The Boy Cookbook

A Cookbook to Help with the Conception of a boy

By Tamara
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This book and its contents are meant to remain free to everyone. If you copy any part of this book it must remain free at no charge to anyone. Also please link back to ingender.

I wanted to say a special thanks to the following people for helping to make this book possible: Reve de bleu, for reading both gender diet books and for the translation and dictation of the books; Mich m, a nutritionist who looked up mineral content for each recipe, and Maureen, owner of In-Gender.com, for helping with the layout of the book.
Boy Diet Basics

Many published studies, papers, and theories suggest that it is possible to ‘sway’ your odds for a gender by what you eat. This boy diet guide is the result of analyzing and combining of several diets into one:

- The boy diet described in the books *The Preconception Gender Diet*¹ and *Choisissez Le Sexe de Votre Enfant*².
- The Potassium diet (potassium favors y sperm).
- The alkaline diet (effects pH).
- The testosterone diet (high testosterone favors boys).

The food for the diet is based on hormones, pH, minerals, ions and even the temp of the food.

**PLEASE take folic acid supplements when you are on this diet.** When doing the boy diet you must be adding salt as much as possible. However salt depletes the body of folic acid and your risk of miscarriage goes up when you don't have enough folic acid.

**If you have high blood pressure you should avoid the boy diet.** Rather concentrate on the alkaline diet while cutting out dairy.

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¹ *The Preconception Gender Diet* by Sally Langendoen, R.N. and William Proctor
² *Choisissez Le Sexe de Votre Enfant: par la methode du regime alimentaire* by Francoise Labro et Dr. Francois Papa
Boy Diet Rules

1. THREE LARGE glasses of fruit juice (it must be 100% fruit juice, concentrate is fine but no added sugar or water---not fruit "drinks").
2. SALT: Salt food abundantly.
3. MEAT: At each meal (lunch and dinner) you must eat meat (the quantity is free but it has to be consumed at both lunch and dinner.) Meat is acidic but it is on the diet due to the high testosterone found in it. If you are struggling with pH you may want to cut back on the meat and find your Testosterone else where.
4. You are allowed up to 15% a day of calcium or magnesium, but no more.
5. Cool things raise pH. So try to keep food cool, yet still safe.
6. Boy Diet Mineral Ranges:
   - Na++ (Sodium) 5000-6000 mg/ day
   - K+ (Potassium) 4,000-5,000 mg/day
   - Ca (Calcium) 250-400 mg/day
   - Mg (Magnesium) 120-200 mg/day

Warning- too much potassium to fast can cause heart palpitations. Be careful of this!
Boy Diet Foods

Tier 1 is the most important boy diet foods, down to Tier 4, the least important.

If you want a food and it isn’t on the list then it probably isn’t part of the diet. However mistakes can be made so go to www.in-gender.com and ask. Also this book will be updated as new info comes in.

Tier 1: Foods on all three gender diets with no calcium or very little calcium:

- Iceberg lettuce (all other lettuce has calcium)
- Celery
- Tomatoes- all forms
- Amsterdam Carrots (formally known as baby carrots)
- V8
- Peaches
- Pears

Tier 2: Foods on the boy diet and the potassium diet with little or no calcium:

- Meat- most meat but not fish
- Potatoes - very high in potassium!
- Apricots
- Cantaloupe
- Bananas
- Apples
- Cherries
- Pineapples
- Oranges
- Gelatin
- rice
- Watermelon*
- Zucchini

*Higher in magnesium. Don’t over indulge.
**Tier 3**: Foods on the boy diet and the Alkaline diet: Dates, Prunes, dried apricots, dried dates and dried figs, canned soups.

**Tier 4**: The individual diets are in order of importance, but they all avoid calcium. Use this tier rarely.


Food Tips

- You can replace milk with a non-dairy creamer (just make sure it has no calcium).

- Plain Pasta is a neutral food. It contains none of the minerals on any of the diets (read labels to double check).

- A great website to help you track your potassium, salt, magnesium, and calcium intake is: WWW.fitday.com

- Nutritional yeast flasks are packed full of potassium and can be added to (or snuck in lol) most recipes. All recipes with NYF in it are using 1 tbs
Drinks

You don't take all the drinks.. but rather pick the one that works best for YOU

Drink suggestions: Orange Juice, V8, V8 splash, Lemon water, mineral water (without calcium). You must drink 3 cups of juice a day and 66 -120+ oz of water a day (lemon water can count in this).

Baking Soda Drink

One of the fastest ways to raise pH that has been discovered is baking soda drink. It is very important to follow the direction on the box. When baking soda is consumed it is a drug and you can over dose on it. You must also make sure that the powder is completely dissolved because unresolved baking soda can cause ulcers. You drink this from AF to O.

Here is a link to the baking soda website:
http://www.armhammer.com/basics/magic/index.asp#12
If you do this you must take Folic acid every day.

Apple Cider Vinegar (ACV) Drink

Drink 8 oz water, 2 T ACV, 1/2 tsp BS four times a day for a week.
If you do this you must take folic acid every day.

Lemon or Lime Water

Lemons and limes are acidic out of the body. But once consumed they have a chemical reaction with the acid in the stomach that make them super alkaline. When ttc you want to drink 66-120+ oz of water a day, so why not make it lemon? You can use any form of lemon (fresh or bottled) and you add enough till you can taste it. Lemon is more alkaline than lime however; lemon has just a little less calcium than lime.
**Potassium Drink**

1 cup v8 2-6 heaped tbs nutritional yeast flakes (start with smaller amount)

Potassium- 800-1,800 mg. Protein- 8-24 grams

**Gelatin Drink**

Gelatin is a huge booster for testosterone. You want pure Gelatin such as the kind made from Knox. This has no sugar and is therefore not very acidic. You drink or eat one package of Gelatin 3 times a day. For more info please read this: [http://www.in-gender.com/cs/forums/t/45012.aspx](http://www.in-gender.com/cs/forums/t/45012.aspx)

**All Other Drinks**

Some recommend mineral water for ttc a boy. This is ok as long as you can find one with no calcium or magnesium.

Caffeine can be consumed by the dh once a day- any more and it will drop sperm count.

DW can consume caffeine but remember that coffee is acidic and not to drink diet pop (diet pop is acidic).

Juices need to follow the boy diet making sure the fruit is listed as boy safe.

The following are great for ttc a boy: tomato juice (very high Na and K, low Ca and Mg), Pineapple juice, lemon juice, and apple juice (each having about 10mg of Ca and Mg per 100g).

Remember the husband needs to change his juice every month. Because after 4 weeks on a juice his body pH will drop.
Breakfast

Breakfast ideas: German Pancakes, Bacon and egg whites, Special K bars (look for the one with no calcium), Egg white bake, Egg white omelet, fruit salad of bananas and oranges, or zero calcium toast.

*When you go to the store look at the cereal ingredients and pick one with no calcium.

*Try to keep sugar levels high in the morning. Keep this up in the 2ww.

German Pancakes

4 Tbs of Margarine
1 Cup flour
½ cup non-dairy creamer
4 Egg whites
Salt


Bake at 425 for 12-15 minutes. Sprinkle with small amount of powdered sugar. Serve with sausage or Bacon
**Egg White Bake**

4 slices bacon, cut up  
1 can of corn  
5 egg whites  
½ cup flour  
Salt

Saute and drain bacon pieces. In a casserole dish combine all ingredients. Bake uncovered at 350 for 15-20 minutes or until center is no longer runny.

**Egg White Omelet**

2 egg whites  
2 tbs cold water  
Salt and Pepper  
1 tbs margarine  
Bacon, fried and chopped  
Summer sausage

Mix eggs, salt, pepper and water. Beat well. Melt butter in pan. Pour eggs on melted butter. Once eggs are ready add chopped bacon and summer sausage. Then flip one side over the other.
Scrambled Eggs

Total Potassium: 896 mg
Total Salt: 1062 mg
Total Calcium: 1964 mg
Total Magnesium: 52 mg

2 egg whites
1 tomato diced
shredded baby carrots
2oz. lunch meat
Salt, pepper, garlic
NYF can be added
      Mix and fry up.
Lunch

Make sure to look for no calcium in prepackaged foods.
Lunch suggestions: Canned soups, TV dinners, Ramen, Macaroni and tomato sauce, boy salad, Hot dogs.

**TTC Boy Salad #1**

Ice burg lettuce
Baby carrots chopped
Tomatoes
Can ham
Peaches or Pears
Squeeze of lemon Juice
Vinaigrette

Total Potassium: 382mg
Total Salt: 1090mg
Total Calcium: 78mg
Total Magnesium: 48mg

**TTC Boy Salad #2**

Large handful alfalfa sprouts
Minimum 10 cherry tomatoes
(or other tomatoes)
1 avocado
Large squeeze lemon Juice
3 grated baby carrots
1 small clove garlic squashed

Mix together. Serve with minute steak or other meat and jacket potato/sea-salted potato wedges.
Pumpkin Soup

Total Potassium: 3972 mg
Total Salt: 1200 mg
Total Calcium: 537 mg
Total Magnesium: 232 mg

Pumpkin deseeded, slices and peeled.
1 bunch asparagus
2 large sweet potatoes
10 baby carrots
5 large onions
2 Organic chicken stock cubes
3 cloves garlic

Place everything in a HUGE pan!
Add 6 ½ cups of water and bring to boil. Simmer 10 mins.
Leave to cool slightly then blend.
One pot gives a huge bowl every day for at least a week! So you can freeze some and just reheat it when needed.
Sweet and Smoky Potato Wedges

1/2 lb. russet potatoes (about 2 small), unpeeled 1/4 cup tomato based Barbecue Sauce 1/4 tsp. paprika PREHEAT oven to 400ºF. Cut each potato lengthwise into eight wedges; spread in single layer in greased shallow baking pan. BAKE 15 min. Combine barbecue sauce and paprika. TURN potatoes; brush with the barbecue sauce mixture. Bake an additional 10 to 15 min. or until potatoes are tender.
**Dinner**

Dinner suggestions: Goulash, biscuits and meat, Sheppard’s pie, Stew, spaghetti with garlic bread, Stir Fry, Sloppy Jose, BLTs, Pot roast, Meat balls, meatloaf, scalloped potatoes, bbq chicken, potatoes dumplings, tater-tot hotdish, boy soup, vegetable soup, beef stew, stuffing casserole, all forms of potatoes- fried, baked, boiled, chips, tots, all forms of tomatoes (make sure they don’t add calcium to any products you use).

**Goulash**

Potassium: 4260 mg  
Salt: 1624 mg  
Calcium: 269 mg  
Magnesium: 298 mg

**Macaroni**

Ground meat (hamburger, venison whatever)  
Tomatoes sauce  
Chopped tomatoes  
Any kinds of spices  
Nutritional yeast flakes  
Celery

Brown ground meat and then boil Macaroni. When they are both done, combine meat, Macaroni, Tomatoes sauce, tomatoes, spices, yeast flakes and chopped celery. Stir for 5 minutes.
Biscuits and Meat

Cook any type of meat.

2 c Flour
4 tsp Baking powder
1 tsp Salt
2 tbs Margarine
1/2 c non-dairy creamer
1/2 c water

Sift dry ingredients together. Rub in margarine, add Non-dairy creamer gradually. Mix to a smooth dough, roll out 1/2" thick. Cut with biscuit cutter. Handle as little as possible to make light, flaky biscuits. Bake in a quick oven at 350 till brown.

Make packet gravy and cover Biscuits in gravy if desired.
Shepherd’s Pie

- Potassium: 2280 mg
- Salt: 1010 mg
- Calcium: 150 mg
- Magnesium: 152 mg

Large tub of salsa (with lowest calcium)
Ground meat
Instant potatoes

Brown the ground meat. When done drain out fat. Next take salsa and mix with ground meat. While doing this prepare instant potatoes. When potatoes are done push the meat and salsa into the middle of the pan and place potatoes all round the mix. Put in oven for 10 minutes till top of potatoes look done.

Sloppy Joes

- Potassium: 2911 mg
- Salt: 3673 mg
- Calcium: 204 mg
- Magnesium: 167 mg

1 1/2 lbs. lean ground beef
1 can tomato soup
1/2 sm. onion, diced
1 env Sloppy Joe Mix

Brown ground beef, onions. Mix in tomato soup and sloppy joe mix. Simmer over low heat for 30 minutes or in crock pot for 2 hours. Spoon over 0 calcium bread.
**Meat Balls**

Potassium: 1655 mg  
Salt: 2138 mg  
Calcium: 123 mg  
Magnesium: 141 mg

1 pound Ground meat  
2 Egg whites  
1 cup rice Krispies slightly smashed  
½ cup maple syrup (do not use light!!) use the real stuff!  
Garlic

Mix all Ingredients in bowl. Get cookie sheet and spray it down with pam. Make balls out of mixture and place on cookie sheet. Bake at 350* for 30 minutes until done. Remove from tray and place in serving dish. Cover in famous Dave’s sauce.

**Meatloaf**

Potassium: 1655 mg  
Salt: 2138 mg  
Calcium: 123 mg  
Magnesium: 141 mg

1 pound Ground meat  
2 Egg whites  
1 cup rice Krispies slightly smashed  
½ cup maple syrup  
(Do not use light!! Use the real stuff!)  
Garlic

Mix all Ingredients in bowl. Get meat loaf pan and spray it down with pam. Place mixture in pan and shape into a loaf. Bake at 350* for 30 minutes until done. Remove oven and cover it in famous Dave’s sauce.
Scalloped Potatoes

6 medium potatoes, peeled and thinly sliced
1 large onion, thinly sliced
1/2 tsp salt
2 Tbsp margerion
2 1/2 Tbsp flour
1/2 tsp salt, extra
1 tsp dried basil leaves
1 1/2 cup non-dairy creamer

Preheat oven to 400°F. Layer potatoes and onions in a large casserole dish. Sprinkle 1/2 teaspoon of salt between layers. Melt margarine in a saucepan, remove from heat and stir through flour. Return spread-flour mixture to heat and cook for 1 minute. Remove from heat and gradually add non-dairy creamer, stirring until smooth. Return to heat and simmer until mixture boils and thickens. Add extra 1/2 teaspoon of salt and basil. Pour sauce over layered potatoes. Bake in preheated oven for 45 minutes, or until cooked.
**Potatoes Dumplings**

Potassium: 714 mg  
Salt: 398 mg  
Calcium: 220 mg  
Magnesium: 72 mg

1 cup instant potatoes flakes  
1 egg white  
1 cup flour  
1 cup water

Mix in a small bowl. Drop by spoonfuls into salted boiling water. Cook until dumplings look done when cut in half, about 5 or 6 minutes.

**Tater-Tot Hotdish**

Potassium: 2110 mg  
Salt: 3188 mg  
Calcium: 218 mg

1/2 bag tater tots  
1 lb. hamburger  
Salt and pepper to taste  
1 cream of mushroom soup or 1 cream of celery soup  
1 can of corn

Brown hamburger in pan. Drain off fat. Mix hamburger, soup, salt, corn and pepper in a casserole dish. Place tater tots on top of mixture. You should have the entire top covered. Place in oven at 350 degrees for 45 minutes. Serve hot.
**TTCBoy Soup**

Potassium: 3940 mg  
Salt: 1725 mg  
Calcium: 322 mg  
Magnesium: 166 mg  

6 large green onions (1 bunch)  
2 green bell peppers  
1 or 2 cans of tomatoes (14.5 ounce size, diced or whole)  
1 bunch celery, sliced  
1 package (Lipton) soup mix  
1/2 bag of baby carrots  
1 48 oz can V8 juice (optional)  
Season to taste with salt, pepper, curry, garlic powder, etc.*  

Simmer or slow cook all until soup is done. Eat all the soup you want, whenever you want.

**Vegetable Soup**

Potassium: 4105 mg  
Salt: 2321 mg  
Calcium: 232 mg  
Magnesium: 223 mg  

1 lb. Red meat/Chicken/ meat balls  
2 tomatoes  
2-3 potatoes  
3 celery sticks  
1/2 lbs. baby carrots  
2 cans tomato sauce  
1 onion  
black pepper and sea salt  
grape seed oil  

Pre cook meat then mix everything together and boil till done.
**Beef Stew**

Potassium: 4105 mg  
Salt: 2321 mg  
Calcium: 232 mg  
Magnesium: 223 mg

1 lbs. Red Beef  
2 fresh tomatoes  
2 cans of tomato sauce  
2-3 potatoes  
1/2 bag of baby carrots  
2 green pepper  
1 onion  
black pepper  
Sea salt  
garlic powder

Pre-cook meat then mix everything together and cook till done.

**Stuffing Casserole**

Potassium: 1800 mg  
Salt: 2880 mg  
Calcium: 86 mg  
Magnesium: 102 mg

1 Can tomato soup  
1 1/2 cup of calcium stuffing)  
One cooked chicken breast

Dump one can of tomato soup in casserole dish. Fill can with water and dump that water into dish as well. Place one and a half cups of stuffing in soup mix and add cut chicken (feel free to add nutritional yeast flake). Mix all together and place lid on casserole dish. Set oven to 375 and cook for 46 minutes.
Baked potato/Garlic fries

1 med Red potato with skin
1 clove garlic, chopped
1 dash table salt
1 dash black pepper
1/2 tbs EVOO
Pre-heat oven to 400 F.

Cut the potato in wedges if doing Garlic fries. Mix all ingredients together. Place it in baking sheet and leave in the oven for 15min. garlic fries for baked potato 30min. Enjoy!

Tomato-Celery Salsa

1/2 cup tomato, chopped
1/2 cup celery, chopped
1/2 cup onion, chopped
1 dash salt-pepper (ea.)
1 clove garlic

Cook in pan tomato, garlic and spices. Place in the blender the ingredients except the celery. Add the celery and serve.

**Mashed Potatoes**

Potassium: 233.2 mg  
Salt: 2097.7mg  
Calcium: 24 mg  
Magnesium 3 mg  

2 cans Swansons Chicken Broth  
5 lbs Potatoes (peeled & cut up)  
Margarine  
Salt & Fave Spices (garlic, etc.)

Boil the peeled & cut up potatoes in the chicken broth (if broth doesn't cover potatoes, add enough water). Strain the potatoes & reserve the chicken broth. Mash the potatoes together with 2 tbsps or so of Margarine. Add Salt & spices to taste. Add broth as needed for moisture when mashing potatoes.
Salisbury Steak

Cal: 266.16mg(for whole dish) 44.36mg per serving
Mag: 192.04(whole dish) 32mg per serving
potassium: 3214.69mg(whole recipe) 535.78mg per serving
sodium:11212.45mg(whole dish) 1868.74mg per serving

Ingredients: 1/4 cup cornstarch (use arrowroot powder if you can instead of cornstarch if possible as cornstarch is acidic) 2 cans (10-1/2 ounces each) condensed beef consomme, undiluted 1 can 6.5oz mushrooms 1 teaspoons Worcestershire sauce (.this did call for 4 tbs but it is acidic so I moved it down to one) 1 teaspoon dried basil 1 egg white, lightly beaten 1/2 cup soft low calcium wheat bread crumbs 1/2 medium onion, finely chopped 1 teaspoon seasoned salt 1/4 teaspoon pepper 1-1/2 pounds ground beef 1 tsp garlic powder 1/2 tsp sea salt 1 brown gravy packet Directions: In a large bowl, combine the cornstarch and consomme until smooth. Stir in mushrooms, Worcestershire sauce and basil; set aside. In another large bowl, combine egg, bread crumbs, onion, seasoned salt, sea salt, garlic powder and pepper. Crumble beef over mixture and mix well. Shape into six oval patties; place in a shallow 1-1/2-qt. microwave-safe dish. Cover and microwave on high for 3-5 minutes; drain. Turn patties, moving the ones in the center to the outside of dish. Pour consomme mixture over patties. Cover and microwave on high for 6-8 minutes or until a meat thermometer reads 160°. Let stand for 3 minutes. Take patties and place on plate or lid of the container you heated meat in. Put the liquid from the meat(soup mixture) in a saucepan bring to a boil. Dump gravy packet into boiling soup mixture stirring until thickened. Lower heat simmer 1 min. Dump gravy mixture over meat(you might want to place meat back into container that will hold it all. Let set 3 mins.Yield: 6 servings.
Snacks

Snack suggestions: **Potato chips**, JELLO (great for the boy diet- eat A LOT), saltine crackers, salted popcorn, bananas, baby carrots, Apples (not every day), tomato soup cake, tomato soup bars, summer sausage, Jerky, Celery, Jell-O with orange juice, special K bars (peach)

**Tomato Soup Cake**

![Tomato Soup Cake](image)

Potassium 1185mg  
Salt 5455mg  
Calcium 520mg or with unfortified flour total is 198mg  
Magnesium 95mg

1 1/2 c. sugar  
2 tbsp. butter  
1 egg  
1 tsp. cinnamon  
1 tsp. nutmeg  
1/4 tsp. cloves (opt.)  
1 can tomato soup  
1 tbsp. baking soda in 1 tbsp. water  
2 c. flour  
Pinch of salt  

Combine all ingredients, pour into greased tube pan. Bake at 350 degrees for 1 hour or until done. Very tasty spice cake. You may add chocolate chips.
**Tomato Soup Bars**

Potassium 1177mg  
Salt 4987mg  
Calcium 520mg (unfort =197mg)  
Magnesium 85mg

1 can tomato soup  
1/2 soup can water  
1/2 c. oil  
1 c. sugar  
2 c. flour  
2 tsp. allspice  
2 tsp. cinnamon  
1 tsp. baking soda

Mix all ingredients together. Spread into a greased 9 x 13 inch pan.  
Bake in 350 oven for 20 to 25 minutes or until toothpick is clean. Frost with plain white frosting while warm
Tomato Soup Bread

1 can tomato soup
1 c margarine
1 1/2 c. brown sugar
2 c. flour
2 tsp. allspice
2 tsp. cinnamon
1 tsp. baking soda
2 egg whites

In large bowl, with mixer cream 1 cup butter until light. Gradually add 1 1/2 pound brown sugar and beat well. Add 2 egg whites and beat until fluffy. Combine in separate bowl 1 (10 1/2 oz.) can tomato soup. Mix at low speed, add flour mixture to butter and sugar ingredients. Alternate flour and tomato soup, ending with flour mixture. Beat until combined.

Grease and flour 3 bread pans. Pour mixture into pans.
Bake 55 minutes (or until tester comes out clean in center of loaf). Bake in 350° oven.
Cool in pans a few minutes then turn out on cooling rack.
Lemon Smoothies

Potassium 432mg
Salt 2mg
Calcium 7mg
Magnesium 32mg

Take one banana and half a lemon and then add ice and Truvia. Mixed it all up in the blender and it went down a treat.
Amsterdam Carrot and Zucchini cake

Potassium, K: 202 mg
Sodium, Na: 464 mg
Calcium, Ca: 6 mg
Magnesium, Mg: 6 mg

Zucchini, 0.5 cup, chopped - i cut it in the size of Pistachio - after baking it'll taste and look exactly like Pistachio!!
Amsterdam Carrots, 0.5 cup, chopped
Flour, white organic, 2.5 cup
Baking Soda, 1.5 tsp
Nutmeg, ground, 1 tbsp
Cinnamon, ground, 3 tbsp
Salt, 0.5 tsp
Brown Sugar (slightly acidic for diet), 2 cup, packed
Egg whites, 3 eggs
Margarine, soft, 0.75 cup or any vegetable oil you like

Directions:
1. Mix the sugar, eggs, margarine, vanilla together in bowl and beat with a fork.
2. In another bowl, mix the flour, Nutmeg, cinnamon, salt, baking soda, zucchini, carrots
3. Mix the 2 bowls together and pour the baking dish
4. Bake in a pre-heated oven at 375 degrees F and after you put the cake decrease it to 325 for 30-45 minutes.
**Restaurant Dining**

There is one main rule at a restaurant: Avoid the 3 main dairies: Milk (that you drink), cheese, and creamy sauces (like Alfredo).

When you go to a fast food restaurant, forget your healthy eating and always order the French fries.

Feel free to order any Sandwich, just make sure it has no cheese.

Only get Water or lemonade for a drink.

Tomatoes are a must at restaurants- especially the sauces. For example: you can order ravioli stuffed with meat covered in tomato meat sauce.

If you cheat on the diet, consume caffeine. Caffeine can block calcium absorption. But don’t make this a habit because caffeine also makes it harder to get pregnant.