

# THE 10-MINUTE TESTOSTERONE BREAKFAST PLAN

BY TESTOMAXING

THIS 10-MINUTE BREAKFAST PRIMES YOUR HORMONES,  
BRAIN, AND DRIVE BEFORE THE WORLD CAN TOUCH YOU.

## MEAL #1: ANABOLIC MODE

PLUG IN THIS BREAKFAST IF YOUR GOAL IS TO WORKOUT  
AND LIFT INTENSELY EARLY IN THE DAY

◆ **3 scrambled eggs + 2 whole  
wheat bread + Yogurt Bowl (Yogurt  
+ Chia Seeds + Blueberries)**

- ✓ **Protein**
- ✓ **Choline**
- ✓ **Electrolytes**
- ✓ **Antioxidants**
- ✓ **Carbs for Glycogen refill**
- ✓ **Fibre for BG control**

## MEAL #2: MAX DOPA

PLUG THIS ON DAYS WHEN MOTIVATION IS SLIPPING OR YOU NEED TO GO BEAST MODE ON DEEP WORK.

◆ **1 banana + 1 scoop whey in skimmed milk + Coffee**

- ✓ **Tyrosine for dopamine**
- ✓ **Electrolytes for firing neurons**
- ✓ **Protein + B-vitamins**
- ✓ **Fast digestion with no crash**

# MEAL #3: MAX BRAIN FUNCTION

GREAT FOR HIGH-FOCUS DAYS OR DECISION-MAKING FATIGUE.

◆ 2 eggs + 1 can sardine + ½ avocado + squeeze of lime + 2 piece dark chocolate (85%)

- ✓ Choline for focus
- ✓ DHA for neurons
- ✓ Oleic acid for mental energy
- ✓ Polyphenols + magnesium for brain resilience

# MEAL #4: OVERALL WELL-BEING

PLUG IN IF PERFECT HEALTH AND TESTOSTERONE IS YOUR MAIN GOAL

◆ **Yogurt bowl (1 avocado + berries + Chia Seeds) + boiled broccoli + Milk + Coffee**

- ✓ **Protein**
- ✓ **Probiotics and Prebiotics**
- ✓ **Good for BG control**
- ✓ **Cruciferous Vegetables for estrogen control**