

		Aesthetic Man Nutrition Chart		Muscle Building	Teeth & Gums	Hair & Scalp	Aphrodisiac / Erectile Dysfunction	Sun Alternative (Vitamin D)	Skin	Sleep
Beans & Peas										
Black beans		Complex carbohydrates (energy for workouts & recovery)	✓							
Chickpeas		Complex carbohydrates (energy for workouts & recovery). Zinc (supports hair follicle health and oil gland function.)	✓			✓				
Kidney beans		Complex carbohydrates (energy for workouts & recovery)	✓							
Cheese										
Brie		Calcium & Phosphorus		✓						
Camembert		Calcium & Phosphorus		✓						
Cheddar		Calcium & Phosphorus		✓						
Cottage cheese		High protein. Muscle repair & growth.	✓	✓						
Gouda		Calcium & Phosphorus		✓						
Monterey Jack		Calcium & Phosphorus		✓						
Parmesan		Calcium & Phosphorus		✓						
Ricotta		Packed with whey protein for muscle repair & growth. Calcium for bones & teeth. Phosphorus for bones and overall energy. Vitamin A, B2 & D. Low in sodium compared to many cheeses.	✓	✓		✓				
Swiss		Calcium & Phosphorus		✓				✓		
Dairy										
Butter (in moderation)		Vitamins A, D, E & K which are essential for immune function, skin health, vision and bone strength. Healthy fats. Contains Tryptophan which helps sleep.				✓				✓
Eggs		(& egg whites) High protein. Muscle repair & growth. Contains biotin (vitamin B7) essential for keratin production for hair). Vitamin D (helps new hair follicle growth). Egg yolks contain Vitamin D. Contains Tryptophan which helps sleep.	✓			✓		✓		✓
Greek yoghurt		Unsweetened. Calcium & Phosphorus. High protein. Muscle repair & growth. Contains Tryptophan which helps sleep.	✓	✓		✓				✓
Milk		Calcium for bones & teeth. Protein. Phosphorus for energy production. Nine essential amino acids for muscle repair & growth. Vitamin D & B12. Riboflavin (B2) & Niacin (B3) for skin health and energy metabolism. Hydrating. Contains Tryptophan which helps sleep.	✓	✓		✓				✓
Fermented										
Kimchi		Gut health & digestion	✓							
Sauerkraut		Gut health & digestion	✓							
Kefir		Gut health & digestion	✓							
Fish										
Anchovies		Rich in Omega-3					✓			
Cod		High protein. Muscle repair and growth. Vitamin A forms a protective barrier against harmful mouth bacteria.		✓		✓			✓	
Mackerel		High protein. Omega-3 & Vitamin A & D. Muscle repair and growth.	✓			✓		✓	✓	
Oysters		Packed with zinc, which boosts testosterone and dopamine levels. Also supports hair follicle health and oil gland function.				✓	✓			
Salmon		High protein. Rich in omega-3s, improving circulation and mood (& improving scalp health). Vitamin A & D. Muscle repair and growth. Contains biotin (vitamin B7) essential for keratin production for hair).	✓	✓		✓		✓	✓	
Sardines		Omega-3 & Vitamin A & D. Healthy Fats. Hormonal balance & recovery.	✓	✓		✓		✓	✓	
Trout		Omega-3. Healthy Fats. Hormonal balance & recovery. Vitamin A.	✓			✓		✓	✓	
Tuna steak		High protein. Muscle repair and growth. Vitamin A.	✓	✓		✓	✓		✓	

Fruit								
<i>Apples</i>	Natural tooth cleaners & saliva production. Complex carbohydrates (energy for workouts & recovery)	✓	✓					
<i>Apricots</i>	Lycopene-rich.				✓			
<i>Bananas</i>	High in bromelain enzyme (testosterone production). Complex carbohydrates (energy for workouts & recovery). Contains Magnesium & Potassium to help relax muscles and calm the nervous system.	✓			✓			✓
<i>Blueberries</i>	Complex carbohydrates (energy for workouts & recovery). Vitamin K.	✓					✓	
<i>Blackberries</i>	Flavonoid-rich				✓			
<i>Cherries</i>	Complex carbohydrates (energy for workouts & recovery). Contain melatonin, which helps regulate the sleep-wake cycle.	✓						✓
<i>Cranberries</i>	Complex carbohydrates (energy for workouts & recovery). Rich in polyphenols (antioxidants which can combat cell damage). Disrupt plaque formation.	✓	✓					
<i>Figs</i>	Symbolic of fertility and rich in antioxidants.				✓			
<i>Grapefruit</i>	Vitamin C for immune-boosting and skin health. Also boosts collagen production for stronger hair. Fiber for digestion and gut health. Powerful antioxidants. Hydrating and low calorie.			✓			✓	
<i>Grapes</i>	Contain melatonin, which helps regulate the sleep-wake cycle.							✓
<i>Guava</i>	Lycopene-rich				✓			
<i>Kiwis</i>	High concentration of Vitamin C (boosts collagen production for stronger hair).		✓	✓			✓	
<i>Lemon</i>	Packed with nutrients / antioxidants. Vitamin C. Aids digestion. Supports hydration. Antibacterial properties.						✓	
<i>Mango</i>	Rich in antioxidants, minerals & Vitamin C, A (Beta-Carotene), E, B9, potassium & fiber.			✓			✓	
<i>Oranges</i>	Complex carbohydrates (energy for workouts & recovery). Vitamins & antioxidants. Vitamin C (boosts collagen production for stronger hair).	✓	✓	✓			✓	
<i>Pears</i>	Flavonoid-rich.				✓			
<i>Pink grapefruit</i>	Lycopene-rich.				✓			
<i>Pomegranate</i>	Improve blood flow and heart health.				✓			
<i>Raisins (golden)</i>	Rich in antioxidants, fiber & iron. Provides a natural energy boost.			✓				
<i>Strawberries</i>	Vitamin C assists the collagen network in the gums to hold the teeth in place. Boosts collagen production for stronger hair. Flavonoid-rich.		✓	✓	✓		✓	
<i>Watermelon</i>	Contains citrulline, which helps relax blood vessels (similar to Viagra). Rich in L-citrulline for blood flow and lycopene for heart health.				✓		✓	
Herbs, Roots, Spices & Plants		(Fresh)						
<i>Chicory root</i>	High in inulin (Prebiotic fiber) for gut health.							
<i>Chickpeas</i>	Complex carbohydrates (energy for workouts & recovery)	✓						
<i>Chili Peppers</i>	Contain capsaicin, which increases blood flow and endorphins.				✓			
<i>Cinnamon</i>	Rich in antioxidants & anti-inflammation properties. Contains iron, calcium & fiber.							
<i>Cloves</i>	Antioxidant & antibacterial (natural mouthwash).		✓					
<i>Coriander</i>	Rich in antioxidants, supports digestion, immune-boosting and a good source of vitamin C & A..			✓			✓	
<i>Cumin</i>	Rich in antioxidants, supports digestion, anti-inflammatory properties, immune-boosting and a good source of iron.			✓				
<i>Fava beans / Broad beans</i>	Cicero's favoured aphrodisiac in ancient Rome. A natural source of L-dopa which intensifies erections in some men.				✓			
<i>Garlic</i>	Rich in vitamin C & B6, manganese, selenium, calcium, phosphorus, iron & potassium. Fights mouth bacteria. Contains allicin for blood circulation.		✓	✓	✓		✓	
<i>Ginger (fresh)</i>	Enhances circulation and warms the body.				✓			
<i>Ginkgo biloba</i>	Boosts blood flow to enhance sexual energy and intensify erections, helping to clear s/impotence. It also helps lift depression which often accompanies it. Also enhances memory.				✓			
<i>Lentils</i>	High protein. Muscle repair & growth. Complex carbohydrates (energy for workouts & recovery). Iron (prevents hair thinning by supporting oxygen transport).	✓		✓			✓	
<i>Lettuce</i>	Vitamins & minerals		✓					

<i>Maca root</i>	Peruvian Ginseng. Increases stamina and desire.				✓			
<i>Oregano</i>	Rich in antioxidant. Anti-bacterial and antifungal properties. High in Vitamin K, A, iron, calcium & manganese. Anti-inflammation properties.			✓				
<i>Olive</i>	Rich in monounsaturated fats, antioxidants, vitamin A & E. Anti-inflammation properties. Good source of iron.			✓			✓	
<i>Parsley</i>	Rich in vitamin A, C & K. Loaded with antioxidants.			✓			✓	
<i>Siberian Ginseng</i>	Improves libido and helps overcome long-term fatigue. The effects build slowly over several weeks.				✓			
<i>Saffron</i>	Known for its mood-enhancing and libido-boosting effects.				✓			
<i>Thyme</i>	Rich in vitamin A, C, K, iron, calcium & magnesium. High in antioxidants.			✓			✓	
<i>Tumeric</i>	Anti-inflammatory & fights plaque.		✓					
Meat & Fowl								
<i>Chicken</i>	High protein. Muscle repair & growth. Contains Tryptophan which helps sleep.		✓	✓			✓	✓
<i>Duck</i>	High in protein and monounsaturated fats. Vitamin B12, B2, iron, zinc, selenium, phosphorus and omega-3 fatty acids.	✓		✓			✓	
<i>Liver</i>	Vitamin A (helps produce sebum for scalp moisture).			✓		✓		
<i>Pate</i>								
<i>Steak (& other meat)</i>	High protein. Muscle repair & growth. Iron (prevents hair thinning by supporting oxygen transport). Zinc (supports hair follicle health and oil gland function).	✓	✓	✓		✓	✓	
<i>Turkey</i>	High protein. Muscle repair & growth. Contains Tryptophan which helps sleep.		✓				✓	✓
Nuts								
<i>Almonds</i>	Rich in vitamin E and magnesium which support hormone balance. Phosphorus, calcium & healthy Fats. Chewing almonds removes plaque. Contains biotin (vitamin B7) essential for keratin production for hair). Amino acids which are good for heart health and blood flow. Contains Tryptophan which helps sleep. Contains Magnesium & Potassium to help relax muscles and calm the nervous system.	✓	✓	✓	✓			✓
<i>Cashews</i>	Zinc (supports hair follicle health and oil gland function.) Contains Tryptophan which helps sleep.			✓				✓
<i>Macadamia</i>	Vitamin E. Phosphorus, calcium & healthy Fats. Contains Tryptophan which helps sleep.			✓			✓	✓
<i>Pecans</i>	Vitamin E. Phosphorus, calcium & healthy Fats. Contains Tryptophan which helps sleep.			✓			✓	✓
<i>Pine nuts</i>	Vitamin E. Phosphorus, calcium & healthy Fats. Contains Tryptophan which helps sleep.			✓			✓	✓
<i>Pistachios</i>	Contain antioxidants. Contains Tryptophan which helps sleep.				✓			✓
<i>Walnuts</i>	Calcium & Healthy Fats. Hormonal balance & recovery. Vitamin E. Phosphorus, calcium & healthy Fats. Omega-3 fatty acids (supports scalp health and reduces inflammation. Contains Tryptophan which helps sleep.	✓	✓	✓	✓		✓	✓
Nut Butters								
<i>Peanut butter</i>	Healthy Fats. Hormonal balance & recovery							
<i>Almond butter</i>	Healthy Fats. Hormonal balance & recovery	✓						
<i>Cashew butter</i>	Healthy Fats. Hormonal balance & recovery	✓						
Oils								
<i>Coconut oil</i>	Healthy Fats. Hormonal balance & recovery	✓						
<i>Cod liver oil</i>	Good source of vitamin D.	✓	✓	✓		✓		
<i>Olive oil</i>	Healthy Fats. Hormonal balance & recovery	✓						
Seeds								
<i>Cacao nibs</i>								
<i>Chia</i>	Calcium & Healthy Fats. Hormonal balance & recovery. Omega-3 fatty acids (supports scalp health and reduces inflammation.	✓	✓	✓			✓	
<i>Flaxseeds</i>	Healthy Fats. Hormonal balance & recovery. Omega-3 fatty acids (supports scalp health and reduces inflammation.	✓		✓			✓	
<i>Hemp</i>								
<i>Poppy</i>								
<i>Pumpkin</i>	Healthy Fats. Hormonal balance & recovery. Iron (prevents hair thinning by supporting oxygen transport).	✓		✓				
<i>Sesame</i>	Calcium & Healthy Fats		✓					
<i>Spelt</i>								
<i>Sunflower</i>								

Vegetables								
Asparagus	High in folate and vitamin B6, which support arousal and energy.				✓			
Avocado	(& Avocado oil). Rich in healthy fats and vitamin E, supporting hormone production, balance & recovery. Magnesium (helps prevent hair loss caused by calcium buildup in hair follicles). Contains zinc for testosterone production.	✓		✓	✓		✓	
Beetroot / Beet	High in vitamins C & B6, manganese, betaine, folate and potassium. Rich in skin-enhancing nutrients. Anti-inflammatory properties for oily and acne-prone skin. Rich in a unique source of phytonutrients called Betalains, a powerful antioxidant with anti-inflammatory and detoxification properties.	✓	✓	✓				
Broccoli	Vitamin C & K. Natural teeth cleaners.		✓	✓				
Brussel sprout								
Cabbage		✓	✓				✓	
Cabbage (fermented)								
Carrots	Natural tooth cleaners & saliva production. Vitamin A (helps produce sebum for scalp moisture). Lycopene-rich.		✓	✓	✓			
Cauliflower								
Celery	Natural tooth cleaners & saliva production		✓					
Courgette								
Cucumber	Natural tooth cleaners & saliva production. Vitamin K		✓				✓	
Kale	Loaded with vitamins A, C & K, copper, potassium, iron, manganese, and phosphorus. Rich in lutein and zeaxanthin compounds which promote healthy eyes. Contains fiber lower blood cholesterol levels, reducing the risk of heart disease. High in lutein which lessens sleep disruption.	✓	✓	✓			✓	
Mushroom						✓		
Onion								
Potato	Complex carbohydrates (energy for workouts & recovery). Vitamins & antioxidants.	✓						
Red pepper	Vitamin C (boosts collagen production for stronger hair).			✓			✓	
Shiitake mushroom	Anti-microbial properties for fighting tooth decay.		✓					
Spinach	For micronutrients. Contains biotin (vitamin B7) essential for keratin production for hair). Iron (prevents hair thinning by supporting oxygen transport). Contains Magnesium & Potassium to help relax muscles and calm the nervous system.	✓	✓	✓	✓		✓	✓
Spring onion								
Squash	Complex carbohydrates (energy for workouts & recovery).	✓						
Sweet potato	Complex carbohydrates (energy for workouts & recovery). Contains biotin (vitamin B7) essential for keratin production for hair). Vitamin A (helps produce sebum for scalp moisture). Contains complex carbohydrates which can promote better sleep by stabilizing blood sugar levels.	✓	✓	✓				✓
Tomato	Lycopene-rich. Contain melatonin, which helps regulate the sleep-wake cycle.				✓			✓
Whole Grains								
Brown rice	Complex carbohydrates (energy for workouts & recovery). Contains complex carbohydrates which can promote better sleep by stabilizing blood sugar levels.	✓						✓
Quinoa	Complex carbohydrates (energy for workouts & recovery). Contains complex carbohydrates which can promote better sleep by stabilizing blood sugar levels.	✓						✓
Oats	Complex carbohydrates (energy for workouts & recovery). Contains complex carbohydrates which can promote better sleep by stabilizing blood sugar levels.	✓						✓
Other								

<i>Dark chocolate</i>	Contains allicin which enhances blood flow and compounds like L-arginine and phenylethylamine, which are believed to have mood-enhancing effects. Contains CBH, a compound that helps harden tooth enamel. Magnesium (helps prevent hair loss caused by calcium buildup in hair follicles).		✓	✓	✓				
<i>Honey (raw)</i>									
<i>Tofu</i>	High protein. Muscle repair & growth. Iron (prevents hair thinning by supporting oxygen transport).	✓	✓	✓				✓	
Drinks									
<i>Bone broth</i>	Rich in collagen, minerals & amino acids. Joint health, immune-boosting & digestion.								
<i>Coconut water</i>	Natural electrolytes. Good for hydration. Electrolytes helps to rehydrate the body after sleep, supports adrenal function, balances minerals, boosts energy and enhances mental clarity.								
<i>Coffee</i>	Polyphenols (antioxidants which can combat cell damage).		✓						
<i>Green tea</i>	High in antioxidants (especially catechins). Supports metabolism and brain function. Plaque Reduction and helps reduce harmful mouth bacteria.							✓	
<i>Herbal teas</i>	(e.g., Peppermint, Ginger, Mint, Chamomile, Rooibos, etc.). Rich in antioxidants, caffeine-free, aids digestion, reduces inflammation and promote relaxation.								
<i>Kefir / Probiotic drinks</i>	Supports gut health with beneficial bacteria. Provides protein, vitamins & minerals.							✓	
<i>Lemon water</i>	Provides Vitamin C and supports digestion. Helps with hydration and detoxification.			✓				✓	
<i>Plant-Based Milks</i>	(Unsweetened Almond, Coconut, or Soy Milk). Essential nutrients.								
<i>Tea</i>	Polyphenols (antioxidants which can combat cell damage).		✓						
<i>Vegetable juices (fresh)</i>	Vitamins, minerals, and antioxidants.								
<i>Water (filtered)</i>	Essential for hydration, digestion, and overall health. Helps flush out toxins and regulate body temperature. Teeth enamel Protection and helps rinse away acids and bacteria from the mouth. Keeps hair follicles nourished and prevents dryness.	✓	✓	✓			✓		