

BONUS

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# THE NIGERIAN BELLY- FLATTENING FOOD LIST

Local Foods. Real Results.  
A Simple Guide to Eat Right,  
Flatten Your Belly & Feel Light.



NOURISHING  
LOCAL FOODS



SUPPORTS  
FAT LOSS



FLATTEN BELLY  
NATURALLY

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## How Food Talks to Your Body

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Most weight loss advice treats food as a number — calories in, calories out. Eat less, weigh less. But your body is not a calculator. It is a living system that responds to hormonal signals. And after 40, those signals change dramatically.

When your body is in Fat Protection Mode — storing belly fat as a stress response — the right foods do not just provide energy. They send specific messages to your hormonal system. They lower cortisol. They stabilise blood sugar. They reduce the inflammation that keeps fat locked around your middle. They tell your body, in chemical language, that the danger is over and it is safe to release.

The 25 foods in this list were chosen for one reason: each one has a direct, documented effect on at least one of the hormonal mechanisms that drive belly fat storage in women over 40. They are all Nigerian. They are all available in any local market. Most of them are already in your kitchen.

### THE FOUR MECHANISMS THIS LIST TARGETS

*1. Cortisol reduction — lowering the stress hormone that directly commands belly fat storage. 2. Blood sugar stabilisation — preventing the insulin spikes that trigger fat-locking. 3. Oestrogen balance — correcting the hormonal shifts of perimenopause and menopause that redistribute fat to the belly. 4. Inflammation reduction — calming the low-grade inflammation that keeps the body in protective fat-storage mode.*

# How to Use This List

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You do not need to eat all 25 foods every day. That is not the goal. The goal is to eat as many of these foods as regularly as possible — ideally including at least 5 different foods from this list every single day.

Think of each food as a vote. Every time you eat something on this list, you cast a vote for lower cortisol, more balanced hormones, and a flatter belly. The more votes you cast each day, the faster the body shifts.

## ■ Aim for 5+ foods from this list daily

You do not need to plan a special meal. Add them to what you already cook.

## ■ Prioritise Category 1 (Vegetables) and Category 4 (Spices)

These two categories have the strongest direct cortisol-reducing effects.

## ■ Eat them consistently — not occasionally

One bowl of bitter leaf soup does not reset your cortisol. Ten days of it does.

## ■ Combine with the main Stress-Storage Reset method

This food list accelerates the results of the main guide. It does not replace it.

## ■ Replace — do not just add

For maximum effect, replace one food from the Avoid list with one food from this list every week. Gradual replacement is more sustainable than elimination.

## Category 1: Cortisol-Cooling Vegetables

8 everyday Nigerian vegetables that directly reduce belly fat storage

Vegetables are the single most powerful category on this list. Every food here contains specific compounds — magnesium, folate, antioxidants, and fibre — that directly interrupt the cortisol-inflammation cycle that keeps belly fat locked in place after 40.

1

### Ugwu (Fluted Pumpkin Leaves)

Also called: *Telfairia occidentalis* leaves

Ugwu is the single most magnesium-dense vegetable in Nigerian cooking. Magnesium is the mineral that regulates cortisol production at the cellular level. Women in Fat Protection Mode are almost always magnesium-deficient. Eating uguwu regularly directly replenishes this deficiency and slows cortisol output.

**How to eat:** Add generously to soups (egusi, okra, ofe onugbu). Blend into smoothies. Cook with eggs in the morning.

**Cortisol effect:** Directly lowers cortisol production. Reduces belly fat storage within 2-3 weeks of daily use.

2

### Bitter Leaf (Onugbu / Ewuro)

Also called: *Vernonia amygdalina*

Bitter leaf contains vernonioside and vernolide — compounds that have been shown to reduce blood sugar and lower inflammatory markers in the body. Both actions directly reduce the hormonal signals that command the body to store fat around the middle. Its bitter taste is a signal of its potency.

**How to eat:** Cook in ofe onugbu soup. Blend fresh with water and drink a small cup on an empty stomach before breakfast.

**Cortisol effect:** Reduces inflammation and blood sugar. Powerful anti-belly-fat vegetable.

3

### Waterleaf (Gbure / Editan)

Also called: *Talinum triangulare*

Waterleaf is over 90% water content — making it a natural hydration and detoxification food. It contains calcium and iron that support adrenal gland function. The adrenal glands produce cortisol. When they are well-nourished, cortisol output normalises and belly fat storage slows.

**How to eat:** Cook in soups. Add to stews. Eat alongside protein at lunch.

**Cortisol effect:** Supports adrenal recovery. Reduces cortisol over time.

4

### Garden Egg (African Eggplant)

Also called: *Solanum melongena* / Igba

Garden egg contains nasunin — a potent antioxidant that reduces oxidative stress in the body. Oxidative stress is one of the key triggers of chronic inflammation, which in turn keeps cortisol elevated. Garden egg also contains fibre that stabilises blood sugar and prevents the post-meal cortisol surge.

**How to eat:** Eat raw as a snack with groundnut paste. Cook in stews and sauces. Roast and blend into garden egg sauce.

**Cortisol effect:** Reduces oxidative stress and inflammation. Stabilises blood sugar post-meal.

5

## Cucumber

*Available year-round in all Nigerian markets*

Cucumber is one of the fastest foods for reducing cortisol-driven water retention and belly bloating. It contains cucurbitacins — compounds with documented anti-inflammatory properties. Its high water and electrolyte content prevents the dehydration that elevates cortisol.

**How to eat:** *Eat raw as a snack. Slice into water. Add to salads and side dishes. Eat one half-cucumber per day minimum.*

**Cortisol effect:** *Reduces bloating and water retention within 48 hours. Mild cortisol reduction.*

6

## Fresh Tomatoes

*Also called: Tomati, Tomatoe*

Tomatoes contain lycopene — one of the most powerful anti-inflammatory compounds in the Nigerian diet. Lycopene directly reduces the inflammatory markers (CRP and IL-6) that are elevated in women with chronic stress belly fat. Cooked tomatoes contain more bioavailable lycopene than raw.

**How to eat:** *Cook in all stews and soups as usual. Add raw to salads. Blend into tomato juice and drink before meals.*

**Cortisol effect:** *Reduces systemic inflammation. Directly targets the inflammatory component of belly fat storage.*

7

## Scent Leaf (Efirin / Nchuanwu)

*Also called: Ocimum gratissimum / African basil*

Scent leaf contains eugenol and rosmarinic acid — compounds with powerful anti-stress properties that directly lower cortisol. It has been used in traditional medicine across West Africa for stress-related conditions for centuries. The aromatic compounds alone activate the parasympathetic nervous system when inhaled.

**How to eat:** *Add to pepper soups, nsala soup, and stews. Brew as tea — steep 3-4 fresh leaves in hot water for 5 minutes. Drink warm.*

**Cortisol effect:** *Direct cortisol-lowering effect. One of the most underused anti-stress foods in Nigeria.*

8

## Onions (Red and White)

*Available everywhere, year-round*

Onions contain quercetin — one of the most studied natural anti-cortisol compounds. Quercetin inhibits the enzyme that converts inactive cortisone to active cortisol in fat cells. This directly slows belly fat storage. Onions also contain inulin — a prebiotic fibre that feeds gut bacteria involved in hormonal regulation.

**How to eat:** *Use generously in all cooking. Eat raw onion rings with your meals whenever possible — raw onion contains more quercetin than cooked.*

**Cortisol effect:** *Directly inhibits cortisol activation in belly fat cells. One of the most powerful belly fat foods on this list.*

## Category 2: Hormone-Balancing Proteins

6 Nigerian protein sources that stabilise hormones and support fat release

Protein stabilises blood sugar, reduces appetite hormones, and provides the amino acids your body needs to produce balanced hormones. These six proteins are specifically chosen because they also contain fats, minerals, or compounds that have direct anti-belly-fat effects beyond basic nutrition.

9

### Mackerel / Titus Fish

*One of the most affordable omega-3 sources in Nigeria*

Mackerel is the richest omega-3 source available in Nigerian markets. Omega-3 fatty acids (EPA and DHA) directly reduce the inflammatory cytokines that keep cortisol elevated. Studies consistently show that women who eat fatty fish 3x per week lose significantly more belly fat than women on the same diet without fish — because of this anti-inflammatory effect.

**How to eat:** Grill, bake, or include in pepper soup and stews. Eat at least 3 times per week. Fresh or frozen — both are effective.

**Cortisol effect:** Powerful anti-inflammatory. Directly reduces belly fat-locking cytokines.

10

### Eggs

*Available everywhere. One of the most complete foods available.*

Eggs contain complete protein plus choline — a nutrient essential for cortisol metabolism in the liver. When the liver cannot metabolise cortisol efficiently, it stays in the bloodstream longer, commanding continued belly fat storage. Choline helps the liver clear cortisol faster. Eggs also contain vitamin D — deficiency of which is directly linked to abdominal fat accumulation in women over 40.

**How to eat:** 2 boiled or scrambled eggs for breakfast is the most effective protocol. Combine with ugwu or tomatoes for maximum cortisol-clearing effect.

**Cortisol effect:** Provides choline for cortisol clearance. Vitamin D supports belly fat release.

11

### Brown Beans (Ewa / Oloyin)

*Also called: Black-eyed peas, honey beans*

Beans are the highest-fibre protein in the Nigerian diet. Fibre slows glucose absorption — preventing the insulin spikes that signal the body to store fat. Beans also contain resistant starch, which feeds beneficial gut bacteria that produce short-chain fatty acids, which directly reduce inflammation and cortisol signalling. Beans are among the most powerful belly-flattening foods on this list.

**How to eat:** Cook as ewa agoyin, moi-moi, or bean porridge. Eat beans at least 3 times per week. Include in meals where you would normally eat rice alone.

**Cortisol effect:** Prevents insulin spikes. Feeds cortisol-reducing gut bacteria. Among the strongest belly fat foods on this list.

12

### Chicken (Especially Boiled or Grilled)

*Widely available across all Nigerian markets*

Lean chicken — particularly boiled or grilled, not fried — provides tryptophan, the precursor to serotonin. Low serotonin is directly linked to both elevated cortisol and increased cravings for high-sugar, high-fat foods that fuel belly fat storage. Eating chicken regularly supports serotonin production, which calms the stress response and reduces comfort-eating cycles.

**How to eat:** Boil or grill — avoid frying daily. Add to pepper soup, yam pottage, vegetable soups. Remove skin when possible.

**Cortisol effect:** Supports serotonin production. Reduces stress-driven cravings and comfort eating.

13

### Groundnuts (Peanuts)

*Also called: Epa (Yoruba), Gyada (Hausa), Okpa-oji (Igbo)*

Groundnuts contain niacin (B3) and resveratrol — two compounds with documented cortisol-reducing properties. Niacin directly regulates the adrenal glands that produce cortisol. Resveratrol reduces cortisol receptor sensitivity in fat cells, making them less responsive to storage commands. Groundnuts are also rich in magnesium — compounding their cortisol-lowering effect.

**How to eat:** Eat a small handful (about 20-25 nuts) as a daily snack. Use groundnut paste (not the sweetened Bama type) as a dip. Do not over-eat — a small amount daily is the protocol.

**Cortisol effect:** Regulates adrenal cortisol production. Reduces fat cell sensitivity to storage signals.

14

### Egusi Seeds (Melon Seeds)

*Also called: Citrullus lanatus seeds*

Egusi seeds are extraordinarily rich in zinc — a mineral that directly regulates testosterone and oestrogen balance in women. After 40, the decline in oestrogen causes fat to redistribute to the belly. Zinc supports hormonal balance, slowing this redistribution. Egusi also contains significant amounts of magnesium and anti-inflammatory fatty acids.

**How to eat:** Cook in egusi soup as normal. Include at least twice per week in your meals.

**Cortisol effect:** Restores zinc and magnesium. Directly addresses the hormonal belly fat redistribution of menopause.

## Category 3: Belly-Flattening Grains & Starches

5 Nigerian starch sources that support fat release instead of fat storage

Not all carbohydrates are equal. These five starch sources have specific properties — lower glycaemic index, higher fibre, resistant starch content — that prevent the blood sugar spikes driving belly fat storage.

15

### Oats

*Widely available in Nigerian supermarkets and markets*

Oats contain beta-glucan — a soluble fibre that has been specifically studied for its cortisol-reducing effects. Beta-glucan stimulates the production of cholecystokinin (CCK), a hormone that reduces cortisol response to stress. Oats also have a low glycaemic index, preventing the blood sugar spikes that trigger insulin-driven fat storage.

**How to eat:** Cook as morning porridge. Use as a base for smoothie bowls. Add to soups as a thickener instead of oats. Eat 4-5 mornings per week for maximum benefit.

**Cortisol effect:** Direct cortisol reduction via beta-glucan. Prevents insulin-driven fat storage.

16

### Ofada Rice (Unpolished Rice)

*Nigerian local brown rice — available in most markets*

Ofada rice retains its bran layer, giving it triple the fibre of polished white rice. This fibre dramatically slows glucose absorption, preventing the blood sugar surge that follows a bowl of white rice. It also contains gamma-oryzanol — a compound found in rice bran that has been shown to reduce cortisol and improve body composition in overweight women.

**How to eat:** Use in place of white rice for at least 3 meals per week. Cook slightly longer than white rice — it takes about 35-40 minutes.

**Cortisol effect:** Prevents blood sugar spikes. Contains gamma-oryzanol for cortisol reduction.

17

### Unripe or Half-Ripe Plantain

*Available year-round across Nigeria*

Unripe plantain is one of the highest resistant starch foods in the Nigerian diet. Resistant starch passes through the small intestine undigested and feeds beneficial gut bacteria — particularly Lactobacillus and Bifidobacterium strains that produce butyrate, which reduces intestinal inflammation and directly lowers systemic cortisol. Unripe plantain has a glycaemic index of only 38 (compared to ripe plantain at 68).

**How to eat:** Boil or roast unripe plantain as a side dish. Eat with fish or beans for a complete cortisol-cooling meal.

**Cortisol effect:** High resistant starch feeds cortisol-reducing gut bacteria. Low glycaemic index prevents insulin spikes.

18

### Ogi / Akamu (Fermented Corn Porridge)

*Also called: Pap, Eko, Kunu*

Fermented ogi contains beneficial lactobacillus bacteria produced during the fermentation process. These probiotics directly improve gut microbiome diversity — which is one of the most underappreciated factors in cortisol regulation. A diverse gut microbiome produces more serotonin (which reduces cortisol) and fewer inflammatory cytokines (which increase cortisol).

**How to eat:** Drink warm as breakfast 3-4 mornings per week. Do not sweeten with sugar — use honey only. Add milk if desired.

**Cortisol effect:** Probiotics improve gut health and serotonin production. Directly supports cortisol regulation through the gut-brain axis.

19

### Yam (Dioscorea)

*Nigerian white yam — widely available*

Yam contains diosgenin — a natural compound with documented oestrogen-modulating properties. After 40, falling oestrogen redistributes fat to the abdomen. Diosgenin supports oestrogen signalling, slowing this redistribution. Yam also has a moderate glycaemic index (lower than white rice and cassava) and contains significant potassium, which regulates cortisol's effect on the kidneys and reduces water retention.

**How to eat:** Boil — do not fry. Eat at lunch rather than dinner. Pair with egg sauce or vegetable stew.

**Cortisol effect:** Contains diosgenin for oestrogen support. Reduces cortisol-driven water retention.

## Category 4: Metabolism-Boosting Spices & Herbs

6 Nigerian spices with direct cortisol-lowering and fat-burning properties

Spices are the most concentrated belly-flattening foods on this list. A single teaspoon contains more active anti-cortisol compounds than a full plate of food. Most of them are already in your kitchen right now.

20

### Fresh Ginger (Ata-ile)

Available in every Nigerian market

Ginger is the cornerstone of the Stress-Storage Reset method — and for good reason. It contains 6-gingerol and 6-shogaol, two compounds that suppress cortisol synthesis at the adrenal gland level. Studies show that consistent daily ginger consumption reduces cortisol by up to 19% over 8 weeks. Ginger also accelerates gastric emptying, reducing the bloating that makes the belly appear larger than it is.

**How to eat:** Drink daily as your morning ginger-lemon water (main guide). Grate into teas, soups, and stews. Use fresh — not dried — for maximum potency.

**Cortisol effect:** Reduces cortisol production by up to 19%. Reduces belly bloating within days of consistent use.

21

### Cinnamon (Kirfa)

Available as sticks or powder in Nigerian markets and pharmacies

Cinnamon is the most powerful blood sugar stabiliser in the spice kingdom. It contains cinnamaldehyde, which mimics insulin and improves glucose uptake by cells — dramatically reducing the blood sugar spikes that trigger fat storage after meals. For women over 40, whose insulin sensitivity has already declined, cinnamon is extraordinarily valuable.

**How to eat:** Add 1/2 teaspoon to your morning oats or *ogi*. Brew as tea with your evening wind-down drink. Sprinkle on fruit. Use daily.

**Cortisol effect:** Directly prevents insulin spikes after meals. One of the most studied natural blood sugar stabilisers.

22

### Zobo (Dried Hibiscus Leaves)

Also called: Roselle, Zaborodo, Yakuwa

Hibiscus (zobo) contains anthocyanins and hibiscus acid — compounds that have been shown in clinical trials to reduce cortisol, lower blood pressure, and reduce abdominal fat specifically (not just general body fat). A 2020 study found that women who drank unsweetened hibiscus tea twice daily for 6 weeks lost significantly more belly fat than the control group.

**How to eat:** Brew as tea without sugar. Drink twice daily — morning and evening. Your evening wind-down drink from the main guide already uses this.

**Cortisol effect:** Direct clinical evidence for belly fat reduction specifically. Lowers cortisol and blood pressure simultaneously.

23

**Cloves (Kanafuru)***Available in all Nigerian spice markets*

Cloves contain eugenol — the most potent natural anti-inflammatory compound in the Nigerian spice cabinet. Eugenol blocks the COX-2 enzyme pathway, the same pathway targeted by anti-inflammatory drugs. Chronic inflammation is a primary driver of cortisol-fuelled belly fat. Cloves also contain beta-caryophyllene, which directly reduces cortisol receptor sensitivity in fat cells.

**How to eat:** Add 3-4 cloves to your evening wind-down tea. Use in pepper soups and stews. Chew one clove after meals to reduce post-meal inflammation.

**Cortisol effect:** Blocks the inflammation pathway that drives cortisol belly fat. Reduces cortisol receptor sensitivity in fat cells.

24

**Garlic (Alubosa ayu / Tafarnuwa)***Available fresh in all Nigerian markets*

Garlic contains allicin — a compound formed when garlic is crushed or chopped — that directly reduces cortisol. Allicin also suppresses ghrelin (the hunger hormone), reducing the intense cravings that stress drives in women over 40. Additionally, garlic is one of the richest sources of selenium in the Nigerian diet — a mineral critical for thyroid function, which regulates the speed of fat metabolism.

**How to eat:** Crush or chop fresh garlic and let it rest for 5 minutes before cooking (this maximises allicin formation). Use in all stews and soups. Eat raw garlic in salads when tolerated.

**Cortisol effect:** Directly lowers cortisol and ghrelin. Supports thyroid function for faster fat metabolism.

25

**Turmeric (Ama pupa / Gangamau)***Available in Nigerian spice markets and health stores*

Turmeric contains curcumin — the single most studied natural anti-inflammatory compound in the world. Curcumin reduces IL-6 and TNF-alpha, the two key inflammatory cytokines that keep cortisol chronically elevated in overweight women. It also inhibits the formation of new fat cells (adipogenesis) and stimulates the breakdown of existing fat cells (lipolysis).

**How to eat:** Add 1/4 teaspoon to soups, stews, and rice. Mix with black pepper (iyere) — black pepper increases curcumin absorption by 2000%. Brew as golden milk: turmeric + warm water + honey + a pinch of black pepper.

**Cortisol effect:** Most studied natural anti-inflammatory. Inhibits new fat cell formation and stimulates fat breakdown.

## Foods to Reduce or Avoid

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*You do not need to eliminate these foods permanently. The goal during the Stress-Storage Reset period is to reduce them significantly — because each one actively works against the hormonal changes you are trying to create.*

### ■ White Polished Rice (Large Portions, Especially at Dinner)

*Creates the sharpest blood sugar spike in the Nigerian diet. The resulting insulin surge followed by cortisol rebound is one of the primary drivers of belly fat accumulation after 40. You do not need to eliminate rice — reduce portions, switch to Ofada rice where possible, and never eat a large portion after 7pm.*

### ■ Soft Drinks and Sweetened Beverages (Coke, Malt, Sweetened Zobo)

*Liquid sugar bypasses all satiety signals and creates the fastest, sharpest insulin spike of any food or drink. One bottle of Coke contains 39g of sugar — enough to trigger a cortisol rebound that lasts for 3-4 hours. Replace with unsweetened zobo or water.*

### ■ Deep-Fried Foods Daily (Fried Plantain, Puff-Puff, Fried Fish)

*The combination of refined starch and heat-oxidised oil creates a powerful inflammatory response. Occasional enjoyment is fine. Daily consumption keeps inflammation — and therefore cortisol — elevated.*

### ■ Ultra-Processed Foods (Instant Noodles, Packaged Biscuits, Instant Oats with Sugar)

*These products contain refined carbohydrates, seed oils, and often hidden sugars that collectively destabilise blood sugar and promote the insulin resistance that drives belly fat storage.*

### ■ Late-Night Eating (Any Food After 8pm)

*The body's hormonal repair cycle — including cortisol clearance and fat release — runs between 10pm and 2am. Food after 8pm forces the body to stay in digestive mode instead of repair and release mode. This is the single most impactful eating change you can make — regardless of what you eat.*

# The Master Belly Flattening Table

All 25 foods at a glance — with their primary belly-flattening mechanism and a belly-flattening power score out of 10.

FOOD	PRIMARY MECHANISM	SCORE
Ugwu	Magnesium — lowers cortisol production	10/10
Bitter Leaf	Reduces blood sugar + inflammation	10/10
Waterleaf	Adrenal support — normalises cortisol	8/10
Garden Egg	Reduces oxidative stress + blood sugar	8/10
Cucumber	Reduces cortisol-driven bloating	7/10
Fresh Tomatoes	Lycopene reduces systemic inflammation	9/10
Scent Leaf	Direct cortisol-lowering via eugenol	9/10
Onions	Quercetin inhibits cortisol in fat cells	10/10
Mackerel / Titus	Omega-3 reduces fat-locking cytokines	10/10
Eggs	Choline clears cortisol from bloodstream	9/10
Brown Beans	Fibre + resistant starch, gut bacteria	10/10
Chicken (grilled)	Tryptophan raises serotonin, calms cortisol	7/10
Groundnuts	Niacin regulates adrenal cortisol output	8/10
Egusi Seeds	Zinc for oestrogen/hormone balance	9/10
Oats	Beta-glucan directly reduces cortisol	10/10
Ofada Rice	Gamma-oryzanol + low glycaemic index	9/10
Unripe Plantain	Resistant starch feeds cortisol-reducing bacteria	9/10
Ogi (Fermented)	Probiotics improve cortisol via gut-brain axis	8/10
Yam	Diosgenin supports oestrogen balance	8/10
Fresh Ginger	Reduces cortisol synthesis at adrenal level	10/10
Cinnamon	Most powerful natural blood sugar stabiliser	10/10
Zobo (Hibiscus)	Clinical evidence for belly fat reduction	10/10
Cloves	Blocks COX-2 inflammation pathway	9/10
Garlic	Allicin lowers cortisol + suppresses hunger	9/10
Turmeric	Inhibits fat cell formation + promotes breakdown	10/10

# The Daily Belly Flattening Checklist

Use this checklist every day. Aim to tick at least 10 boxes. The more consistently you tick them over 30 days, the faster and more permanently your belly changes.

## MORNING

- Ginger-lemon warm water before anything else (food #20)

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- Breakfast includes protein — eggs, beans, or fish (foods #9,10,11)

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- Breakfast includes one vegetable (foods #1-8)

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- Added cinnamon to oats, ogi, or tea (food #21)

## THROUGHOUT THE DAY

- Ate uguw, bitter leaf, or scent leaf in a meal (foods #1,2,7)

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- Drank at least 6 glasses of water (hydration)

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- Used fresh garlic or onion in cooking (foods #24,8)

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- Ate a handful of groundnuts as a snack (food #13)

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- Used turmeric with a pinch of black pepper in a meal (food #25)

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- Ate fish, chicken, or beans at lunch (foods #9,11,12)

## EVENING

- Ate dinner before 8pm (most important rule)

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- Dinner included vegetables + protein (categories 1+2)

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- Drank unsweetened zobo or ginger tea in the evening (foods #22,20)

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- No soft drinks or sugary food today (avoid list)

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- Added cloves to evening tea (food #23)

**REMEMBER**

*Every food on this list is already part of Nigerian cooking. You are not being asked to change what you eat. You are being asked to eat more of the right things — more often, more consistently. Your body will respond. It knows what to do when you give it the right signals.*



With love for your healing,

***Demi F.O. — Mama Wellness Africa***