

how to

Eat

YOUR WAY TO

**BIGGER**

**BOOBS**

**WARNING:** Side effects include a slimmer waist and glowing skin



# FOODS THAT FATTEN BELLIES, NOT BOOBS

**D**onuts. Cookies. Chicken nuggets. Soda. And the list goes on and on, even including some foods that most people mistakenly believe to be healthy, like cereal and granola bars.

These foods aren't just bad for your breasts – they're also bad for your whole body. Once eaten, these foods live rent-free on your waistline while doing no work at all – they provide little energy, they don't boost your immunity, and they don't supply the raw fuel your body needs to grow breasts.

In fact, they do the opposite – these no good foods make you lazy, more vulnerable to disease and they make you fat. And ironically, they also make you want to eat more of them.

You need to kick these douchebags out of your diet!

The one good thing about bad foods is that they're very easy to identify. So how do you tell if a food is no good for your boobs?

It's simple: If it didn't exist 100 years ago, it's not good boob food.

This basically includes all processed, commercially packaged foods – if it comes in a box, bag or a can or has ingredients you can't pronounce...don't put it in your body. I know this can be hard to do because processed foods are currently 70% of the US diet (and responsible for why 35% of the population is obese).



But do it for your boobs! And your waistline. Vanity is a strong motivating factor – why not take advantage of it?

So screw that donut. Next time it tries to seduce you, tell it “I know you’re just full of empty calories that’re going to expand my waistline without giving my boobies any of the nutrition that they need to grow.” And sashay your gorgeous self on over to the boob-friendly foods.

‘Cause remember – if you don’t buy it, you won’t eat it.

So...what are the best foods for your breasts? Let’s find out!

## FOODS WITH THE FUEL TO POWER BOOB GROWTH

As a general rule, the best foods for your boobs are the ones that provide ample nutrition for your breasts to grow. You’ll get a whole list below – some of these foods are absolutely crucial for breast growth while others play more of a supporting role. You want to get plenty of them all!

# Protein

This one is a must-eat when you're growing bigger breasts. Why? For starters, proteins are essential for growing breast tissue since they help our bodies to produce cells and repair tissue. Higher protein consumption may also help with the body's absorption and utilization of the breast enhancement ingredients you give it.

Proteins are crucial because they're not only the basic building blocks of hormones – without them, your body can't produce the necessary hormones for breast growth - but they're also used to make enzymes, neurotransmitters, muscles, tendons, organs and skin.

It's no wonder that those who eat less carbs and more protein have the most success with natural breast enhancement.

Extra bonus? Eating protein is one easy way to boost your growth hormone levels since the amino acids in protein-rich foods stimulate the production of HGH. This is hugely helpful in growing bigger breasts. As for weight loss – eating protein helps with that, too, 'cause it boosts your metabolism and reduces your appetite at the same time.

**How to eat it?** The current recommendation for protein is 0.8 grams of **protein** per kilogram of body weight, or 0.36 grams per pound – but studies show this is far from sufficient to ensure optimal health and body composition. And it's certainly not enough when you're growing breasts.

You're going to want to shoot for around 1 to 1.5 grams of protein per pound of body weight. So if you weigh 130lbs., get 130 to 195 grams of protein per day.

But protein is not just about quantity – it's also about quality. The best proteins to include in your diet are complete proteins, which are simply proteins that contain all nine essential amino acids.

Complete proteins are mostly animal proteins – which are doubly good since they provide all the essential amino acids in the right ratio for us to make full use of them (which makes sense considering animal tissues are similar to our own tissues).

So stock up on meat, poultry, fish and eggs!



If you're a vegan or vegetarian, your best choices for complete proteins are soybeans like edamame as well as soy products like tempeh, miso, and tofu. Another perfect choice is quinoa, which is a protein-rich whole grain and delicious. There's also buckwheat, hempseed, and chia!



If you're not getting enough of any of those sources, make sure to add a protein powder and an amino acid supplement to your diet.

## Healthy fats

Not all fats are bad for you – in fact, our bodies need fats to stay healthy. It's important at the most basic level 'cause membranes that contain fats surround all the cells of our body. Without a healthy cell membrane, the rest of the cell simply can't function.

Plus, healthy fats are as important as protein is growing bigger breasts. They're like really, really important. Why, you ask? Well, fats make prostaglandins, which are hormone-like substances that regulate your body's production of sex hormones like estrogen and progesterone, ultimately influencing your entire menstrual cycle.

Extra perks? Healthy fats fight inflammation and boost skin health. Plus, gram for gram, fats are the most efficient source of food energy. Each gram of fat provides nine calories of energy for the body, compared with four calories per gram of carbohydrates and proteins.

**How to eat it?** Fatty fish are a great way to go. When picking protein, choose the fattier cuts of meat, preferably from grass-fed animals.

Cook with avocado oil and light (refined) olive oil – these oils have the highest smoke points and are the best to cook with. Of course, adding extra virgin olive oil and other yummy oils like avocado oil, macadamia nut oil, and to your salads is great, too!

Eggs are a perfect source of both protein and healthy fats. So are nuts, which are super nutritious and will satisfy your body's need for important nutrients like magnesium and Vitamin E as well as healthy fats. Because they're small, convenient and high in fat – nuts make the perfect snack food. Just a handful will up your fat intake quite a bit so use these whenever you're too busy to make yourself a more elaborate meal.

As for our favorite healthy fat food? It's gotta be avocados. These little green beauties are crazy healthy, delicious, high in healthy monounsaturated fats – they've also been dubbed the most nutritious food in the world.



By the way – saturated fats are great, too. But NOT all of them – avoid processed meats like hot dogs, pepperoni or SPAM. The best, healthiest saturated fats come from foods like grass-fed meat, butter, and coconut oil. Coconut oil, in particular, is amazing ‘cause it also helps you lose weight.

Lastly, avoid trans fats like you owe it money – these nasty fats are found in things like non-dairy creamer, dessert mixes, microwave popcorn, as well as margarine and partially hydrogenated vegetable oils.

## Dairy

Dairy is controversial these days. Some say it’s healthy and essential while others say it’s harmful and should be avoided.

What you should know is that not all dairy products are the same. We like dairy for breast growth for a few reasons. For starters, dairy is known to stimulate the release of Insulin-like Growth Factor (IGF-1), which really boosts breast growth. It’s also a great source of healthy fats, proteins, as well as calcium.

Plus, dairy is known to slim the waistline and full-fat dairy is linked to reduced risk of obesity, less

belly fat, less inflammation, improved insulin sensitivity, as well as a much lower risk of type-2 diabetes.

That being said, not all dairy is good. We only recommend a few sources and even these in moderation – get the majority of your proteins and healthy fats from fatty fish, grass-fed animals, eggs and nuts. Just add in a bit of dairy to boost your IGF-1 levels, especially during your Follicular Phase (Days 1 to 14 of your menstrual cycle).

**How to get it?** The best source of dairy is sugar-free, plain yogurt – Greek yogurt is best. Yogurt is a breast enhancement must-have if you're taking phytoestrogens like herbs or PM because the probiotics in yogurt help your body metabolize and use estrogen. It's not necessary if you're getting plenty of probiotics from fermented foods like kimchi or sauerkraut, but most of us aren't and yogurt is a simple, easy-to-get option.



Fatty, unprocessed cheeses are also good. As for milk, the best is full-fat, from cows that are grass-fed and/or pasture-raised. If you're lactose-sensitive, goat milk is a nutritious alternative.

## Fruits & Veggies

You knew this one was coming, didn't you? And you already know fruits and veggies are damn good for you - they're loaded with vitamins, minerals, and phytochemicals that support gut health, help your body detox, keep your skin glowing, give you vital energy, and protect against

heart disease, stroke and cancer.

Plus, they're great for supporting breast growth.

You see, fruits and veggies provide a super easy, very healthy way to boost your progesterone levels naturally and keep your hormones balanced, which is key to healthy, successful breast enhancement. For example, the B vitamins are necessary for the liver to break down estrogen while Vitamin B6 helps increase progesterone levels. Just 750mg of Vitamin C per day have also been shown to increase progesterone production.

That's not all – zinc is an essential mineral for hormonal health since it prompts the pituitary gland to release follicle stimulating hormones (FSH), which in turn stimulate the ovaries to produce estrogen and progesterone. And don't forget magnesium – this is another key nutrient for increasing progesterone levels and maintaining a hormonal balance in the body.

Fruits and veggies are also very, very low in calories while being very, very high in nutrients. The result? They give you energy, fill you up, and the nutrients satiate your body so that you don't get food cravings. This makes fruits and veggies must-eat foods when you're trying to grow breasts and lose weight at the same time.

**How to eat it?** The latest dietary guidelines call for 5 to 13 servings of fruits and veggies every day – that's about 2.5 to 6.5 cups per day. We're going to say - shoot for at least 6 cups and aim for more veggies than fruits.

That's quite a lot and let's face it – most of us don't want to be chowing down on salad all day. Trying to eat a lot of fruits and veggies is time-consuming and boring which is why it usually doesn't work out for most of us. Otherwise, we'd all be getting our recommended intake of fruits and veggies and we'd all be super healthy, wouldn't we?

This is why we're not going to recommend you eat them.

Instead – blend them.



Smoothies are a godsend. Especially if you – like me – hate making salads and don't have the time to sit down and eat a bunch of fruits and veggies. Smoothies basically allow me to whip up the most nutritious, most boobie-friendly fruits, veggies, herbs, and superfoods into crazy-yummy smoothies and sip on them throughout the day.

In fact, I'm drinking a smoothie right now as I write this. It's a lovely combination of spinach, cilantro, mint, lemon, yogurt, and banana – blended with a tablespoon of maca root and topped off with a tablespoon of wheat germ. It's delicious and it's giving me a load of B vitamins, Vitamin C, zinc, magnesium, probiotics and bunch of other good stuff. And all I have to do is stop typing occasionally to drink it. Easy-peasy.

You'll be getting some of my favorite smoothie recipes as well – ones that are so chockfull of health-boosting, boob-friendly nutrients, they could serve as a meal replacement by themselves.

But first...you'll want to meet the SUPER boob foods.

## **SUPERFOODS FOR BOOBS**

All the above nutrients are essential for breast growth and health – think of them as the must-have backbone of any successful natural breast enhancement program.

But if you really want to ramp up your breast growth – you’ll want to brew up some bone broth.

In case you’re wondering what that is - bone broth is simply a rich soup that’s made with bones (and the tendons and cartilage that’s attached to the bones).

Yes, yes – it sounds frightfully disgusting. But it’s surprisingly delicious, and even more so when you know how good it is for your breasts, skin, hair, nails and overall health.

You see, those bones, tendons and cartilage produce a delicious, golden broth that’s extraordinarily rich in a bunch of obscure, deeply nourishing and oh-so-good-for-you nutrients like amino acids, glucosamine, chondroitin, gelatin (collagen), and trace minerals.

Not only are these nutrients damn good for your hair, nails, joints and digestive health – they also support natural breast enhancement by balancing your hormones, aiding hormone production, and improving thyroid function (crucial if you’re using BO to get bigger breasts).

The best part, though, is the crazy-rich gelatin content. Gelatin is simply “cooked” collagen, which is the most bio-available form of collagen. It’s easily digested and assimilated because the liquid gets absorbed into your body quickly and without much effort.

This is great news ‘cause collagen is the building material for all cells. It makes up eighty percent of all connective tissue and seventy percent of the skin. So drink up – ‘cause this collagen soup helps build breast tissue while simultaneously boosting overall skin elasticity and firmness!

Here are our favorite bone broth recipes...

## Chicken Feet Soup

Chicken feet are all tendons, bone and cartilage. Not so yummy-looking, to be sure. But they make an awesome broth – with very little effort.



Plus, they're so inexpensive!

If you've never tried it and are worried about the grossness factor – don't you worry! Any respectable chef worth his/her salt will tell you that *real* chicken stock is made with chicken feet (and sometimes the head, too) 'cause that's where the real flavor comes from. Chicken feet soup doesn't taste anything like feet – it tastes like intense chicken.

As for where to get these chicken feet? Most Asian markets will stock them. If you don't live close to any Asian areas, you'll want to befriend your local butcher. That way, he won't give you weird looks when you sweetly ask him to save some chicken feet for you.

#### **You'll need:**

- 2lbs of chicken feet

#### **Here's how to make it:**

*Instructions really vary – there are people who clip the toenails and peel the feet but I don't do any of this 'cause I prefer to spend as little “intimate” time with my chicken feet as possible. Here's how I brew my stock – it works perfectly fine.*

- Wash the chicken feet by placing them in a strainer and running under cold water for a few minutes

- Boil a large stock pot of water (enough to completely cover the 2lbs of chicken feet
- Once the water is boiling, pour in your chicken feet and let boil for 5 minutes
- Remove from heat and drain the chicken feet
- Place the chicken feet in a clean, large stock pot (2 - 3 gallon pot is perfect)
- Pour water – about 3 to 4 inches from the top
- Bring to a simmer and then reduce the temperature to very low
- Let simmer for at least 12 hours

That's it – you're done!

A good broth will get all jiggly and gel-like once it's chilled and that's awesome 'cause it means it's full of collagen!



## Beef Bone Broth

If you prefer the taste of beef-iness, you'll want to try beef bone broth. It's very yummy and just as easy to make as chicken feet soup 'though the bones are a little heavier.

Where to get beef bones? Try your local butcher as well as your local Farmer's Market for farmers who raise grass-fed animals. Also, you can check online – there are a few companies that deliver.

## You'll need:

- 2 pounds (or more) of bones from a healthy source
- 2 tablespoons Apple Cider Vinegar

## Here's how to make it:

- Place the bones in a large stock pot (5 gallons is great for 2lbs of beef bones)
- Pour water over the bones and add the vinegar
- Let it sit for half a water like this without heat – the acid in the vinegar helps make the nutrients in the bones more available
- After the half hour, heat and bring to a boil
- When it's really boiling, reduce the heat to a simmer
- Let it simmer for 48 hours

That's it – you're done!

Oh, just one more thing. After you place your broth in the fridge, it'll get all gelatinous and the fat will rise to the top and harden. Simply remove this before you drink the broth.



It's best to brew up a huge batch like this and then store half in the fridge and half in the freezer. You can use these broths to make soups, stews, gravies, and sauces. I like to make simple egg-drop soups, noodle soups, veggie soups, beef stew, chicken stew, and so on.

Okay, not that you know what the best boob-enhancing foods are...ready for some recipes?

## NUTRIENT-DENSE, BREAST-ENHANCING RECIPES

We've listed some of our favorite recipes to get you started. We'll start out with main dishes and then get to healthy side dishes (which you can use to snack on throughout the day).

We're also tossing in several of our favorite breast-friendly smoothie recipes!

### Main Meal #1. Super Simple Salmon



We love this 'cause it takes like 15 minutes to make and it's chock full of the proteins and healthy fats you need to boost boob growth.

#### You'll need:

- 5oz Salmon fillets
- 2 tbsp butter
- 1 tbsp dried basil
- 1 tbsp garlic powder
- ½ tsp salt
- 2 to 4 lemon wedges

#### Simply...

1. Stir the garlic powder, basil, and salt together in a small bowl and then rub in equal amounts onto the salmon steak.
2. Melt the butter in a skillet over medium heat; cook the salmon in the butter until browned and flaky, about 5 minutes per side. Serve each piece of salmon with a lemon wedge.

## Main Meal #2. Pork Tenderloin with Caramelized Onion



This recipe is super yummy, high in protein and healthy fats and takes less than 30 minutes to make.

### You'll need:

- ½ pound pork tenderloin
- 1 onion
- 1 tbsp balsamic vinegar
- 1 tbsp water
- 1 tbsp soy sauce
- pinch of salt & pepper

### Simply...

1. Preheat oven to 425° F
2. Sprinkle pork evenly with salt and pepper.
3. Heat a cast-iron skillet or other ovenproof skillet over medium-high heat. Coat pan with avocado oil (or other natural cooking oil). Add pork; cook 4 minutes or until browned on all sides, turning occasionally.
4. While pork browns, combine vinegar, water, and soy sauce in a small bowl.
5. When pork is browned, remove pan from heat. Add onion, and vinegar mixture to pan, stirring to loosen browned bits.
6. Bake, uncovered, at 425° for 15 minutes. Let stand 5 minutes before slicing and eating!

## Main Meal #3. Sugar and Spice Lamb Chops



God, lamb chops are delish! And actually really easy to make.

### You'll need:

- 4 4oz lamb chops
- 1 tbsp honey
- 2 tbsp olive oil
- ½ teaspoon ground cinnamon
- pinch of salt, black pepper and red pepper

### Simply...

1. Preheat oven to 400° F
2. Combine all spices and honey in a small bowl and rub mixture evenly over lamb.
3. Heat olive oil in oven-proof skillet over high heat. Add in lamp chops and cook until browned, around 3 minutes for each side.
4. Transfer the skillet to the oven and roast until done – around 10 minutes for medium-rare.

## Side Dish #1. Coconut Quinoa

Quinoa is one of the best protein sources for vegetarians so we had to include at least one easy quinoa recipe. This one's doubly great as it has coconut, which is chockfull of healthy fats.

### You'll need:

- 1 cup quinoa
- 2 cups coconut milk
- 1 tbsp coconut oil
- pinch of salt

## Simply...

1. Bring quinoa and coconut milk to a boil in a saucepan. Reduce heat to medium-low and simmer, stirring occasionally, until the quinoa is tender and the water has been absorbed, 10 to 15 minutes.
2. Add in a tbsp of coconut oil and season with salt.

## Side Dish #2. Beet Red Sweet Potato

I totally love comfort foods like mashed potatoes, but have adapted the recipe to make it healthier. Here it is – is super yum, full of vitamins and will provide a load of healthy fats as well.

### What you'll need:

- 1 sweet potato
- 2 beets
- 2 tbsp butter
- ¼ cup milk
- pinch of salt

## Simply...

1. Preheat oven to 375° F
2. Chop beets and sweet potato, bundle them in aluminum foil and put in the oven.
3. Roast for 35 to 40 minutes
4. Put roasted beets and potatoes into a food processor (or use a blender) with butter, milk and salt.
5. Blend and whip 'til you got the consistency you want.

## Side Dish #3. Greek Guacamole

This one's probably my favorite – I make it, like, every day. It's just so simple and so great for your breasts – chock full of protein, healthy fats, and a load of vitamins and minerals.

### **You'll need:**

- 1 to 2 avocados
- chopped olives
- chopped tomatoes
- feta cheese

### **Simply...**

Puree the avocados in a food processor or blender , add chopped olives and tomatoes. Sprinkle with feta cheese. This goes great with whole-wheat pita slices!

## **Smoothie Recipe #1. Tropical Green Smoothie**

This smoothie recipe is perfect for boobs: almond milk is rich in protein and healthy fats, coconut oil is full of fat-burning healthy fats, and cacao is super food that's rich in protein, healthy fats and essential minerals. Plus, the spinach leaves contain a good dose of the vitamins and minerals your boobs need to grow!

### **You'll need:**

- 2 cups fresh almond milk (or 2 cups water and ½ cup raw almonds)
- 1 tbsp coconut oil
- 1 tbsp raw cacao powder
- 1 cup fresh or frozen spinach leaves

Blend everything together and enjoy!

## **Smoothie Recipe #2. Protein-Packed Smoothie**

This one's for the vegetarians. It's super high in protein - there are about 17 grams of protein in a serving of edamame and I promise you, when you add it to this smoothie recipe there's absolutely *no* bean-taste at all.

### You'll need:

- ½ cup frozen, cooked edamame
- 1 banana
- 1 cup of berries (blackberries, blueberries, strawberries)
- 1 cup water (add nut milk instead for a healthy fat boost)

Blend and enjoy!

## Boob Food-Laden Smoothie Recipe #3. Growth-Boosting Smoothie

Want a smoothie recipe that's got protein, healthy fats, and HGH-boosting powers (goji berries do that!)? Here's one you'll love – it's delicious, too!

### You'll need:

- 1 avocado
- 1 banana
- 2 tbsp goji berries
- 1 cup cashew milk

Blend and enjoy!

## THE BEST NUTRITIONAL SUPPLEMENTS TO BOOST BREAST GROWTH

To be honest, I love food but on most days, I'm just too busy to cook myself a nutrient-dense meal full of boob-friendly ingredients.

That's why I rely heavily on smoothies. It's such a simple way to get a load of greens and a wide array of fruits and veggies.

Smoothies also make it really easy to add a boost of superfoods to your diet. And that's great

news 'cause certain superfoods are amazing for your breasts and your whole body.

Now there are a lot of “superfoods” out there, but the majority of them are unnecessary especially if you're already eating a pretty nutritious diet. That's why I'm only recommending a handful of the most powerful superfoods currently available.

I've organized them based on who they're best for. Check them out and if you find one that will fill in one of your nutritional gaps – be sure to add it to your smoothies!

## If you don't get enough healthy fats in your diet ...

**Coconut Oil:** If you add in nothing else, at least get yourself some coconut oil. Not only is this oil delicious, it's also got a unique type of healthy fats called medium chain triglycerides (MCTs) that boosts weight loss and has been shown to reduce belly fat. It's also the richest natural source of lauric acid, which has anti-bacterial, anti-fungal and anti-viral properties.

You can easily add in a tablespoon or two of coconut oil into your smoothies for a tropical taste or cook with it. It ups your healthy fat intake and boosts weight loss and immunity – a must-have. Oh, coconut oil is also lovely on the skin so you can also use it to make yourself your own boobie batter!

## If you don't get enough amino acids in your diet ...

**Bee Pollen:** Bee pollen is one of the most nutritious foods on earth. It helps boost your growth hormone levels, it's made up of about 40% bio-available protein and it offers a cornucopia of beneficial elements: 11 types of carbohydrates, 14 varieties of fatty acids, 11 enzymes or co-enzymes, 59 trace elements, 25 minerals, 22 amino acids as well as 18 vitamins. It's crunchy and delicious as well, making it ideal for sprinkling on top of smoothies, oatmeal and salads.

Or...

**Goji Berries:** Considered both a fruit and an herb, goji berries are also known to boost growth hormone levels. Like most berries, they also contain high levels of antioxidants, which work to remove free radicals throughout the body. But unlike other berries, goji contains all the essential amino acids. These berries also boast over 20 minerals and are significantly high in vitamin C, iron, and beta-carotene—significantly more than carrots.

## If you're not getting enough Vitamin C in your diet ...

**Camu Camu:** This is the best Vitamin C you can give your body. Why? Camu camu has the highest Vitamin C levels found in nature - 60 times more Vitamin C per serving than an orange. Since camu camu powder is about 15% Vitamin C by weight, a single teaspoon of the powder equals over 1000% of your recommended daily value of Vitamin C, which is awesome since this popular vitamin isn't made by our bodies and we need to get it from food sources.

Its Vitamin C content alone is awesome, but camu camu also contains a full profile of naturally occurring amino acids that help enhance Vitamin C's efficiency and utilization in the body. To top it off - it's also rich in growth-hormone-boosting niacin, as well as riboflavin, phosphorus, calcium, iron, and protein. It's like a multi-multi-vitamin J

## If you're generally not eating healthy, nutrient-dense foods ...

**Moringa:** Moringa is probably the most nutritious food on earth. It's called "the world's most nutritious plant" for good reason - its leaves contain over 90 nutrients and 45 compounds with anti-oxidant properties and 36 with anti-inflammatory properties. Ounce for ounce, moringa leaves boast 7 times the Vitamin C content of oranges, 4 times the calcium in milk, 4 times the vitamin A in carrots, 3 times the potassium in bananas, and twice the protein in milk. Not to mention its amino acids and various phenolics - Moringa also has a rich and rare combo of zeatin, quercetin, beta-sitosterol, caffeoylquinic acid and kaempferol. Oh, as for omega-3s and chlorophyll? Yea, it's got those, too.

This is *the* superfood to add if you're not eating a healthy diet on a regular basis - it'll help you get a huge array of nutrients in about, oh, 5 minutes.