

Diet Plan For Beard Growth



Beard grooming and supplementation products are extremely important for a healthy beard, however it's very important to remember that what you eat has an effect on the quality of your beard as well.

The reason you have a patchy beard, slow beard growth, hair loss, grey beard, or dry skin can sometimes be affected by your body not having the right vitamins it needs to function at 100%.

We have compiled a list of the most important vitamins and foods that you can eat to help your body's hair production be at peak performance.



KEY VITAMINS TO EAT AND WHERE TO FIND THEM

Vitamin A

Probably one of the most important vitamins you should be eating daily if you want a fuller facial hair growth. Vitamin A also has sebum which helps to naturally secrete the oils in your skin for a fuller beard and thicker hair.

WHERE TO FIND IT: Dark leafy veg such as spinach, kale, broccoli, eggs, meat, carrots.

Vitamin C

Helps to keep your skin and hair healthy as well. Boosting our immune system.

WHERE TO FIND IT: Obviously all citrus fruits including oranges (fresh oranges preferably). However you may not know that these foods actually have more vitamin c than oranges: Chilli peppers, green bell peppers, kale, broccoli, papaya, strawberries.

Vitamin E

This is the crucial vitamin that helps the hair follicles stay alive and actively growing.

WHERE TO FIND IT: Oils (especially Safflower oil), beans, leafy vegetables (especially spinach), nuts (especially almonds) and seeds (especially sunflower seeds), pumpkin, raw peppers, asparagus, mango, peanut butter, avocado.

Vitamin B3

Vitamin B3 which has Niacin is helpful in promoting proper circulation within hair follicles. This also helps to improve the growth of moustache and beards and reduce stress levels.

WHERE TO FIND IT: Chicken, turkey, pork chops, fish (especially yellowfin tuna), lamb liver, peanuts, lean beef, mushrooms (especially portobello mushrooms), fresh green peas, sunflower seeds, avocado, and wheat germ.

Vitamin B5

Helps to lessen stress; and stress can unquestionably inhibit hair growth.

WHERE TO FIND IT: Brewer's yeast, corn, cauliflower, kale, avocado, legumes, lentils, egg yolks, broccoli, tomatoes, beef (especially organ meat), turkey, duck, chicken, sweet potatoes, sunflower seeds, whole-grain breads and cereals, wheat germ, and salmon.

SOME TOP FOODS TO EAT:

Cinnamon

anti viral, anti oxidant, anti fungal properties that improves circulation to follicles.



Pumpkin Seeds

Unshelled pumpkin seeds are high in zinc, a vitamin that is vital to the process of building cells. Hair loss is often caused by a deficiency of zinc.

Spinach

Spinach is packed with vitamin A, iron, beta carotene, folate & vitamin C. These all work together to keep your follicles moisturised.



Peppers

Bell peppers are high in Vitamin C which strengthens and protects your beard from breakages. They also contain over 30 different cancer fighting carotenoids.

Sweet Potatoes

Orange coloured fruits and veggies like sweet potatoes are excellent sources of beta carotene. This is something produced by our bodies that encourages production of a natural oil that strengthens and conditions hair and encourages hair growth.





Peanuts

Peanuts are a rich source of biotin which encourages hair growth.

Brazil Nuts

These have a very high amount of the mineral selenium in them. As little as 2 of these per day can speed up beard growth naturally, as selenium increases testosterone, is a necessary mineral for beard growth, and speeds up thyroid function. It is best to always get organic Brazil nuts with the skin intact, as nearly all of the selenium is in the skin of the nut.



Eggs

Eggs are very high in quality protein which is one of the essential building blocks of hair. Eggs also contain cholesterol, which although frowned upon by some people, is necessary for healthy testosterone production, the hormone necessary for beard growth. Eggs are also one of the richest sources of biotin.



Raisins

Raisins are among the highest natural sources of boron, a trace mineral great for beard growth, that not many men know about. Also boron increases DHT levels and free testosterone.





Tuna

Boasting high levels of magnesium, potassium and B vitamins, tuna is an excellent source of protein that will keep your beard healthy.

Sardines

Sardines are loaded with vitamin B12 which create red blood cells that carry oxygen to hair follicles.



Salmon

Salmon is packed with vital omega 3 fatty acids that our bodies are unable to produce for themselves. They protect you from disease and keep your hair shiny and strong.

Beef

Here's one to cheer you up. Meat is really good for testosterone production and therefore also beard growth. Red meat, steaks for example, are a great source of saturated fat, the main fatty-acid needed for testosterone synthesis. It's also rich in quality animal protein, helping your body to naturally maintain the building material for hair growth.



SOME GREAT RECIPES FOR BEAD GROWTH:

Oven Baked Salmon with Sweet Potato and Rocket Salad



What you need:

Ingredients

- 1 small sweet potato
- 1 tsp rapeseed oil
- 1 pinch salt
- 1 pinch pepper
- 1 salmon fillet
- 1 handful of rocket, finely chopped
- 1 handful of basil, finely chopped
- 1 handful of rocket
- 1/4 red onion, finely sliced
- 1 tbsp flaked almonds, toasted

What to do:

Place the sweet potato on a baking tray, drizzle with rapeseed oil, salt and pepper and place in the oven to cook for 20 minutes until tender. 8 minutes later, place the salmon on a baking tray, sprinkle with salt and pepper and place in the oven for 12 minutes until cooked throughout.

Remove the salmon from the oven and sprinkle over the chopped rocket and basil.

Place the sweet potato in a large mixing bowl and toss together with the red onion, rocket and flaked almonds.

Season and serve.

Teriyaki Steak Stir-Fry with Peppers



What you need:

Ingredients:

1 lb. top round steak

kosher salt

Freshly ground black pepper

1/4 c. teriyaki sauce

2 cloves garlic, minced

2 tsp. ground ginger

1 tsp. cayenne pepper

1 tbsp. canola oil

2 bell peppers, diced

3 c. baby spinach

What to do:

Marinate steak: In a baking dish, add steak, season with salt and pepper, and add teriyaki sauce, garlic, ground ginger, and cayenne. Transfer to the fridge and let marinate 30 minutes.

When ready to cook, heat oil in a large skillet over medium-high heat. Add steak and cook, undisturbed, 6 minutes, then flip and cook 4 minutes more or until steak reaches your desired doneness. Transfer to a cutting board to let rest, then slice.

Drain all but a tablespoon of fat from skillet. Add peppers and cook until soft, 4 minutes, then return steak to skillet and add spinach, tossing until wilted.

Serve and eat.

Bacon, Egg, Spinach and Tuna Salad



What you need:

Ingredients:

4 eggs
6 slices bacon
12 ounces of tuna steaks
1/2 cup white wine vinegar
2 - 3 tablespoons honey
1 tablespoon Dijon-style mustard
6 ounce package fresh baby spinach

What to do:

Place eggs in saucepan; cover with water. Bring to rapid boil. Remove from heat; cover. Let stand 10 to 15 minutes (yolks will be soft-set at 10). Drain. Rinse with cold water; cool. Peel and halve.

Meanwhile, in large skillet cook bacon over medium heat until crisp. Drain; reserve drippings in skillet. Crumble bacon and set aside. Remove 2 tablespoons drippings for dressing. Add tuna to skillet; cook over medium-high heat 3 minutes per side or until slightly pink in centre. Transfer to cutting board; cover and keep warm. Slice before serving.

Wipe skillet clean. Whisk in reserved drippings, vinegar, honey, and mustard to skillet. Bring to boiling.

Line plates with spinach. Top with sliced tuna, crumbled bacon, and the eggs. Drizzle dressing. Sprinkle pepper. Makes 4 servings

Ideas to boost your meal for beard growth:

- Add some boiled eggs
- Have a side portion of grilled peppers
- Make a side salad of spinach, brazil nuts, raisins and pumpkin seeds
- Sprinkle peanuts over your meal
- Drink a pint of water instead of beer/wine/coffee

We hope this ebook has been helpful.

A good diet in conjunction with beard growth and support supplements and oils will give you the best results.

Beard Club
beardclub.org

Warning: Consult with your doctor before starting any exercise or diet programme