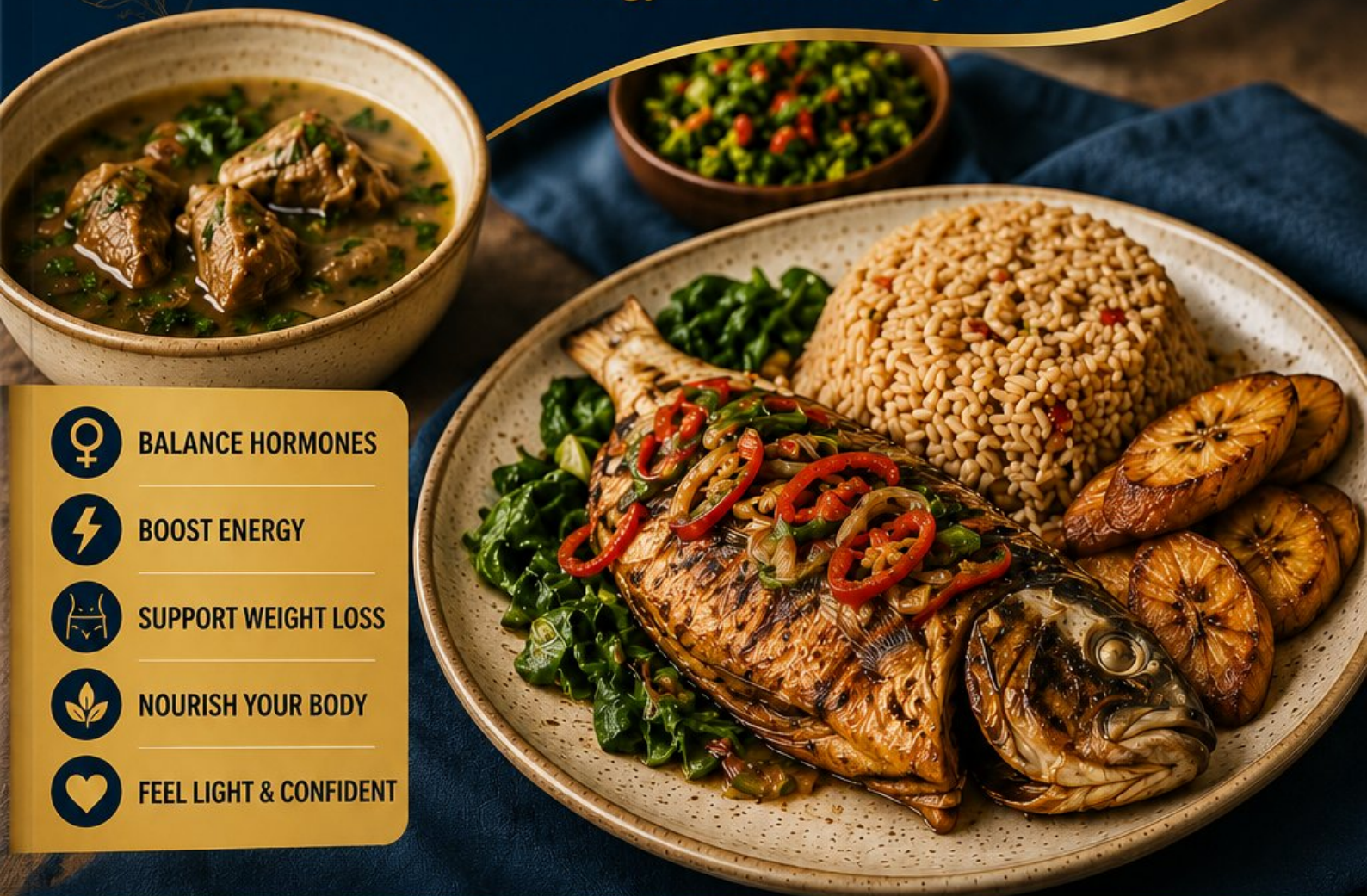


BONUS

2

7-DAY MENOPAUSE BELLY RESET MEAL PLAN

7 Days of Easy, Delicious
Nigerian Meals to **Balance Hormones,**
Boost Energy & Shrink Belly Fat.



BALANCE HORMONES



BOOST ENERGY



SUPPORT WEIGHT LOSS



NOURISH YOUR BODY



FEEL LIGHT & CONFIDENT



SIMPLE INGREDIENTS.



LOCAL FOODS.



REAL RESULTS.

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The Menopause Belly — What Is Actually Happening

You did not imagine it. Your belly changed — and it changed in a way that felt different from ordinary weight gain. Rounder. Lower. Softer. Stubborn in a way no diet seems to touch. You are eating the same food you have always eaten. Perhaps even less. But the belly keeps growing.

This is not a failure of your willpower. It is a biological response to the hormonal changes of perimenopause and menopause — and it has a specific name: **visceral fat redistribution**.

Here is what is happening inside your body:

● Oestrogen is declining

Oestrogen normally directs fat to the hips, thighs, and buttocks. As it falls, your body loses this distribution signal and fat migrates to the abdomen instead. This is the primary driver of the menopause belly.

● Cortisol becomes more dominant

The adrenal glands compensate for falling oestrogen by producing more stress hormones. Higher cortisol directly commands the belly to store more fat.

● Insulin sensitivity declines

After 40, cells become less responsive to insulin. Blood sugar spikes more easily and stays elevated longer — triggering more fat storage.

● Progesterone drops sharply

Low progesterone causes water retention, bloating, and disrupted sleep — all of which worsen belly fat accumulation.

● Thyroid function slows

Many women experience subclinical thyroid slowdown during menopause, reducing the rate at which calories are burned.

THE GOOD NEWS

Every one of these mechanisms can be influenced by food. The right foods — eaten at the right times, in the right combinations — can raise oestrogen naturally, lower cortisol, improve insulin sensitivity, support progesterone, and activate thyroid function. That is exactly what this 7-day plan is designed to do.

The 5 Hormonal Principles Behind This Plan

Principle
1

Phytoestrogens Every Day

Phytoestrogens are plant compounds that gently mimic oestrogen in the body. They do not replace oestrogen — they fill some of the gaps left by declining natural oestrogen, reducing the intensity of menopause symptoms and slowing belly fat redistribution. Nigerian sources: egusi seeds, flaxseed (where available), garden eggs, bitter leaf, and fermented soy products.

Principle
2

Fibre at Every Single Meal

Fibre is the most powerful blood sugar stabiliser available without a prescription. It slows glucose absorption, prevents insulin spikes, and feeds the gut bacteria that regulate oestrogen metabolism. Without adequate fibre, used oestrogen is reabsorbed from the gut and recirculates — disrupting hormonal balance further. Every meal in this plan contains significant fibre.

Principle
3

Protein for Muscle Preservation

Women lose muscle rapidly during menopause due to falling oestrogen and growth hormone. Lost muscle means slower metabolism and more belly fat accumulation. Eating adequate protein at every meal preserves muscle, keeps metabolism active, and stabilises blood sugar. This plan targets one protein source per meal, minimum.

Principle
4

Anti-Inflammatory Foods Daily

Menopause is associated with increased systemic inflammation — which worsens cortisol production and belly fat storage. Foods rich in omega-3, polyphenols, and antioxidants reduce this inflammation directly. This plan prioritises ginger, turmeric, hibiscus, fatty fish, and dark leafy greens for their anti-inflammatory potency.

Principle
5

Magnesium and Zinc Replenishment

Menopause dramatically increases the body's demand for magnesium and zinc — two minerals that regulate cortisol production, hormone synthesis, and thyroid function. Most Nigerian women over 40 are deficient in both. This plan specifically includes magnesium-rich vegetables (ugwu, bitter leaf) and zinc-rich foods (egusi, fish, groundnuts) at every opportunity.

How to Use This Plan

Each day of this plan has a specific hormonal theme and focus. You do not need to follow the days in rigid order — but following them in sequence gives you the best cumulative hormonal effect over 7 days.

Each day includes Breakfast, a Morning Snack, Lunch, an Afternoon Snack, and Dinner. Every meal is built from Nigerian foods available in any local market.

- ✓ Eat breakfast within 90 minutes of waking — every day, no exceptions.
- ✓ Drink your ginger-lemon water (from the main guide) before breakfast.
- ✓ Never skip meals — each one is timed for hormonal effect.
- ✓ Stop eating by 8pm every night — overnight is when hormonal repair happens.
- ✓ Drink 6-8 glasses of water daily — dehydration worsens every menopause symptom.
- ✓ Add the evening wind-down tea (from the main guide) after dinner each night.
- ✓ Your family can eat everything on this plan — no separate cooking needed.

ABOUT PORTION SIZES

This plan does not restrict portions. Eat until you are comfortably full — not stuffed, not starving. The hormonal combination of these foods will naturally reduce hunger signals within 3-4 days. You will find yourself eating less without trying.

BREAKFAST

Warm Ogi with Egusi & Banana

Warm ogi (fermented corn pap) sweetened with honey. Stir in 1 tablespoon of dry-roasted egusi seeds. Slice half a banana on top. Add a pinch of cinnamon.

Prep: Prepare ogi as normal. Dry-roast egusi seeds in a pan for 3 minutes until fragrant. Stir in when serving.

Hormone benefit: Egusi contains lignans and phytoestrogens that gently raise oestrogen activity. Fermented ogi supports gut bacteria that metabolise oestrogen correctly.

MORNING SNACK

Garden Eggs with Groundnut Paste

3-4 garden eggs sliced. 2 tablespoons of natural groundnut paste (no sugar added).

Prep: No cooking needed. Eat mid-morning, around 10-11am.

Hormone benefit: Garden eggs contain phytoestrogens. Groundnuts provide niacin for adrenal support.

LUNCH

Ofe Onugbu (Bitter Leaf Soup) with Ofada Rice

Bitter leaf soup cooked with fish, assorted meat, and palm oil. Generous amount of washed bitter leaf. Medium portion of Ofada rice.

Prep: Cook as normal. Reduce palm oil slightly. Add extra bitter leaf — it should be the dominant vegetable.

Hormone benefit: Bitter leaf is one of the richest phytoestrogen vegetables in Nigerian cooking. Ofada rice provides fibre to prevent oestrogen reabsorption in the gut.

AFTERNOON SNACK

Banana & Tiger Nuts

1 ripe banana. Small cup of tiger nuts (ofio).

Prep: No preparation needed.

Hormone benefit: Tiger nuts contain resistant starch that feeds oestrogen-metabolising gut bacteria.

DINNER

Grilled Mackerel with Steamed Ugwu & Yam

One medium mackerel — grilled or baked, not fried. Generous portion of steamed ugwu with garlic and tomatoes. Small portion of boiled yam.

Prep: Season mackerel with ginger, garlic, and lemon. Grill for 15-20 minutes. Steam ugwu with 2 crushed garlic cloves and sliced tomatoes.

Hormone benefit: Mackerel omega-3 reduces oestrogen-related inflammation. Yam contains diosgenin — a natural oestrogen modulator.

BREAKFAST

Boiled Eggs with Ugwu Stir-Fry & Ginger Tea

2 boiled eggs. Ugwu stir-fried with onions, tomatoes, and a little groundnut oil. 1 cup warm ginger tea (fresh ginger, hot water, squeeze of lemon).

Prep: Fry onions and tomatoes for 2 minutes. Add ugwu. Stir for 3-4 minutes. Do not overcook — ugwu should stay bright green.

Hormone benefit: Ugwu provides magnesium which directly lowers cortisol output at the adrenal gland. Eggs provide choline to help the liver clear cortisol from the bloodstream.

MORNING SNACK

Groundnuts & Cucumber Slices

Small handful of raw groundnuts (about 20 nuts). Half a cucumber, sliced.

Prep: No preparation needed. Eat slowly and mindfully.

Hormone benefit: Groundnuts provide niacin for cortisol regulation. Cucumber reduces cortisol-driven water retention and bloating.

LUNCH

Egusi Soup (Ugwu-Heavy) with Semolina

Egusi soup made with a generous amount of ugwu. Fish or chicken. Moderate palm oil. Medium portion of semolina.

Prep: Cook as normal. Double the ugwu — it should be the most visible ingredient. Include fresh tomatoes and onions generously.

Hormone benefit: This meal provides magnesium (ugwu), zinc (egusi), and omega-3 (fish) — a triple cortisol-lowering combination.

AFTERNOON SNACK

Unsweetened Zobo Tea & a Banana

1 cup cold or warm unsweetened zobo (hibiscus tea). 1 banana.

Prep: Brew zobo with dried hibiscus leaves — no sugar. Drink at room temperature or chilled.

Hormone benefit: Hibiscus has clinical evidence for reducing cortisol by up to 18% with consistent use.

DINNER

Chicken Pepper Soup with Boiled Plantain

Light chicken pepper soup — not too much oil. Uziza leaves, utazi, and scent leaf added generously. 2-3 pieces of boiled unripe or half-ripe plantain.

Prep: Make pepper soup as normal. Add scent leaf and uziza at the end of cooking. Boil plantain separately — do not fry.

Hormone benefit: Scent leaf contains eugenol which directly lowers evening cortisol. Unripe plantain feeds gut bacteria involved in serotonin production.

BREAKFAST

Ogi with Yoghurt & Fresh Fruit

Warm ogi sweetened with honey. 3 tablespoons of plain yoghurt (unsweetened, full-fat) stirred in when serving. Sliced papaya or banana on the side.

Prep: Prepare ogi as normal. Let it cool slightly before adding yoghurt (heat destroys probiotics).

Hormone benefit: Fermented ogi + yoghurt = double probiotic hit. A healthy gut microbiome produces 90% of the body's serotonin — which directly calms cortisol and reduces menopause anxiety.

MORNING SNACK

Cucumber & Garden Egg

Half a cucumber. 3 garden eggs. A pinch of salt and a squeeze of lemon.

Prep: Slice and serve raw. Eat slowly.

Hormone benefit: Raw vegetables feed beneficial gut bacteria. Garden egg prebiotic fibre nourishes the microbiome.

LUNCH

Beans Pottage with Waterleaf & Plantain

Brown beans cooked with palm oil, crayfish, and stockfish. Add generous waterleaf in the last 5 minutes of cooking. Serve with 2-3 boiled plantain.

Prep: Cook beans until very soft. The softer the beans, the more bioavailable their prebiotic fibre becomes.

Hormone benefit: Beans are the most powerful gut-feeding food in the Nigerian diet. Their resistant starch and fibre feed the specific bacteria that regulate oestrogen and cortisol.

AFTERNOON SNACK

Scent Leaf Tea & Tiger Nuts

Brew 4-5 fresh scent leaves in hot water for 5 minutes. Add honey. Drink warm. Small cup of tiger nuts alongside.

Prep: Do not boil the scent leaves — steep only to preserve active compounds.

Hormone benefit: Scent leaf tea directly activates the parasympathetic nervous system. Tiger nuts provide inulin prebiotic fibre.

DINNER

Okra Soup with Semolina (Small Portion)

Okra soup — thick, mucilaginous, vegetable-heavy. Fish (titus or catfish). Minimal oil. Small portion of semolina.

Prep: Use plenty of okra. The more mucilaginous (slimy) the texture, the more gut-healing compounds it contains. Do not overcook.

Hormone benefit: Okra's mucilage coats and soothes the gut lining, reducing intestinal inflammation that worsens cortisol and belly fat.

BREAKFAST

2-Egg Omelette with Tomatoes, Onions & Scent Leaf

2 eggs whisked with a splash of water. Fold in chopped tomatoes, onions, scent leaf, and a pinch of salt. Cook in minimal groundnut oil.

Prep: Whisk eggs thoroughly. Cook on low heat to keep them fluffy. Do not overcook — remove from heat when just set.

Hormone benefit: Eggs provide vitamin B6 — the most important nutrient for progesterone production. Scent leaf reduces the cortisol that suppresses progesterone.

MORNING SNACK

Warm Zobo Tea with Cinnamon

1 cup warm zobo (unsweetened hibiscus tea). Add a pinch of cinnamon and a teaspoon of honey.

Prep: Brew zobo as normal. Add cinnamon when hot.

Hormone benefit: Cinnamon stabilises blood sugar, preventing the insulin spikes that suppress progesterone production.

LUNCH

Jollof Ofada Rice with Chicken Stew & Coleslaw

Jollof rice made with Ofada (brown) rice. Chicken stew — tomatoes, peppers, onions, garlic, ginger. Grilled or baked chicken. Simple coleslaw: cabbage, carrots, cucumber, light groundnut oil dressing.

Prep: Cook Ofada rice in the tomato base as normal jollof. The coleslaw adds raw vegetable fibre to the meal.

Hormone benefit: Garlic and onions in the stew contain quercetin which supports progesterone receptors. Cabbage contains indole-3-carbinol which improves oestrogen/progesterone balance.

AFTERNOON SNACK

Groundnut & Banana

Small handful of groundnuts (20-25 nuts). 1 banana.

Prep: No preparation needed.

Hormone benefit: Vitamin B6 in groundnuts directly supports progesterone synthesis.

DINNER

Waterleaf & Chicken Stew with Yam

Chicken or fish stew cooked with abundant waterleaf, tomatoes, onions, garlic, and a pinch of turmeric. Small portion of boiled yam.

Prep: Make a light tomato stew base. Add chicken. Add waterleaf in the last 5 minutes. Add turmeric with a pinch of black pepper.

Hormone benefit: Turmeric + black pepper combination reduces the inflammation that suppresses progesterone production overnight.

BREAKFAST

Egg & Sardine Toast with Cucumber

2 scrambled eggs. 1-2 sardines from a tin (in tomato sauce or oil — rinse if oil-packed). 1 slice of brown or whole-grain bread if available, or 2 boiled plantain. Half a cucumber sliced.

Prep: Scramble eggs with a little onion and tomato. Serve sardines alongside — do not fry them.

Hormone benefit: Sardines are rich in selenium and iodine — the two minerals the thyroid gland requires to produce T3 and T4 hormones. Thyroid slowdown during menopause is a key driver of reduced fat metabolism.

MORNING SNACK

2 Brazil Nuts & Warm Water

Exactly 2 Brazil nuts — not more. 1 glass warm water.

Prep: Eat the Brazil nuts slowly. Drink the water.

Hormone benefit: 2 Brazil nuts contain the exact daily selenium requirement for thyroid health. Over-eating Brazil nuts can cause selenium toxicity — 2 is the precise dose.

LUNCH

Titus Fish Stew with Ugwu & Rice

Fresh or frozen titus (mackerel) cooked in a rich tomato stew with onions, garlic, ginger, peppers. Ugwu stirred in generously at the end. Medium portion of rice (Ofada preferred).

Prep: Make a thick tomato-based stew. Add fish. Cook for 15 minutes. Add ugwu and cook for a final 3-4 minutes only.

Hormone benefit: Titus fish provides omega-3 and iodine for thyroid function. Ugwu provides the magnesium that thyroid hormone needs to activate at the cell level.

AFTERNOON SNACK

Ginger-Turmeric Tea

Fresh ginger (1 thumb), 1/4 teaspoon turmeric, hot water. Add honey and a pinch of black pepper.

Prep: Steep ginger in hot water for 3 minutes. Add turmeric and stir. Always add black pepper when using turmeric.

Hormone benefit: Turmeric supports thyroid function and reduces the inflammation that can suppress thyroid hormone production.

DINNER

Nsala Soup (White Soup) with Yam

Nsala (white soup) — no palm oil. Fresh catfish or chicken. Uziza leaves, utazi, ehuru. Medium portion of yam.

Prep: Cook nsala as normal — the combination of spices (ehuru, uziza, utazi) is itself a powerful anti-inflammatory and thyroid-supporting blend.

Hormone benefit: Catfish is rich in iodine. The spice blend in nsala contains ehuru (calabash nutmeg) — a traditional thyroid-supporting herb.

BREAKFAST

Oat Smoothie Bowl

1 cup oats cooked in water. When cool, blend with 1 banana, a handful of ugwu or spinach, and 1 cup of water or tiger nut milk. Pour into a bowl. Top with sliced banana, groundnuts, and a drizzle of honey.

Prep: Blend oats when slightly cooled. Tiger nut milk: blend tiger nuts with water and strain.

Hormone benefit: Beta-glucan in oats reduces CRP (C-reactive protein) — the primary marker of inflammation associated with menopause belly fat.

MORNING SNACK

Bitter Leaf Juice

Blend 1 cup of fresh bitter leaf with 1 cup of water. Strain. Add a squeeze of lemon and a teaspoon of honey. Drink immediately.

Prep: Wash bitter leaf thoroughly. Blend fresh. Drink within 10 minutes of preparation.

Hormone benefit: Bitter leaf juice is one of the most potent anti-inflammatory drinks in the Nigerian pharmacopoeia. Reduces inflammatory cytokines within 48 hours.

LUNCH

Boli (Roasted Plantain) & Grilled Fish with Ugwu Salad

2-3 pieces of roasted plantain (boli). 1 piece grilled fish (any variety). Ugwu salad: raw ugwu leaves, sliced tomatoes, cucumber, onion, dressed with lemon and groundnut oil.

Prep: Roast plantain over open flame or in the oven. Grill fish with ginger and garlic. Dress the salad fresh.

Hormone benefit: Saturday is for enjoying Nigerian food freely. This meal is satisfying, social, and deeply anti-inflammatory.

AFTERNOON SNACK

Fresh Fruit Plate

Papaya, watermelon, pineapple — any combination of fresh fruit. A generous plate. Eat freely.

Prep: Eat the fruit fresh and ripe.

Hormone benefit: Papaya contains papain which reduces gut inflammation. Pineapple contains bromelain — a powerful systemic anti-inflammatory enzyme.

DINNER

Light Pepper Soup with Boiled Yam or Plantain

Fish or chicken pepper soup. Made with uziza leaves, utazi, crayfish, and aromatic spices. Minimal oil. Boiled yam or plantain on the side.

Prep: Saturday dinner should be light — after a full day of eating, keep the evening meal simple and early.

Hormone benefit: The pepper soup spice combination (uziza, utazi, ehuru, uda) provides a concentrated anti-inflammatory effect overnight.

BREAKFAST

Ogi with Banana, Honey & Groundnuts

Warm ogi. Slice a full banana on top. 1 tablespoon of honey. A small handful of groundnuts. 1 cup of ginger-lemon warm water on the side. Take your time with this meal — Sunday breakfast should be unhurried.

Prep: Prepare ogi as normal. Sit down at a table. Eat slowly and without screens.

Hormone benefit: Eating slowly and without stress is itself a cortisol-reducing act. Sunday breakfast sets the hormonal tone for the week ahead.

MORNING SNACK

Zobo-Ginger Tea & Tiger Nuts

1 cup zobo brewed with fresh ginger added. Unsweetened or with honey. Small cup of tiger nuts.

Prep: Add 1 thumb of sliced ginger to the zobo while brewing.

Hormone benefit: The zobo-ginger combination provides both hibiscus anthocyanins and ginger gingerols — a double cortisol-lowering effect.

LUNCH

The Full Sunday Reset Meal

Sunday rice — jollof or plain with stew. Assorted protein (chicken, fish, or beef). Fried plantain (today is the day — enjoy it). Coleslaw or vegetable salad. Eat well. Eat slowly. Enjoy every bite.

Prep: Cook your best Sunday meal. Invite your family. Eat at the table, not in front of a screen.

Hormone benefit: A deeply satisfying meal eaten in a calm, social environment lowers cortisol more effectively than any supplement. Enjoyment is medicine.

AFTERNOON SNACK

Lemon Water & Fresh Fruit

1 large glass of water with a full lemon squeezed in. A plate of fresh seasonal fruit.

Prep: No preparation needed.

Hormone benefit: Lemon water after a large Sunday meal supports liver function and helps clear the excess cortisol from the day.

DINNER

Vegetable Soup — Light & Early

Simple vegetable soup: uguwu or waterleaf, tomatoes, onions, fish or chicken. Minimal oil. Small portion of eba or yam. Eat before 7pm — the earlier the better on Sunday.

Prep: Keep this meal simple. The lighter the Sunday dinner, the more complete your overnight hormonal repair will be.

Hormone benefit: An early, light Sunday dinner gives the body a full 12+ hour overnight hormonal repair window — setting up the best possible Monday restart.

The Menopause Belly Reset Shopping List

Everything below is available in Nigerian markets. Buy once at the start of the week.

PHYTOESTROGEN FOODS

- | | |
|----------------------------------|-----------------------------|
| ■ Egusi seeds (1 cup dry) | ■ Tiger nuts — ofio (1 cup) |
| ■ Garden eggs (8-10 pieces) | ■ Yam (1 medium tuber) |
| ■ Bitter leaf (2 bunches, fresh) | |

VEGETABLES & LEAVES

- | | |
|--|--------------------------|
| ■ Ugwu — fluted pumpkin leaves (3 bunches) | ■ Cucumber (3 medium) |
| ■ Waterleaf (2 bunches) | ■ Fresh tomatoes (1kg) |
| ■ Scent leaf — efirin (1 bunch) | ■ Cabbage (1 small head) |
| ■ Okra (200g) | |

PROTEINS

- | | |
|---|----------------------------|
| ■ Mackerel/Titus fish (4-6 pieces, fresh or frozen) | ■ Chicken (1 full, cut up) |
| ■ Sardines — tinned (2 tins) | ■ Eggs (1 crate of 30) |
| ■ Catfish or any fresh fish (2 pieces) | ■ Stockfish (small pack) |

GRAINS & STARCHES

- | | |
|--------------------------------------|---------------------------------------|
| ■ Ofada/brown rice (500g) | ■ Unripe/half-ripe plantain (1 bunch) |
| ■ Oats (500g) | ■ Brown beans (500g) |
| ■ Ogi/akamu (ready-made or raw corn) | ■ Semolina or garri (for swallow) |

SPICES, HERBS & PANTRY

- | | |
|--------------------------------------|---|
| ■ Fresh ginger (3 large pieces) | ■ Groundnuts (500g) |
| ■ Turmeric powder (1 small pack) | ■ Honey (1 jar) |
| ■ Cinnamon sticks or powder | ■ 2 Brazil nuts (buy a small quantity only) |
| ■ Cloves — kanafuru (small pack) | ■ Black pepper — iyere (to activate turmeric) |
| ■ Zobo (dried hibiscus leaves, 200g) | ■ Palm oil (use sparingly — 1 small bottle) |
| ■ Garlic (1 full bulb) | ■ Groundnut oil (1 small bottle) |

FRESH FRUIT

■ Bananas (1 bunch)	■ Watermelon (1 slice or small)
■ Papaya (1 medium)	■ Lemon or lime (6-8 pieces)
■ Pineapple (1 small)	

Foods to Reduce or Avoid

These foods specifically worsen the hormonal mechanisms driving the menopause belly. Reducing them for just 7 days will noticeably accelerate your results.

■ Alcohol (any amount)

Alcohol directly disrupts oestrogen metabolism in the liver, worsens hot flushes, disrupts sleep architecture, and significantly raises cortisol. Even occasional alcohol during this week will slow results.

■ Processed soy products (soy milk with additives, soy sauce)

While natural soy contains beneficial phytoestrogens, processed soy products contain additives that disrupt thyroid function — worsening one of the key drivers of menopause belly fat.

■ Sugar and sugary drinks (soft drinks, sweetened juice, malt)

Sugar directly suppresses progesterone production and causes the insulin spikes that redistribute fat to the belly. Remove completely for 7 days.

■ Large portions of white rice at dinner

A large rice dinner creates a blood sugar surge followed by an overnight cortisol rebound that suppresses the hormonal repair cycle. Switch to Ofada rice or reduce portions significantly.

■ Late-night eating (anything after 8pm)

Hormonal repair — oestrogen recycling, cortisol clearance, progesterone restoration — happens between 10pm and 2am. Food after 8pm interrupts this process directly.

■ Caffeine after 2pm

Caffeine raises cortisol and disrupts the sleep that menopause-affected women already struggle to get. Keep morning coffee or tea if you need it — but stop by 2pm.

What to Do After Week 1

You do not need to follow this exact plan every week forever. After Week 1, you will feel the difference — in your energy, your sleep, your bloating, and the softening of the belly. From Week 2, apply the same hormonal principles to your normal cooking:

- ✓ Include a phytoestrogen food at least once daily (egusi, bitter leaf, garden eggs).
- ✓ Eat fibre with every meal — vegetables, beans, or whole grains.
- ✓ Include a protein source at breakfast, lunch, and dinner.
- ✓ Use ginger, garlic, onions, and turmeric in your daily cooking.
- ✓ Drink unsweetened zobo or ginger tea at least once per day.
- ✓ Stop eating by 8pm — this is the non-negotiable rule.
- ✓ Drink your morning ginger-lemon water every single day.
- ✓ Add 2 Brazil nuts to your weekly routine for thyroid selenium support.

HOW LONG WILL IT TAKE?

Most women notice reduced bloating and improved energy within 3-4 days. Visible belly reduction typically begins around Week 2-3 when combined with the main Stress-Storage Reset method. Full results — the significant belly flattening — occur between Week 4 and Week 12 depending on your starting point and consistency.



Your body has been navigating menopause without the right tools. Now it has them.

Seven days. The right foods. The right timing. Your hormones will respond.

With love for your healing,

Demi F.O.

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