

THE PERFORMANCE NUTRITION GUIDE

Fuel Your Body for Peak Male Performance

The Science-Backed Nutrition Blueprint for Men Over 40

By MANSTINCT,ç | manstinct.com

Chapter 1: The Nitric Oxide Diet

Your body's ability to produce nitric oxide (NO) is the single most important factor in male performance, energy, and cardiovascular health. After age 40, NO production drops by approximately 50% but the right nutrition can restore it.

The Top 12 Nitric Oxide Boosting Foods

1. Beets & Beet Juice

The king of nitrate-rich foods. Just 500ml of beet juice can increase plasma nitric oxide levels by 21% within 3 hours. Add raw beets to salads or blend into smoothies.

Daily target: 1 cup raw or 8oz juice

2. Dark Leafy Greens (Spinach, Arugula, Kale)

Arugula contains more nitrates per gram than any other vegetable. Spinach is a close second. These convert to NO in your body through the nitrate-nitrite-NO pathway.

Daily target: 2-3 cups raw greens

3. Watermelon

Nature's L-Citrulline source. The rind contains the highest concentration. Your body converts citrulline to arginine to nitric oxide.

Daily target: 2 cups (include some rind)

4. Pomegranate

Rich in polyphenols that protect NO from oxidative destruction. Studies show

pomegranate juice increases NO bioavailability by 32%.

Daily target: 8oz juice or 1/2 cup seeds

5. Wild-Caught Salmon

Omega-3 fatty acids enhance endothelial function – the cells that produce NO.

Also provides CoQ10 and astaxanthin.

Weekly target: 3-4 servings (4-6oz each)

6. Garlic

Allicin activates nitric oxide synthase (NOS), the enzyme that produces NO.

Crush garlic and let it sit 10 minutes before cooking to maximize allicin.

Daily target: 2-3 cloves

7. Dark Chocolate (85%+ Cacao)

Flavanols in cacao stimulate the endothelium to produce more NO. Choose 85% or higher – milk chocolate doesn't work.

Daily target: 1-2 squares (20-30g)

8. Citrus Fruits

Vitamin C protects NO molecules from free radical damage. Oranges, lemons, and grapefruit are ideal.

Daily target: 1-2 servings

9. Walnuts

High in L-Arginine (the direct precursor to NO) plus omega-3s. The combination is synergistic.

Daily target: 1/4 cup (about 14 halves)

10. Red Bell Peppers

Contains 3x more vitamin C than oranges. Protects existing NO and supports collagen in blood vessel walls.

Daily target: 1/2 pepper

11. Grass-Fed Beef

Rich in CoQ10, zinc, and B12 – all cofactors in NO production. Grass-fed has 2-3x more omega-3s than grain-fed.

Weekly target: 2-3 servings

12. Turkey Breast

One of the highest food sources of L-Arginine. 6oz provides ~3g of arginine – comparable to supplement doses.

Weekly target: 3-4 servings

Chapter 2: Meal Timing for Blood Flow

When you eat matters almost as much as what you eat. Here's the optimal timing protocol:

Morning (7-8am): Break fast with nitrate-rich foods. Your NO production peaks in the morning. Beet juice + spinach smoothie is ideal.

Pre-Workout (60-90min before): L-Citrulline rich foods (watermelon) or your Manstinct supplement. This maximizes blood flow during exercise.

Post-Workout (within 30min): Protein + antioxidants. Salmon + dark greens. This is when your blood vessels are most receptive to repair and growth.

Evening (6-7pm): Light meal with garlic, dark chocolate for dessert. Avoid heavy meals within 3 hours of bedtime – they divert blood flow to digestion.

Chapter 3: The 7-Day Performance Meal Plan

Day 1 - Monday

Meal	Menu
Breakfast	Spinach & beet smoothie with whey protein + walnuts
Lunch	Grilled salmon over arugula salad with pomegranate seeds
Snack	Dark chocolate (2 squares) + orange slices
Dinner	Grass-fed steak with roasted red peppers & garlic

Day 2 - Tuesday

Meal	Menu
Breakfast	Beet juice (8oz) + turkey & avocado wrap

Lunch	Kale Caesar with grilled chicken + walnuts
Snack	Watermelon chunks (2 cups) + almonds
Dinner	Baked salmon with garlic-lemon spinach

Day 3 - Wednesday

Meal	Menu
Breakfast	Omelet with spinach, red peppers, mushrooms
Lunch	Turkey breast sandwich on whole grain + arugula
Snack	Pomegranate juice (8oz) + dark chocolate
Dinner	Grilled chicken with beet & walnut salad

Days 4-7

Rotate the above meals, varying proteins between salmon, turkey, grass-fed beef, and chicken. Always include 2+ servings of dark leafy greens and at least one nitrate-rich food per meal.

Chapter 4: Supplement Stacking Protocol

Your Manstinct Natural Nitric Oxide Booster provides the clinical foundation. Here's how to stack it optimally:

Morning Stack:

• Manstinct (as directed) • L-Arginine + L-Citrulline base

• Vitamin D3 (5000 IU) • Supports testosterone + NO production

• Omega-3 Fish Oil (2g) • Endothelial function support

Evening Stack:

• Magnesium Glycinate (400mg) • Relaxes blood vessels, improves sleep

• Zinc (30mg) • Testosterone support, immune function

• CoQ10 (100mg) • Cellular energy + cardiovascular health

Chapter 5: Foods to Avoid

These foods actively destroy nitric oxide and constrict blood vessels:

- **Processed meats** • Sodium nitrate (different from vegetable nitrates) damages endothelium
- **Excess sugar** • Spikes insulin, reduces NO production by up to 25%
- **Trans fats** • Directly damage the endothelial cells that produce NO
- **Excess alcohol** • More than 2 drinks reduces NO for 24+ hours
- **Mouthwash** • Kills oral bacteria needed for the nitrate → NO conversion pathway

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