in half; remove core. Slice into 1/4- to 1/2-inch-thick slices.
3. In a large bowl combine mesclun and green onions. Drizzle 1/2 cup of the Pine Nut-Persimmon Vinaigrette over mesclun; toss to coat.
4. To serve, arrange mesclun mixture on six chilled salad plates. Arrange persimmons and oranges on top of greens, tucking a few in and under leaves. Sprinkle with pomegranate seeds. Pass the remaining Pine Nut-Persimmon Vinaigrette.

The Best Foods for Semen Production

Pine Nut-Persimmon Vinaigrette

Ingredients

1 large ripe Fuyu persimmon

1/3 cup olive oil

¼ cup red wine vinegar

3 tablespoons toasted pine nuts

1 ½ teaspoons finely shredded blood orange peel, or orange peel

2 tablespoons blood orange juice or orange juice

1 tablespoon honey

½ large shallot, cut up

½ teaspoon Dijon-style mustard

Dash ground cinnamon or ground allspice

Dash freshly ground black pepper

Directions

Remove the core from one large ripe Fuyu persimmon; cut in half. Scoop out pulp (you should have about 1/3 cup), discarding skin. Place pulp in a blender or food processor. Cover and blend or process until smooth. Add olive oil; red or white wine vinegar; toasted pine nuts; blood orange peel; blood orange juice; honey; shallot; mustard; cinnamon; and pepper. Cover and blend or process until smooth. Makes about 1-1/4 cups.

Nutrition Facts

Per serving: 238 kcal cal., 15 g fat (2 g sat. fat, 3 g polyunsaturated fat, 10 g monounsaturated fat), 0 mg chol., 18 mg sodium, 26 g carb., 3 g fiber, 16 g sugar, 2 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Cherry Sangria



(6.8k shares, 1 review, rated 4.5 stars by 11 people)

MAKES: 8 SERVINGS

SERVING SIZE: 8 OUNCES

PREP: 20 MINS

CHILL: 4 HRS

Ingredients

1 750 milliliter bottle red wine, such as Beaujolais or Zinfandel

4 cups freshly squeezed orange juice (about 12 oranges)

1 ½ cups fresh dark sweet cherries, pitted and halved, or frozen cherries

¾ cup (6 ounces) cherry-flavor syrup (syrup used to flavor beverages)

½ cup (4 ounces) orange liqueur, such as Triple Sec

Ice

Orange slices and/or sweet cherries, pitted (optional)

The Best Foods for Semen Production

Directions

In a large pitcher or 64-ounce glass jar stir together wine, orange juice, cherries, cherry syrup, and orange liqueur. Cover and chill for at least 4 hours or up to 24 hours to blend flavors. Serve over ice. If desired, garnish with orange slices and/or cherries.

Nutrition Facts

Per serving: 274 kcal cal., 0 g fat (0 g sat. fat, 0 g polyunsaturated fat, 0 g monounsaturated fat), 0 mg chol., 13 mg sodium, 45 g carb., 1 g fiber, 29 g sugar, 1 g pro. Percent Daily Values are based on a 2,000 calorie diet



THE BEST FOODS FOR
STAMINA

The Best Foods for Semen Production

Barley Vegetable Soup



(3.2k shares, rated 3.5 stars by 41 people)

MAKES: 6 SERVINGS

PREP: 25 MINS

COOK: 8 HRS TO 10 HRS (LOW) OR 4 TO 5 HOURS (HIGH)

Ingredients

- 1 cup chopped onion (1 large)
- 1/2cup bias-sliced carrot (1 medium)
- ½ cup sliced celery (1 stalk)
- 2 cups sliced fresh mushrooms
- 1 15 ounce can red beans, rinsed and drained
- 1 14 1/2 ounce can stewed tomatoes
- 1 10 ounce package frozen whole kernel corn
- ½ cup regular barley (not quick-cooking)
- 2 teaspoons dried Italian seasoning, crushed

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¼ teaspoon ground black pepper

3 cloves garlic, minced

5 cups vegetable or chicken broth

Directions

1. In a 3-1/2- to 5-quart slow cooker toss together onion, carrot, and celery. Add mushrooms, red beans, undrained tomatoes, frozen corn, barley, Italian seasoning, pepper, and garlic. Pour broth over mushroom mixture in cooker.
2. Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.

Nutrition Facts

Per serving: 228 kcal cal., 2 g fat (0 g sat. fat, 0 g polyunsaturated fat, 0 g monounsaturated fat), 0 mg chol., 1212 mg sodium, 47 g carb., 8 g fiber, 10 g sugar, 9 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Pumpkin, Barley, and Sage Soup



(3k shares, 1 review, rated 4 stars by 42 people)

MAKES: 4 SERVINGS

START TO FINISH: 30 MINS

Ingredients

8 ounces cooked andouille or smoked sausage links, chopped

1 small onion, chopped

1 tablespoon snipped fresh sage

1 tablespoon vegetable oil

1 cup quick-cooking barley

4 cups water

1 teaspoon instant chicken bouillon granules

1 15 ounce can pumpkin

2 tablespoons maple syrup

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1 tablespoon cider vinegar

Salt and ground black pepper

Directions

1. In 4-quart pot or Dutch oven cook sausage, onion, and sage in hot oil over medium heat for 3 minutes, stirring often. Add barley, the water, and bouillon granules. Bring to boiling. Reduce heat; simmer, covered, for 12 minutes, stirring occasionally.
2. Stir in pumpkin, maple syrup, and vinegar; heat through. Season to taste with salt and pepper.

Nutrition Facts

Per serving: 439 kcal cal., 21 g fat (6 g sat. fat, 4 g polyunsaturated fat, 9 g monounsaturated fat), 35 mg chol., 832 mg sodium, 51 g carb., 11 g fiber, 11 g sugar, 14 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Best Ever Dill Pickles



(51.8k shares, 5 reviews, rated 3.5 stars by 101 people)

MAKES: 36 SERVINGS

MAKES: 6 PINTS

PREP: 30 MINS

COOK: 10 MINS

STAND: 1 WEEK

Ingredients

3 - 3 ¼ pounds small pickling cucumbers

4 cups water

4 cups white vinegar

The Best Foods for Semen Production

½ cup sugar

1/3 cup pickling salt

6 tablespoons dillseeds

Directions

1. Before slicing cucumbers, thoroughly rinse cucumbers. Remove stems and cut off a slice from each blossom end. Slice cucumbers into thick slices (the slices should be 1/4 to 1/2 inch thick). In a large stainless steel, enameled, or nonstick saucepan combine water, vinegar, sugar and pickling salt. Bring to boiling.
2. Pack cucumbers loosely into hot, sterilized pint canning jars, leaving a 1/2-inch headspace. Add 1 tablespoon dillseeds to each jar. Pour hot vinegar mixture over cucumbers, leaving a 1/2-inch headspace. Discard any remaining hot vinegar mixture. Wipe jar rims and adjust lids.
3. Process in a boiling-water canner for 10 minutes (start timing when water returns to boil). Remove jars; cool on racks. Let stand 1 week. Makes 6 pints.

Hot Garlic Pickles:

Prepare as directed, except substitute cider vinegar for the white vinegar and add 1 to 2 hot Thai red chile pepper(s) and 2 cloves of garlic (cut in half) to each jar when packing cucumbers. (You will need 6 to 12 hot red Thai chile peppers and 12 cloves of garlic.)

Sweet Dill Pickles:

Prepare as above except increase sugar to 3 cups.

Crunchy Dill And Onion Chips:

Use 12 cups sliced cucumbers and 2 cups thinly sliced onions. In a large bowl gently toss the cucumbers, onions, and pickling salt. Transfer to colander set in extra-large bowl, layering with ice, and finishing with a layer of ice. Weight with heavy plate.

The Best Foods for Semen Production

Chill overnight, up to 24 hours. After cucumbers have chilled, remove any unmelted ice and discard any liquid in bowl. Pack cucumbers and onions in jars as directed in step 2. Proceed as directed. Makes 5 pints.

Nutrition Facts

Per serving: 25 kcal cal., 0 g fat (0 g sat. fat, 0 g polyunsaturated fat, 0 g monounsaturated fat), 0 mg chol., 859 mg sodium, 5 g carb., 0 g fiber, 4 g sugar, 0 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Overnight Cucumber Pickles



(1.8k shares, rated 3.5 stars by 11 people)

MAKES: 12 SERVINGS

SERVING SIZE: 1/4 CUP

MAKES: 3 CUPS

PREP: 1 HR

CHILL: 2 HRS OR UP TO 3 DAYS

Ingredients

1 cup cider vinegar

1/3 cup sugar

1 teaspoon salt

1 teaspoon fennel seeds, crushed

1 teaspoon celery seeds

2 medium pickling cucumber or 2 small cucumbers (4 to 5 inches long), coarsely chopped (about 2 cups)

The Best Foods for Semen Production

1 medium bulb fennel, coarsely chopped (about 1 cup)

Directions

1. In a large bowl combine cider vinegar, sugar, salt, fennel seeds, and celery seeds. Stir in cucumber and chopped fennel.
2. Cover and chill in the refrigerator 2 hours or up to 3 days. Serve with a slotted spoon. Makes about 3 cups.

Nutrition Facts

Per serving: 13 kcal cal., 0 g fat (0 g sat. fat, 0 mg chol., 200 mg sodium, 3 g carb., 2 g fiber, 0 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Fettuccine Alfredo with Sun-Dried Tomatoes and Veggies



(11.7k shares, 1 review, rated 3.5 stars by 79 people)

MAKES: 4 SERVINGS

SERVING SIZE: 1 1/2 CUP

MAKES: 6 CUPS

START TO FINISH: 15 MINS

Ingredients

8 ounces dried fettuccine

½ cup dried tomatoes (not oil-packed), chopped

4 tablespoons butter

1 tablespoon olive oil

4 ounces fresh asparagus spears, trimmed

4 ounces fresh Brussels sprouts, trimmed and quartered

1 ½ cups fresh broccoli florets

8 fresh mushrooms, sliced

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2 tablespoons all-purpose flour

1 ¼ cups milk

½ cup finely shredded Parmesan cheese

Milk finely shredded Parmesan cheese

2 teaspoons finely shredded lemon peel

Directions

1. Cook pasta according to package directions, adding dried tomatoes the last 2 minutes of cooking. Drain and return to saucepan; keep warm.
2. Meanwhile, in a large skillet heat 1 tablespoon of the butter and olive oil over medium heat. Add asparagus, Brussels sprouts, broccoli, and mushrooms. Cook over medium heat for 8 minutes or until vegetables are tender. Remove vegetables from skillet; set aside.
3. In same skillet melt remaining butter over medium heat. Stir in flour. Cook and stir 1 minute. Stir in milk. Cook and stir until thickened and bubbly. Stir in Parmesan cheese. Gently stir in pasta and vegetables. Stir in additional milk to reach desired consistency. Sprinkle with lemon peel and additional shredded Parmesan cheese. Makes 4 (1-1/2 cup) servings.

Nutrition Facts

Per serving: 500 kcal cal., 21 g fat (11 g sat. fat, 1 g polyunsaturated fat, 7 g monounsaturated fat), 46 mg chol., 491 mg sodium, 60 g carb., 5 g fiber, 10 g sugar, 20 g pro. Percent Daily Values are based on a 2,000 calorie diet

Two-Tomato Stew Chili



(714 shares, rated 4 stars by 43 people)

MAKES: 8 SERVINGS

PREP: 30 MINS

COOK: 1 HR

Ingredients

- 1 8 ounce jar oil-packed dried tomatoes
- 2 pounds beef chuck, cut in 1-inch cubes
- 3 cups chopped onions
- 6 cloves garlic, minced
- 2 red sweet peppers, chopped
- 2 green sweet peppers, chopped
- 2 medium carrots, coarsely chopped
- ½ cup golden raisins

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4 teaspoons ground cumin
1/2 – 1 teaspoon crushed red pepper
1 4 1/2 ounce can diced green chiles
1 28 ounce can crushed tomatoes
2 cups water
1/4 teaspoon salt
1/4 teaspoon ground black pepper
8 ounces smoked mozzarella, shredded
Sliced dried tomatoes (optional)
Toasted baguette slices (optional)

Directions

1. Drain the dried tomatoes, reserving 2 tablespoons of the oil. Chop tomatoes; set aside. In a Dutch oven heat the reserved oil over medium-high heat. Brown beef, half at a time.
2. Return all beef to Dutch oven. Add onions, garlic, sweet peppers, and carrots; cook for 2 minutes. Stir in chopped dried tomatoes, raisins, cumin, and crushed red pepper; cook for 2 minutes. Stir in undrained green chiles; cook for 1 minute. Add crushed tomatoes and 2 cups of water; bring to boiling. Reduce heat to medium. Simmer, covered, for 1 to 1-1/4 hours, stirring occasionally, until meat is tender. Remove from heat. Add salt and pepper. Top with cheese and, if desired, sliced dried tomatoes. If desired, serve with baguette slices.

Nutrition Facts

Per serving: 429 kcal cal., 18 g fat (7 g sat. fat, 1 g polyunsaturated fat, 7 g monounsaturated fat), 82 mg chol., 676 mg sodium, 36 g carb., 7 g fiber, 15 g sugar, 34 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Cherry-Berry Smoothies



(6.7k shares, rated 4 stars by 41 people)

MAKES: 4 SERVINGS

SERVING SIZE: 8 OUNCE

START TO FINISH: 15 MINS

Ingredients

1 ½ cups fresh strawberries, hulled

1 cup pitted dark sweet cherries or 1 cup frozen unsweetened pitted dark sweet cherries*

1 cup fresh raspberries

1 cup pomegranate juice, chilled

½ cup fresh blueberries

The Best Foods for Semen Production

Directions

In a blender combine strawberries, cherries, raspberries, pomegranate juice, and blueberries. Cover and blend until almost smooth. Makes 4 (8-ounce) servings.

Nutrition Facts

Per serving: 104 kcal cal., 3 mg sodium, 25 g carb., 4 g fiber, 19 g sugar, 1 g pro.
Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Artichoke-Turkey Casserole



(5k shares, rated 4 stars by 55 people)

MAKES: 6 SERVINGS

SERVING SIZE: 3/4 CUP

PREP: 20 MINS

BAKE: 40 MINS 350°F

STAND: 10 MINS

Ingredients

½ cup chopped carrot (1 medium)

½ cup chopped red sweet pepper (1 small)

¼ cup sliced green onion (2)

1 tablespoon butter or margarine

1 10 3/4 ounce can condensed cream of chicken soup

1 8 ounce package frozen artichoke hearts, thawed and cut up

1 ½ cups chopped cooked turkey or chicken (see tip)

1 cup cooked long grain rice or wild rice

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½ cup shredded mozzarella cheese (2 ounces)

2/3 cup milk

½ teaspoon dried thyme, crushed

2 slices bacon, crisp-cooked, drained, and crumbled

3 tablespoons grated Parmesan cheese

Directions

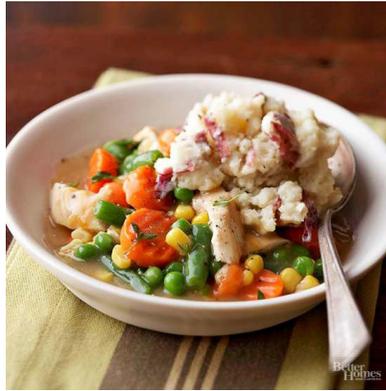
1. In a large skillet cook carrot, sweet pepper, and green onion in hot butter over medium heat until carrot is crisp-tender. Remove from heat. Stir in soup, artichoke hearts, turkey, rice, mozzarella cheese, milk, thyme, and bacon. Transfer turkey mixture to a 2-quart rectangular baking dish. Sprinkle with Parmesan cheese.
2. Bake, covered, in a 350 degrees degree oven for 20 minutes. Uncover and bake about 20 minutes more or until bubbly. Let stand for 10 minutes before serving. Makes 6 servings.

Nutrition Facts

Per serving: 248 kcal cal., 11 g fat (5 g sat. fat, 1 g polyunsaturated fat, 4 g monounsaturated fat), 47 mg chol., 611 mg sodium, 18 g carb., 3 g fiber, 3 g sugar, 18 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Turkey Shepherd's Pie



(2k shares, rated 4 stars by 20 people)

MAKES: 4 SERVINGS

PREP: 20 MINS

COOK: 10 MINS

COOK: 6 HRS LOW OR HIGH 3 HOURS

Ingredients

12 ounces turkey breast tenderloin or skinless, boneless chicken breast halves

1 10 ounce package loose-pack frozen mixed vegetables

1 12 ounce jar turkey or chicken gravy

1 teaspoon dried thyme, crushed

1 20 ounce package refrigerated mashed potatoes

The Best Foods for Semen Production

Directions

1. Cut turkey into 1/2-inch strips. In a 3-1/2- or 4-quart slow cooker place frozen vegetables. Top with turkey strips. In a small bowl stir together the gravy and thyme; pour over turkey.
2. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3-1/2 hours. If cooking on low-heat setting, turn to high-heat setting.
3. Using a spoon, drop mashed potatoes into 8 small mounds on top of turkey mixture. Cover and cook for 10 minutes more. To serve, in each of 4 shallow bowls spoon some of the turkey mixture and two of the potato mounds. Makes 4 servings.

Nutrition Facts

Per serving: 297 kcal cal., 5 g fat (1 g sat. fat, 1 g polyunsaturated fat, 1 g monounsaturated fat), 51 mg chol., 781 mg sodium, 33 g carb., 4 g fiber, 0 g sugar, 27 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Chilled Raspberry-Chile Soup



(978 shares, 1 review, rated 3.5 stars by 17 people)

MAKES: 6 SERVINGS

MAKES: 6 3/4 CUPS

PREP: 15 MINS

CHILL: 1 HR

Ingredients

4 cups fresh raspberries

4 ripe bananas, peeled and cut up

1 cup fresh orange juice

1 6 ounce carton plain low-fat yogurt

2 tablespoons agave syrup or corn syrup

2 fresh jalapeno peppers, minced*

Whole or sliced fresh raspberries (optional)

Sliced fresh jalapeno or serrano peppers

The Best Foods for Semen Production

Directions

In a blender combine the 4 cups raspberries, the bananas, orange juice, yogurt, and syrup. Cover and blend until smooth. Stir in minced jalapeno peppers. Refrigerate at least 1 hour. Serve the soup in small bowls. Garnish with raspberries and sliced chiles.

Nutrition Facts

Per serving: 170 kcal cal., 1 g fat (0 g sat. fat, 0 g polyunsaturated fat, 0 g monounsaturated fat), 2 mg chol., 22 mg sodium, 40 g carb., 8 g fiber, 24 g sugar, 4 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Spring Green Smoothies



(930 shares, rated 4.5 stars by 6 people)

MAKES: 4 SERVINGS

SERVING SIZE: 6 OUNCES

PREP: 10 MINS

COOK: 5 MINS

COOL: 5 MINS

Ingredients

4 ounces fresh asparagus, trimmed and cut into 1-inch pieces (1/2 cup)

3 cups packaged fresh baby spinach

1 cup seedless green grapes

2 ripe kiwifruits, peeled and coarsely chopped

½ cup white grape juice

The Best Foods for Semen Production

$\frac{3}{4}$ cup ice cubes

Directions

1. In a small saucepan cook asparagus, covered, in a small amount of boiling water about 5 minutes or until very tender. Drain; let cool for 5 minutes.
2. In a blender combine asparagus, spinach, grapes, kiwifruits, and grape juice. Cover and blend until very smooth, stopping and scraping sides of blender as needed. Add ice cubes. Cover and blend until smooth.
3. Pour into tall glasses and serve immediately.

Nutrition Facts

Per serving: 85 kcal cal., 0 g fat (0 g sat. fat, 0 g polyunsaturated fat, 0 g monounsaturated fat), 0 mg chol., 37 mg sodium, 20 g carb., 3 g fiber, 15 g sugar, 2 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Apple-Buttered Sweet Potatoes



(4.1k shares, rated 4 stars by 33 people)

MAKES: 10 SERVINGS

PREP: 15 MINS

SLOW COOK: 6 HRS TO 7 HRS (LOW) OR 3 TO 3 1/2 HOURS (HIGH)

Ingredients

3 pounds sweet potatoes, peeled and cut into 1-inch pieces (about 8 cups)

2 medium Granny Smith and/or other tart cooking apples, cored and cut into wedges

½ cup dried cherries or dried cranberries (optional)

1 cup whipping cream

1 cup apple butter

1 ½ teaspoons pumpkin pie spice

The Best Foods for Semen Production

Directions

1. In a 3 1/2- or 4-quart slow cooker, combine sweet potato, apple, and, if desired, dried cherries. In a medium bowl, combine cream, apple butter, and pumpkin pie spice. Pour cream mixture over mixture in cooker; stir gently to combine.
2. Cover and cook on low-heat setting for 6 to 7 hours or on high-heat setting for 3 to 3 1/2 hours.

Nutrition Facts

Per serving: 351 kcal cal., 9 g fat (6 g sat. fat, 0 g polyunsaturated fat, 3 g monounsaturated fat), 33 mg chol., 25 mg sodium, 65 g carb., 5 g fiber, 40 g sugar, 2 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Greek Quinoa and Avocados



(5.3k shares, rated 4.5 stars by 43 people)

MAKES: 4 SERVINGS

PREP: 15 MINS

COOK: 15 MINS

Ingredients

½ cup uncooked quinoa, rinsed and drained

1 cup water

2 Roma tomatoes, seeded and finely chopped

½ cup shredded fresh spinach

1/3 cup finely chopped red onion

2 tablespoons lemon juice

2 tablespoons olive oil

½ teaspoon salt

Spinach leaves

The Best Foods for Semen Production

2 ripe avocados, pitted, peeled, and sliced

1/3 cup crumbled feta cheese

Directions

1. In a small saucepan, combine quinoa and water. Bring to boiling. Reduce heat; cover and simmer for 15 minutes or until liquid is absorbed. Place quinoa in a medium bowl.
2. Add tomato, shredded spinach, and onion to quinoa; stir to combine. In a small bowl, whisk together lemon juice, olive oil, and salt. Add to quinoa mixture; toss to coat.
3. Place additional spinach leaves on four salad plates. Arrange avocado slices atop spinach leaves. Divide quinoa mixture evenly over avocado slices. Sprinkle each serving with some of the feta.

Nutrition Facts

Per serving: 332 kcal cal., 24 g fat (5 g sat. fat, 11 mg chol., 457 mg sodium, 27 g carb., 8 g fiber, 7 g pro. Percent Daily Values are based on a 2,000 calorie diet



THE BEST FOODS FOR

RECOVERY

The Best Foods for Semen Production

Twice-Baked Potatoes



(806 shares, rated 4 stars by 12 people)

MAKES: 4 SERVINGS

PREP: 30 MINS

BAKE: 1 HR 20 MINS 400°F

STAND: 15 MINS

Ingredients

2 large Yukon Gold potatoes (about 1 pound)

2 teaspoons olive oil

½ teaspoon salt

3 tablespoons milk

2 tablespoons butter or margarine

2 tablespoons dairy sour cream

1 tablespoon snipped fresh chives

¼ cup finely shredded Gruyere or Swiss cheese (1 ounce)

Salt

The Best Foods for Semen Production

Ground black pepper

Snipped fresh chives (optional)

Directions

1. Preheat oven to 400F. Scrub potatoes thoroughly with a brush; pat dry. Prick potatoes with a fork. Drizzle olive oil over each potato and sprinkle with salt. Wrap each potato in foil. Bake potatoes in the preheated oven about 1 hour or until tender. Remove and discard foil. Let potatoes stand about 15 minutes to cool slightly. Cut the potatoes in half lengthwise. Carefully scoop pulp out of each potato, leaving a 1/4- to 1/2-inch shell; set potato shells aside. Place potato pulp in a large bowl. Mash potato pulp with a potato masher or an electric mixer on low speed until nearly smooth.
2. In a 1- to 1-1/2-quart saucepan heat milk and butter over medium heat until butter is melted. Pour milk mixture over mashed potatoes; beat until smooth. Stir in sour cream, the 1 tablespoon snipped chives, and 2 tablespoons of the cheese. Season to taste with salt and pepper. Mound mixture into reserved potato shells. Sprinkle with remaining cheese. Place potatoes in a single layer in a 2-quart square baking dish.
3. Bake, uncovered, in a 400F oven about 20 minutes or until golden brown and heated through. If desired, garnish with snipped chives. Makes 4 servings.

Nutrition Facts

Per serving: 203 kcal cal., 12 g fat (6 g sat. fat, 1 g polyunsaturated fat, 4 g monounsaturated fat), 27 mg chol., 516 mg sodium, 20 g carb., 2 g fiber, 5 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Sweet Potato Hash



(3.5k shares, rated 4 stars by 32 people)

MAKES: 4 SERVINGS

START TO FINISH: 25 MINS

Ingredients

1 large or 2 small sweet potatoes, peeled and quartered (about 1 pound)

Salt

1 tablespoon vegetable oil

1 11 ounce can Southwestern-style corn with black beans and peppers, rinsed and drained

½ cup dairy sour cream

2 tablespoons chipotle salsa

1 medium avocado, peeled, pitted, and sliced

Fresh cilantro leaves (optional)

Chili powder (optional)

The Best Foods for Semen Production

Directions

1. Place sweet potatoes in a microwave-safe dish; cover and cook on 100 percent power (high) for 5 to 8 minutes or just until tender enough to chop. Cool slightly; cut into chunks. Sprinkle lightly with salt.
2. In a large skillet heat oil over medium heat. Add potatoes; cook until browned and crisp-tender, about 3 minutes. Add drained corn to skillet. Cook for 3 minutes or until potatoes are tender.
3. Meanwhile, stir together sour cream and chipotle salsa.
4. To serve, divide sweet potato mixture among four plates. Top with avocado slices and serve with chipotle sour cream sauce. If desired, top with fresh cilantro and chili powder.

Nutrition Facts

Per serving: 246 kcal cal., 14 g fat (4 g sat. fat, 2 g polyunsaturated fat, 7 g monounsaturated fat), 12 mg chol., 463 mg sodium, 29 g carb., 5 g fiber, 8 g sugar, 4 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

New England Sweet Potato Soup



(1.8k shares, 1 review, rated 4 stars by 21 people)

MAKES: 6 SERVINGS

PREP: 25 MINS

COOK: 6 HRS TO 8 HRS (LOW) OR 3-4 HOURS (HIGH)

Ingredients

2 1/2 – 3 pounds sweet potatoes, peeled and cut into 1-inch pieces

1/2 cup chopped onion (1 medium)

1/4 cup maple-flavor syrup

1 clove garlic, minced

1/2 teaspoon dried sage, crushed

1/4 teaspoon salt

1/8 teaspoon ground black pepper

2 14 ounce cans chicken broth

1 cup water

1/2 cup half-and-half, light cream, or milk

Crisp-cooked crumbled bacon (optional)

The Best Foods for Semen Production

Sliced green onion (optional)

Directions

1. In a 3-1/2- or 4-quart slow cooker, combine sweet potatoes, onion, maple-flavor syrup, garlic, sage, salt, and pepper. Pour broth and the water over all.
2. Cover and cook on low-heat setting for 6 to 8 hours or on high-heat setting for 3 to 4 hours.
3. Using a potato masher, mash the soup until desired consistency.* Whisk in half-and-half until well mixed. If desired, sprinkle each serving with crumbled bacon and green onion. Makes 6 servings.

*NOTE:

For a smoother texture, use an immersion blender to puree the soup.

Nutrition Facts

Per serving: 192 kcal cal., 3 g fat (1 g sat. fat, 0 g polyunsaturated fat, 1 g monounsaturated fat), 9 mg chol., 712 mg sodium, 39 g carb., 4 g fiber, 15 g sugar, 3 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Mushroom and Poblano Vegetarian Enchiladas



(910 shares, rated 4 stars by 19 people)

MAKES: 4 SERVINGS

START TO FINISH: 30 MINS

Ingredients

6 ounces firm tofu

1 small poblano pepper

1 tablespoon vegetable oil

1 8 ounce package sliced cremini mushrooms

1 teaspoon ground cumin

½ teaspoon salt

¼ cup dairy sour cream

1 cup shredded cheddar and Monterey Jack cheese (4 ounces)

8 corn tortillas

Chopped tomato and green onion (optional)

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Directions

1. Drain tofu; cut into cubes. Stem and seed poblano; cut into strips. In a skillet heat 1 tablespoon oil over medium heat. Add tofu, pepper strips, mushrooms, cumin, and salt. Cook for 8 to 10 minutes or until mushrooms and pepper are tender, turning occasionally. Stir in sour cream and 1/2 cup of the cheese.
2. Preheat broiler. Lightly oil a 13x9x2-inch baking pan; set aside. Wrap tortillas in damp paper towels; microwave on 100 percent power (high) for 30 seconds or until warm and softened. Spoon mushroom filling into tortillas; fold over and place in prepared baking pan. Sprinkle with remaining cheese. Broil 4 to 5 inches from the heat for 1 to 2 minutes or until cheese is melted. If desired, top with tomato and green onion.

Nutrition Facts

Per serving: 335 kcal cal., 18 g fat (8 g sat. fat, 3 g polyunsaturated fat, 6 g monounsaturated fat), 36 mg chol., 521 mg sodium, 29 g carb., 4 g fiber, 3 g sugar, 15 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Mushroom and Beef Ravioli Soup



(828 shares, 2 reviews, rated 4 stars by 8 people)

MAKES: 4 SERVINGS

MAKES: ABOUT 6 1/2 CUPS

START TO FINISH: 20 MINS

Ingredients

1 tablespoon olive oil

1 small onion, halved and thinly sliced (about 1/2 cup)

6 ounces cremini mushrooms, sliced (about 2 cups)

2 miniature red sweet peppers, stemmed and sliced (about 1/2 cup)

1 32 ounce container mushroom or beef broth

1 20 ounce package frozen beef ravioli

Fresh thyme leaves

Ground black pepper

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Directions

In a 4-quart Dutch oven heat olive oil over medium-high heat. Add onion slices, mushrooms, and sweet peppers; cook and stir 4 minutes or until tender. Stir in broth; bring to boiling. Stir in ravioli; return to boiling. Reduce heat. Cook, uncovered, 5 to 8 minutes or until pasta is tender, stirring occasionally. Sprinkle with thyme and pepper before serving.

Nutrition Facts

Per serving: 357 kcal cal., 12 g fat (4 g sat. fat, 0 g polyunsaturated fat, 2 g monounsaturated fat), 64 mg chol., 645 mg sodium, 45 g carb., 3 g fiber, 5 g sugar, 16 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Winter White Vegetable Soup



(1.8k shares, rated 4 stars by 11 people)

MAKES: 10 SERVINGS

PREP: 45 MINS

ROAST: 1 HR 400°F

COOK: 40 MINS TO 50 MINS

Ingredients

- 1 medium beet, trimmed (about 8 ounces)
- 1 medium onion, chopped
- 1 tablespoon butter
- 1 small head cauliflower, coarsely chopped (4 cups)
- 2 medium turnips, peeled and cut into 1-inch pieces (3 cups)
- 1 medium celeriac, peeled and cut into 1-inch pieces (3 cups)
- 2 medium potatoes, peeled and cut into 1-inch pieces (3 cups)
- 1 large fennel bulb, sliced (discard leafy tops (2 cups)
- 2 medium parsnips, peeled and coarsely chopped (1 cup)
- 2 cloves garlic, halved

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4 cups water

1 ½ cups milk

1 tablespoon snipped fresh chives (optional)

Directions

1. Wrap beet in foil. Roast in a 400 degrees degree oven about 1 hour or until just tender. Cool. Peel and dice or grate; set aside.
2. Meanwhile, in a 4-quart Dutch oven cook and stir onion in hot butter over medium heat about 5 minutes or until tender. Add cauliflower, turnips, celeriac, potatoes, fennel, parsnips, garlic, 1/4 teaspoon salt, and water. Bring to boiling; reduce heat. Simmer, covered, for 25 to 30 minutes or until vegetables are very tender. Remove from heat. Stir in the 1 1/2 cups milk. Let cool slightly.
3. Transfer soup mixture in batches to a blender or food processor; cover and blend or process until smooth. Return all soup to Dutch oven. Add additional milk to reach desired consistency. Heat through. Ladle into individual bowls and sprinkle with beets and, if desired, chives. Makes 10 servings.

Nutrition Facts

Per serving: 112 kcal cal., 2 g fat (1 g sat. fat, 6 mg chol., 189 mg sodium, 20 g carb., 5 g fiber, 4 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Creamy Brussels Sprouts



(2.7k shares, 2 reviews, rated 4.5 stars by 24 people)

MAKES: 8 SERVINGS

PREP: 15 MINS

COOK: 12 MINS

BAKE: 20 MINS 350°F

Ingredients

Nonstick cooking spray

1 medium onion, quartered and thinly sliced

3 cloves garlic, minced

3 tablespoons butter

2 pounds Brussels sprouts, trimmed and halved, or green beans, trimmed

1 teaspoon snipped fresh thyme or 1/4 tsp. dried thyme, crushed

3/4 cup reduced-sodium chicken broth

3/4 cup whipping cream

1/4 teaspoon ground nutmeg

1/2 cup finely shredded Parmesan cheese or Pecorino Romano cheese

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¼ teaspoon salt

1/8 teaspoon ground black pepper

Directions

1. Preheat oven to 350F. Lightly coat a 1-1/2-quart oval gratin baking dish or baking dish with nonstick cooking spray.
2. In a 12-inch skillet cook onion and garlic in butter over medium heat for 3 minutes or until softened. Stir in Brussels sprouts and thyme. Cook for 4 minutes or until onions begin to brown. Add broth. Bring to boiling. Cook, stirring occasionally, for 3 to 4 minutes or until broth is nearly evaporated. Add whipping cream and nutmeg. Cook for 4 minutes or until mixture begins to thicken. Transfer to prepared baking dish. Stir in half of the cheese, all of the salt, and pepper. Sprinkle with remaining cheese.
3. Bake, uncovered, 20 to 25 minutes or until Brussels sprouts are tender. Makes 8 to 10 servings.

Nutrition Facts

Per serving: 193 kcal cal., 14 g fat (9 g sat. fat, 1 g polyunsaturated fat, 4 g monounsaturated fat), 46 mg chol., 279 mg sodium, 13 g carb., 5 g fiber, 3 g sugar, 7 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Aromatic Parsnips and Carrots



(1.7k shares, rated 4 stars by 7 people)

MAKES: 10 SERVINGS

PREP: 35 MINS

CHILL: UP TO 24 HRS

COOK: 20 MINS

Ingredients

1 ½ pounds small parsnips, peeled and halved lengthwise

1 ½ pounds small carrots, peeled and halved lengthwise

3 tablespoons olive oil

¾ teaspoon fennel seeds, crushed

½ teaspoon ground coriander (optional)

¼ teaspoon ground cinnamon

4 cloves garlic, thinly sliced

2 tablespoons chopped fresh cilantro

1 teaspoon finely shredded lemon peel

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2 tablespoons lemon juice

½ teaspoon salt

1/8 teaspoon freshly ground black pepper

1 tablespoon olive oil

Directions

1. Cut any long parsnips and carrots in half crosswise. In a very large skillet, cook parsnips, covered, in small amount of boiling salted water for 2 minutes. Add carrots; return to boiling. Cook for 4 minutes more. Drain; set aside. Carefully wipe skillet dry.
2. Heat the 3 tablespoons oil in same skillet over medium heat. Add fennel seeds, coriander, and cinnamon. Cook about 1 minute or until fragrant, stirring occasionally. Add parsnips, carrots, and garlic. Cook 10 to 12 minutes or until vegetables are tender, turning occasionally. Remove from heat.
3. Transfer to 2-1/2- or 3-quart microwave-safe casserole. Cover; refrigerate up to 24 hours. To serve, microcook, covered with lid or vented plastic wrap, on high (100% power) for 7 to 8 minutes, stirring once. Stir in cilantro, lemon peel and juice, salt, and pepper. Drizzle with olive oil. Makes 10 to 12 servings.

Nutrition Facts

Per serving: 130 kcal cal., 6 g fat (1 g sat. fat, 1 g polyunsaturated fat, 4 g monounsaturated fat), 0 mg chol., 171 mg sodium, 20 g carb., 6 g fiber, 6 g sugar, 2 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Artichokes with Tarragon Drizzle



(2.3k shares, rated 4 stars by 5 people)

MAKES: 8 SERVINGS

PREP: 25 MINS

COOK: 20 MINS

GRILL: 12 MINS

Ingredients

4 – 5 large whole artichokes or 12 to 15 baby artichokes

2/3 cup extra-virgin olive oil

1/3 cup white wine vinegar

1/3 cup thinly sliced green onions

2 tablespoons snipped fresh tarragon or 2 teaspoons dried tarragon, crushed

2 tablespoons Dijon-style mustard

Sea salt or salt

Ground black pepper

Extra-virgin olive oil

2 lemons, each cut into 8 to 10 wedges

Snipped fresh tarragon (optional)

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Directions

1. Wash large artichokes; trim stems, if desired, and remove loose outer leaves. Snip off the sharp leaf tips. If using baby artichokes, remove outer leaves to reach pale green or yellow leaves on bottom half. Cut darker green portion of leaves off top half of artichoke; discard. Cut off stem and trim any remaining green from base of baby artichokes.
2. In a large pot bring a large amount of lightly salted water to boiling; add artichokes. Return to boiling; reduce heat. Simmer, covered, for 20 to 30 minutes for large artichokes or 10 minutes for baby artichokes or until a leaf pulls out easily.
3. Place artichokes in a large bowl of ice water to cool completely. Drain artichokes upside down on paper towels. Cut artichokes in half from top through stem; use a spoon to scoop out the fibrous cores, leaving the hearts and leaves intact.
4. For tarragon drizzle, in a screw-top jar combine the 2/3 cup oil, vinegar, green onions, 2 tablespoons snipped tarragon, and the mustard. Cover and shake well. Season with salt and pepper.
5. Brush artichoke halves with additional olive oil. For a charcoal grill, place artichokes, cut sides down, on the rack of an uncovered grill directly over medium coals. Grill for 7 minutes; turn artichokes and grill for 5 to 7 minutes. (For a gas grill, preheat grill. Reduce heat to medium. Place artichokes on grill rack over heat. Cover and grill as above.)
6. On a serving platter place grilled artichokes cut sides up. Shake tarragon drizzle; pour some over artichokes. If desired, sprinkle with snipped tarragon. Serve with lemon wedges. Pass the remaining tarragon drizzle.

Nutrition Facts

Per serving: 131 kcal cal., 11 g fat (1 g sat. fat, 1 g polyunsaturated fat, 8 g monounsaturated fat), 0 mg chol., 153 mg sodium, 8 g carb., 4 g fiber, 0 g sugar, 3 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Aztec Hot Chocolate



(4.6k shares, rated 3.5 stars by 19 people)

MAKES: 12 SERVINGS

SERVING SIZE: 1/2 CUP

PREP: 15 MINS

COOK: 4 HRS (LOW) OR 2 HOURS (HIGH)

Ingredients

4 cups milk

2 cups half-and-half

1 ½ cups semisweet chocolate pieces

1 teaspoon instant espresso coffee powder

1 teaspoon ground cinnamon

½ teaspoon ground chipotle chile pepper

Sweetened whipped cream (optional)

Ground cinnamon (optional)

The Best Foods for Semen Production

Directions

1. In a 3 1/2- to 4-quart slow cooker, combine milk, half-and-half, chocolate pieces, coffee powder, 1 teaspoon cinnamon, and ground chipotle chile pepper.
2. Cover; cook on low-heat setting for 4 hours or on high-heat setting for 2 hours, whisking vigorously once halfway through cooking time. Whisk well before serving. If desired, garnish each serving with whipped cream and sprinkle with cinnamon.

Nutrition Facts

Per serving: 197 kcal cal., 13 g fat (8 g sat. fat, 0 g polyunsaturated fat, 4 g monounsaturated fat), 21 mg chol., 53 mg sodium, 19 g carb., 1 g fiber, 16 g sugar, 5 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Peach-Mint Green Tea



(7.5k shares, rated 4 stars by 11 people)

MAKES: 5 SERVINGS

PREP: 10 MINS

CHILL: 2 HRS

Ingredients

2 cups cold water

5 green tea bags

1 12 ounce can peach nectar

½ cup fresh mint leaves, slightly crushed

3 tablespoons sugar

Ice cubes

The Best Foods for Semen Production

Directions

Bring water just to boiling in a large saucepan. Remove from heat; add tea bags. Steep, covered, for 5 minutes. Remove and discard bags. Stir in nectar, mint, and sugar. Cover and chill for 2 to 24 hours. Strain tea mixture; serve over ice. Makes 5 servings.

Nutrition Facts

Per serving: 104 kcal cal., 13 mg sodium, 27 g carb., 1 g fiber, 1 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Watermelon and Strawberry Lemonade



(6k shares, rated 4 stars by 25 people)

MAKES: 10 SERVINGS

PREP: 30 MINS

CHILL: 4 HRS

Ingredients

6 cups cubed seeded watermelon

2 cups quartered fresh strawberries

1/3 cup agave nectar

1 cup lemon juice

1 2 liter bottle club soda or sparkling water, chilled

Ice cubes

Watermelon wedges (optional)

Whole fresh strawberries (optional)

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Directions

1. In a food processor or blender combine half of the cubed watermelon, half of the quartered strawberries, and half of the agave nectar. Cover and process or blend until smooth. Transfer to a pitcher. Repeat with the remaining cubed watermelon, quartered strawberries, and agave nectar.
2. Add lemon juice to mixture in pitcher. Chill for 4 to 24 hours or until very cold.
3. To serve, in a very large pitcher or punch bowl combine the fruit juice mixture and the chilled club soda. Serve over ice. If desired, garnish with watermelon wedges and whole strawberries.

Nutrition Facts

Per serving: 74 kcal cal., 0 g fat (0 g sat. fat, 0 g polyunsaturated fat, 0 g monounsaturated fat), 0 mg chol., 43 mg sodium, 19 g carb., 2 g fiber, 16 g sugar, 1 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

Lemon Ginger Chicken Thighs



(10.9k shares, 4 reviews, rated 4 stars by 128 people)

MAKES: 4 SERVINGS

START TO FINISH: 35 MINS

Ingredients

1 lemon

1 tablespoon grated fresh ginger

½ teaspoon salt

2 tablespoons honey

1 tablespoon reduced-sodium soy sauce

8 chicken thighs with bone

2 teaspoons vegetable oil

Sliced green onions and lemon wedges (optional)

The Best Foods for Semen Production

Directions

1. Finely shred peel from lemon and juice lemon. In bowl combine the lemon peel, ginger and salt. In another bowl combine lemon juice, honey, soy sauce and 2 Tbsp. water.
2. Rub lemon peel mixture under the skin of the chicken thighs. In 12-inch skillet, heat oil over medium-high heat. Place chicken, skin side down, in the hot oil. Cook 7 minutes or until well-browned; turn chicken and add lemon juice mixture. Reduce heat; cover and cook 14 to 18 minutes longer or until done (180 degrees F.).
3. Transfer chicken to plates. Skim fat from pan juices, if desired. Drizzle chicken with some of the pan juices. Top with green onion and serve with lemon wedges.

Nutrition Facts

Per serving: 459 kcal cal., 31 g fat (8 g sat. fat, 7 g polyunsaturated fat, 14 g monounsaturated fat), 158 mg chol., 567 mg sodium, 12 g carb., 1 g fiber, 10 g sugar, 33 g pro. Percent Daily Values are based on a 2,000 calorie diet

The Best Foods for Semen Production

White Bean Tuna Salad



(6.3k shares, 1 review, rated 4 stars by 33 people)

MAKES: 4 SERVINGS

SERVING SIZE: 1 1/2 CUPS

MAKES: 6 CUPS

START TO FINISH: 20 MINS

Ingredients

1 15 ounce can cannellini beans, rinsed and drained

2 5 ounce cans tuna packed in water, drained

2 cups lightly packed arugula or spinach

½ small red onion, thinly sliced

¼ cup fresh flat-leaf Italian parsley, chopped

¼ cup red wine vinegar

3 tablespoons extra virgin olive oil

½ teaspoon dried leaf oregano, crushed

¼ teaspoon salt

¼ teaspoon ground black pepper

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½ lemon

Crusty bread, sliced and toasted (optional)

Directions

1. In a large bowl combine beans, tuna, arugula, red onion, and parsley.
2. For dressing, in a screw-top jar combine vinegar, oil, oregano, salt, and pepper. Shake well to combine.
3. Pour dressing over tuna mixture; toss gently to combine. Squeeze juice from half of a lemon over salad. Serve with toasted crusty bread, if desired.

Nutrition Facts

Per serving: 274 kcal cal., 13 g fat (2 g sat. fat, 2 g polyunsaturated fat, 8 g monounsaturated fat), 30 mg chol., 644 mg sodium, 15 g carb., 5 g fiber, 1 g sugar, 22 g pro. Percent Daily Values are based on a 2,000 calorie diet