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7 DAY MEAL PLAN + SHOPPING LIST



7-DAY MEAL PLAN

Why this meal plan is called The Enlarged Prostate Diet?

This meal plan is designed to help prevent or reduce prostate enlargement by helping you maintain a healthy body composition and providing various nutrients that have been clinically shown to benefit prostate health. This diet plan is inspired by many of the foods consumed in Mediterranean countries. The Mediterranean diet is associated with a lower risk of prostate cancer.

How does a Mediterranean style diet help improve prostate health?

Olive oil is the major constituent in the Mediterranean diet. It contains polyphenols that have antioxidant and anti-inflammatory properties. Other key components include high intake of vegetables, legumes, fruits, and whole grains. Fruits and vegetables contain antioxidants, polyphenols, vitamins, minerals, and fibers that reduce may help reduce inflammation in BPH and improve urinary symptoms.

Whole grains help control blood sugar and reduce IGF-1 levels that are associated with prostate disease. Foods like nuts, avocados and vegetable oils contain beta-sitosterol, which improves urinary function.

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This diet plan is also rich in tomatoes and tomato-based foods. Tomatoes are rich in Lycopene, which is the pigment providing tomatoes its red colour. Lycopene reduces oxidative stress, inflammation and inhibits cell proliferation in preclinical studies. Consuming roughly 30 mg of lycopene from tomato-based foods per day reduces PSA in men with prostate cancer.

This diet plan also contains moderate quantities of fish and seafood. These foods provide omega-3, which supresses inflammation. High prostate inflammation is associated with more severe urinary symptoms. Omega-3 may help reduce prostate volume and improve urinary symptoms in men suffering with BPH.

Is it possible to shrink an enlarged prostate with diet?

A diet-controlled study examined the effects of high fiber diet on the prostate growth. The diet contained mainly whole grains, fruits and vegetables. The subjects also carried out physical activity every day. Just 2 weeks of diet and exercise reduced the growth prostate epithelial cells by 13%. We have incorporated lots of fiber from whole grains, legumes, fruits and vegetables.

DAYONE

OVERNIGHT OATS

cup Rolled oats
 tsp Stevia
 g Blueberries
 g Greek yoghurt

Calories (kcal): 430 / Carbs (g): 64 / Fats (g): 8 / Protein (g): 26

LIME SALMON SALAD

4 oz Salmon ¼ cup Canned tomatoes ½ tbsp Cilantro, chopped 1 ½ Olive oil ¼ cup Black beans 1 ½ cups Baby spinach *Calories (kcal): 354 / Carbs (g): 15 / Fats (g): 22 / Protein (g): 26*

TOMATO CHICKEN SOUP WITH CARROTS & CELERY

- 2 raw Carrots, chopped
- 2 raw Celery stalks, chopped
- 1 tin (400g) Tomatoes, chopped
- 1 low-salt Chicken stock cube
- 2 Chicken legs, raw with bone/no skin
- 1 tbsp Extra virgin olive oil
- 250g Pasta shells, dry

Calories (kcal): 341 / Carbs (g): 54 / Fats (g): 7 / Protein (g): 15

DAYONE

AVOCADO, BANANA AND CASHEW TOAST (4 SERVINGS)

75g Cashew nuts4 slices Wholemeal bread1 large Avocado

1 large Banana

Calories (kcal): 316 / Carbs (g): 25 / Fats (g): 18 / Protein (g): 9

SNACK TWO

MINESTRONE WITH ITALIAN SAUSAGE & PESTO (2 SERVINGS)

- 1 tsp Olive oil
- 1 precooked Italian-style chicken sausage link (about 3 oz),
- 1 can Low-sodium minestrone soup
- 2 tbsp Pesto
- 2 slices Whole-wheat baguette

Calories (kcal): 312 / Carbs (g): 33 / Fats (g): 14 / Protein (g): 14

DAYTWO

OVERNIGHT OATS

cup Rolled oats
 tsp Stevia
 g Blueberries
 g Greek yoghurt

Calories (kcal): 430 / Carbs (g): 64 / Fats (g): 8 / Protein (g): 26

Cannellini Bean Salad (2 servings)

600g Canned cannellini beans 70g Cherry tomatoes, halved ½ Red onion, thinly sliced ½ tbsp Red wine vinegar Small bunch basil, torn

Calories (kcal): 302 / Carbs (g): 54 / Fats (g): 0 / Protein (g): 20

CRISP SALMON SALAD

250g New potatoes
8 Cherry tomatoes, halved
90g Mixed salad leaves
2 pieces Skinless salmon fillet (approx. 100g each)
1 tbsp Coarse ground black pepper
Grated rind and juice 1 orange
1 tbsp Wholegrain mustard

Calories (kcal): 354 / Carbs (g): 25 / Fats (g): 16 / Protein (g): 24

DAYTWO

ROASTED TOMATO & PEPPER BULGAR WHEAT SALAD

SNACK ONE

100g Bulgar wheat 450g Cherry tomatoes

1 Red pepper, cut into chunks

2 tbsp Olive oil, 2 tbsp Balsamic vinegar

- Handful fresh herbs (e.g. parsley, basil)
- Freshly ground black pepper

Calories (kcal): 235 / Carbs (g): 34 / Fats (g): 9 / Protein (g): 5

AVOCADO CAPRESE WRAP (2 SERVINGS)

- 2 Whole-wheat tortillas
- 1/2 cup Fresh arugula leaves, 1 tbsp Basil leaves
- 1 ball Fresh mozzarella cheese sliced
- 1 Tomato sliced
- 1 Avocado, pitted and sliced
- 1 tbsp Olive oil

Calories (kcal): 390 / Carbs (g): 26 / Fats (g): 24 / Protein (g): 17

| TOTAL: CALORIES (KCAL): 1711 | CARBS (G): 203 | FATS (G): 57 | PROTEIN (G): 92 |

DAY THREE

LUNCH

AVOCADO TOAST WITH EGG & TOMATO

2 slices Whole grain toast½ Avocado, sliced2 slices Tomato1 Hard-boiled egg

Calories (kcal): 400 / Carbs (g): 46 / Fats (g): 18 / Protein (g): 16

MEDITERRANEAN PASTA SALAD (3 SERVINGS)

225g Dried pasta shapes 10 Cherry tomatoes, quartered 10 Black olives, sliced Quarter cucumber, chopped Half red onion, thinly sliced 40g Feta cheese, crumbled 15g Pine nuts, toasted 1 tbsp Olive oil 1 tbsp Balsamic vinegar Handful basil leaves

Calories (kcal): 420 / Carbs (g): 58 / Fats (g): 14 / Protein (g): 13

MARINATED CHICKEN SKEWERS WITH COUSCOUS (2SERVINGS)

- 1 large Chicken breast, stripped
- 4 tbsp Buttermilk
- 1 tsp Pesto
- 1 Clove garlic, crushed
- 1 Red pepper, cut into chunks
- 2 Large mushrooms, sliced thickly
- 150g Couscous 200ml Boiling chicken stock Grated zest and juice 1 lemon 80g bag Rocket leaves
- 2 Spring onions, sliced

Calories (kcal): 450 / Carbs (g): 62 / Fats (g): 5 / Protein (g): 37

DAY THREE

SNACK TWO

PANZANELLA SALAD

400g Tomatoes

- 1 Garlic clove, crushed
- 1 tbsp Capers, drained and rinsed
- 1 ripe Avocado, stoned, peeled and chopped
- 1 Small red onion, thinly sliced
- 2 Slices of brown bread
- 2 tbsp Olive oil
- 1 tbsp Red wine vinegar

Small handful basil leaves

Calories (kcal): 452 / Carbs (g): 37 / Fats (g): 35 / Protein (g): 6

CACAO ROASTED ALMONDS

30g Whole natural almonds (no added salt) 1 tbsp Cacao powder 1 tsp Honey 1 tsp Sea salt

Calories (kcal): 219 / Carbs (g): 16 / Fats (g): 15 / Protein (g): 8

DAY FOUR

AVOCADO TOAST WITH EGG & TOMATO

- 2 slices Whole grain toast
- 1/2 Avocado, sliced
- 2 slices Tomato
- 1 Hard-boiled egg

Calories (kcal): 400 / Carbs (g): 46 / Fats (g): 18 / Protein (g): 16

CHICKPEA & TUNA SALAD (2 SERVINGS)

Grated zest half a lemon
Pinch of black pepper
20ml Extra-virgin olive oil
1 Small red onion, finely chopped
180g Cherry tomatoes, quartered

8cm cucumber, chopped 400g tin Chickpeas in water, drained 200g tin Tuna in water, drained 150g Salad leaves/lettuce 2 Lemon wedges

Calories (kcal): 331 / Carbs (g): 23 / Fats (g): 10 / Protein (g): 32

GREEK-STYLE CHICKEN PITTAS (2 SERVINGS)

- 250g Chicken breast, sliced
 1 tsp Dried oregano
 Juice half lemon
 3 Cloves garlic, crushed
 Grind black pepper
 50g Cucumber, finely diced
 60g Greek-style yogurt (0% fat)
- 2 Fresh tomatoes, sliced 10 Fresh mint leaves, torn 80g Salad leaves 2 tsp Olive oil 2 Wholemeal pittas Lemon wedges (to serve)

Calories (kcal): 381 / Carbs (g): 35 / Fats (g): 6 / Protein (g): 43

DAY FOUR

QUINOA & STIR FRY VEG

100g Quinoa

3 tbsp Olive oil

1 Garlic clove, finely chopped

2 Carrots, cut into thin sticks

150g Leek, sliced

150g Broccoli, cut into small florets

50g Tomatoes

100ml Vegetable stock

1 tsp Tomato purée

Juice ½ lemon

Calories (kcal): 473 / Carbs (g): 56 / Fats (g): 25 / Protein (g): 11

HEARTY TOMATO SOUP WITH BEANS & GREENS (4 SERVINGS)

SNACK TWO

2 cans Low-sodium tomato soup
1 tbsp Olive oil
3 cups Kale, chopped
1 tsp Minced garlic
½ tsp Red pepper, crushed
1 can No-salt-added cannellini beans
¼ cup Grated parmesan cheese *Calories (kcal): 200 / Carbs (g): 29 / Fats (g): 6 / Protein (g): 9*

| TOTAL: CALORIES (KCAL): 1785 | CARBS (G): 189 | FATS (G): 65 | PROTEIN (G): 111 |

DAY FIVE

LUNCH

GREEK YOGHURT WITH HONEY & WALNUTS

- 1 cup fat Greek Yoghurt
- 4 halves walnuts
- 1 tbs pumpkin seeds
- ¼ tsp ground cinnamon
- 1 tsp Greek Honey

Calories (kcal): 331 / Carbs (g): 13 / Fats (g): 20 / Protein (g): 30

KALE AND GREEN LENTIL SOUP (2 SERVINGS)

2 tsp Sunflower oil1 tbsp Tomato purée2 Onions, finely chopped400g Canned green lentils in water1 Large carrot, diced200g Black/curly kale, chopped (thick1 Stick celery, choppedstalks removed)1-2 Cloves garlic, crushed500ml Vegetable stock1 tsp Ground cuminBlack pepper, to taste

Calories (kcal): 308 / Carbs (g): 38 / Fats (g): 6 / Protein (g): 18

- SPICY TOMATO BAKED EGGS (2 SERVINGS)
- 1 tbsp Olive oil
- 2 Red onions, chopped
- 1 Red chilli, deseeded and chopped
- 1 Garlic clove, sliced
- 4 Eggs

Small bunch coriander (stalks and leaves chopped separately) 800g Canned cherry tomatoes Brown bread, to serve

Calories (kcal): 417 / Carbs (g): 45 / Fats (g): 17 / Protein (g): 19

DAY FIVE

MOROCCAN CHICKPEA SOUP

1 tbsp Olive oil
½ Medium onion, chopped
1 Celery sticks, chopped
1 tsp Ground cumin
300ml Hot vegetable stock
200g can Tomatoes, chopped
200g can Chickpeas, rinsed and drained
50g Frozen broad beans
Zest and juice ½ lemon
Coriander and bread, to serve

Calories (kcal): 404 / Carbs (g): 63 / Fats (g): 11 / Protein (g): 15

KALE SALAD WITH QUINOA & CHICKEN (2 SERVINGS)

SNACK TWO

SNACK ONE

4 cups Kale, chopped 1½ cups Cooked chicken, shredded

- . 1 cup Cooked quinoa
- ¼ cup Roasted red peppers, sliced
- ¼ cup Greek salad dressing
- Crumbled feta cheese (optional)

Calories (kcal): 301 / Carbs (g): 27 / Fats (g): 8 / Protein (g): 30

TOTAL: CALORIES (KCAL): 1761 | CARBS (G): 186 | FATS (G): 62 | PROTEIN (G): 112 |

DAY SIX

UNCH

SPANISH OMELETTE

450g Potatoes, peeled and sliced 1 tsp Oil 1 Red onion, sliced ½ Green pepper, thinly sliced

- 1 tbsp Fresh parsley, chopped
 - 3 Eggs, beaten
 - 1 tbsp Grated Parmesan cheese
 - Freshly ground black pepper

Calories (kcal): 389 / Carbs (g): 47 / Fats (g): 12 / Protein (g): 19

CHICKEN AND GOAT CHEESE SKILLET WITH BROWN RICE (2 SERVINGS)

½ lb Boneless skinless chicken breasts, cut into 1" pieces ¼ tsp Salt	1 tbsp Fresh parsley, chopped
	3 Eggs, beaten
	1 tbsp Grated Parmesan cheese Freshly ground black pepper
⅓ tsp Pepper	
2 tsp Olive oil	

Calories (kcal): 332 / Carbs (g): 29 / Fats (g): 11 / Protein (g): 29

GRILLED LEMON AND CHILLI CHICKEN WITH COUSCOUS

1 Chicken fillet, about 130g	¼ tsp Red wine vinegar
r Chicken fillet, about 150g	¹⁴ ISP Red wille villegal
2 tsp Olive oil	¼ Red pepper, chopped
½ tbsp Lemon juice	25g Couscous
1 tbsp Fresh mint, chopped	3 Cherry tomatoes
1 Clove garlic	1 tbsp Fresh flat leaf parsley, chopped
2 tsp Chillies, crushed	

Calories (kcal): 308 / Carbs (g): 22 / Fats (g): 8 / Protein (g): 35

DAY SIX

SNACK TWO

COUSCOUS WITH SUN-DRIED TOMATO AND FETA (2 SERVINGS)

⅓ cup Shelled pine nuts

1 tbsp olive oil

1/2 tsp Kosher salt

1 ½ cup Couscous

1/3 cup Sun-dried tomatoes in oil, drained and diced

1/3 cup Crumbled feta cheese

¼ cup Green onion, chopped

Calories (kcal): 301/ Carbs (g): 35 / Fats (g): 14 / Protein (g): 10

SHRIMP PUTTANESCA (4 SERVINGS)

8 oz Whole wheat linguine noodles

- 1 tbsp Extra-virgin olive oil
- 1 lb Large shrimp, peeled
- 1 can No-salt-added tomato sauce

Calories (kcal): 390 / Carbs (g): 43 / Fats (g): 8 / Protein (g): 37

TOTAL: CALORIES (KCAL): 1720 | CARBS (G): 176 | FATS (G): 53 | PROTEIN (G): 130 |

DAY SEVEN

SPANISH OMELETTE

450g Potatoes, peeled and sliced 1 tsp Oil 1 Red onion, sliced

¹/₂ Green pepper, thinly sliced

- 1 tbsp Fresh parsley, chopped
- 3 Eggs, beaten
- 1 tbsp Grated Parmesan cheese
- Freshly ground black pepper

Calories (kcal): 389 / Carbs (g): 47 / Fats (g): 12 / Protein (g): 19

MED CHICKEN WITH QUINOA GREEK SALAD (2 SERVINGS)

100g Quinoa
½ Red chilli, deseeded, chopped
1 Garlic clove, crushed
200g Chicken
1 tbsp Extra-virgin olive oil
150g Tomato, roughly chopped

Handful pitted black kalamata olives ½ Red onion, finely sliced 50g Feta cheese, crumbled Small bunch mint leaves, chopped Juice and zest ½ lemon

Calories (kcal): 473 / Carbs (g): 57 / Fats (g): 21 / Protein (g): 16

MOROCCAN SPICED ROASTED CHICKEN

¼ Chicken	½ tsp Chili powder (optional)
½ tbsp Olive oil	½ tsp Cinnamon
¼ Lemon	½ large bunch fresh cilantro
1 tsp Ground cumin	¹ ½ large bunch fresh flat-leaf parsley
½ tsp Salt and ground black pepper	

Calories (kcal): 549 / Carbs (g): 64 / Fats (g): 6 / Protein (g): 66

DAY SEVEN

SNACK TWO

ROASTED PEPPERS WITH FETA CHEESE (2 SERVINGS)

- 2 Peppers, halved and deseeded (1 red and 1 yellow/orange)
- 12 Cherry tomatoes
- 8 Black olives, pitted
- 50g Feta cheese, crumbled
- 1 tsp Olive oil
- 1 tsp Fresh oregano
- Calories (kcal): 162 / Carbs (g): 13 / Fats (g): 9 / Protein (g): 7

SICILIAN OLIVE CHICKEN

- 1 can Small tomatoes with garlic, diced
 1 tbsp Extra-virgin olive oil
 1½ cups Frozen chopped spinach, thawed
 1/3 cup Sicilian or other green olives, halved
 1 tbsp Capers, rinsed
 ¼ tsp Red pepper, crushed
 4 4oz Chicken cutlets
 ¼ tbsp Freshly ground pepper
 - Calories (kcal): 213 / Carbs (g): 9 / Fats (g): 8 / Protein (g): 26

TOTAL: CALORIES (KCAL): 1786 CARBS (G): 190 FATS (G): 56 PROTEIN (G): 134	

SHOPPING LIST

STAPLE CARBOHYDRATES

- Rolled Oats
- Brown Rice
- 500g Pasta Shells
- 100g Bulgar Wheat
- 1 Loaf Brown Bread
- 400g Quinoa

LEGUMES

- 1/3 cup Shelled Pine Nuts
- Walnuts
- Pumpkin Seeds
- Cashew Nuts
- 50g Frozen Broad Beans
- ¼ Cup Black Beans

HERBS & SPICES

- Black Pepper
- Mixed Herbs
- Cumin
- Cinnamon
- Chilli Powder
- Dried Oregano
- Minced Garlic
- Dried Oregano

DAIRY

- 150g Feta Cheese (crumbled)
- Goat's Cheese
- 3 Tbsp Milk (2%)
- 1 Ball Mozzarella Cheese

- 700g Potatoes
- 400g Couscous
- 8oz Whole Wheat Linguine Noodles
- 4 Wholemeal Pittas
- 2 Whole Wheat Tortillas
- 2 Slices Whole Wheat Baguette
- 400g Tin Chickpeas in water (drained 240g)
- Pine nuts
- 2 Cans Cannellini Beans (no-salt-added)
- 200g Can Chickpeas (rinsed, drained)
- 400g Can Green Lentils in water
- 25 Fresh Mint Leaves
- 1 Packet Basil Leaves
- 2 Tsp Crushed Chillies
- Parsley
- Fresh Oregano

FATS & OILS

- 2L Olive Oil
- 600g Greek Yogurt
- I Packet Grated Parmesan Cheese
- Buttermilk

FRUITS & VEGETABLES

- 1 Banana
- 150g Lettuce
- 3 Cups Baby Spinach
- 700g Kale
- 3 Large Cucumbers
- 250g Mixed Salad Leaves
- 4 Celery Sticks
- 150g Leeks
- 150g Broccoli
- ¹/₃ Cup Green Olives
- 1850g Cherry Tomatoes
- 33 Cherry Tomatoes
- 20 Fresh Tomatoes
- 2 Tins Chopped Tomatoes
- 5 Red Peppers
- ¹/₃ Cup Sun-Dried Tomatoes in
- oil (drained, diced)
- 350g Blueberries

MEAT, FISH & EGGS

- 11 Eggs
- 1lb Large Shrimp
- 2 Chicken Legs
- 1 Chicken Sausage Link

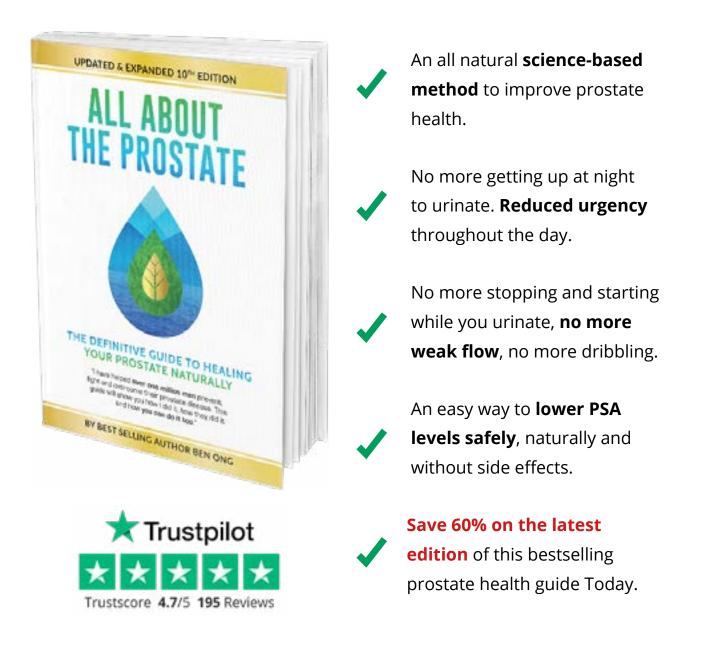
OTHERS

- Red wine vinegar
- Balsamic vinegar
- Salt
- Honey
- Stevia
- Pesto
- Wholegrain Mustard
- 1 Tsp Pesto
- 200ml Chicken Stock

- 4 Large Avocados
- 30 Black Olives
- 1 Pack Cilantro
- 1/2 Cup Fresh Arugula Leaves
- 3 Peppers (1 red, 1 yellow, 1 green)
- 2 Red Chillies
- 15 Garlic Cloves
- 5 Large Carrots
- 7 Lemons
- 3 Medium Onions
- 8 Red Onions
- ¼ Cup Green Onion (chopped)
- 1 Cup Fresh Asparagus
- 2 Spring Onions (sliced)
- 80g Bag Rocket Leaves
- 1 Pack Capers
- 500ml Orange Juice
- 16oz Chicken Cutlets
- 5kg Chicken Breasts (boneless, skinless)
- 3 Salmon Fillet (approx. 100g each)
- 200g Tin Tuna in water (drained 150g)
- 1 Can Tomato Sauce (no-salt-added)
- 1 Chicken Stock Cube (Low-Salt)
- 900ml Vegetable Stock
- Tomato Purée
- 2 Cans Tomato Soup (Low-Sodium)
- 1 Can Minestrone Soup (Low-Sodium)
- Greek Salad Dressing
- 2 Large Mushrooms

Discover the Step-by-Step Guide Tens of Thousands of Men Are Using to Stop Waking at Night, Lower Their PSA, and Improve Their Prostate Health...

All Without Surgery or Side Effects!



Learn More

Sounds Too Good To Be True? See What Other Men Have To Say About This Book

Genuine Independant, Unsolicited and Unbiased Customer Testimonials, Verified By 📩 Trustpilot

"Thanks to this book, I feel physically better and am seeing other benefits as a result of making some small lifestyle changes he suggested. It's a work in progress and I for one am grateful!"

Paul W 📀 Collected via Trustpilot 📩

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"I followed the recommendations and want to say with confidence that I have changed my life for the better. You will never find out more about your prostate than in this book."

Luis 📀 Collected via Trustpilot 🛨 🛨 🛨

"Should be called The Prostate Bible. It's that good. An elixir for men with prostate issues"

"Very Enlightening. Should be placed in every surgery." **Reginald ©** Collected via Trustpilot 🔀 🔀 🗶 🗶

"I had no knowledgeable base about this subject. The book gave me a foundation to ask intelligent questions to my doctor(s). It also let me know that other options are available instead of the big 3 (surgery, chemo, radiation). Thanks for writing the book"

Calvin Shackleford 🛛 Collected via Trustpilot 🚼

