

30 Unhealthy Nigerian Foods Never To Eat!

Avoid These 30 Unhealthy Foods To Lose A Bit Of
Stomach Fat Each Day

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www.naijaweightloss.com

NAIJA WEIGHT LOSS
Better Health. Better Body. Better Life.

If you are on a weight loss journey, one major thing you need to pay attention to are the foods you eat.

Weight & Fat loss is 80% diet (what you eat) and 20% exercise (workout).

Here are the list of popular foods that is available in Nigeria that many people eat but it causes excess weight gain.

NOTE: I am not suggesting that you must NOT eat these foods at all. You can actually eat them ONLY on your cheat days as long as your entire diet is healthy.

Here's The List Of Fatty Foods:

FRUIT JUICES (In packed Boxes)

1. Orange Juice
2. Tropical mix juice
3. Pineapple Juice
4. Apple Juice

ALCOHOL

5. Star Lager
6. Guinness
7. Gulder
8. Heinieken etc

SOFT DRINKS

9. Coke
10. Fanta
11. Sprite
12. Mirinda
13. Lacasera
14. 7up
15. Pepsi

CHOCOLATE

16. Sneaker Chocolate, Bounty etc
17. Cadbury Chocolate

BEVERAGES

18. Milo
19. Bounvita
20. Hi-Malt
21. Maltina

SWALLOWS

22. Pounded Yam
23. Akpu or Fufu
24. Garri/Eba
25. Starch (with Banga)

PASTRIES

26. Meat Pie
27. Chin Chin
28. Doughnut
29. Cake e.g. Chocolate Cake

30. Agege Bread

OTHERS (Bonus)

31. Pizza

32. Puff Puff

33. Cookies Biscuit

34. Sugary Cereal e.g. Crunchy Nuts, Cheerios & Cocopops

35. Fried Potato Chips

36. French Fries

37. Ice-Cream

38. Sugar (both White & Brown)

This is by no means an exhaustive list. But it gives you a good idea of foods that you should Avoid.

If you are trying to lose weight and you are still eating the above food a lot in your diet, you will find it difficult to lose weight.

Here's why...

They are very high in sugar content and calories and will make it difficult for your body to burn off fat.

NOTE: The only time you should eat these fattening meals is when you've been eating healthy and you eat it as a **cheat meal**.

Now that you know these list of foods, you can say "no" to them and replace them with healthier fat-fighting foods.

If you truly want to take the next step of losign excess weight and burning excess fat off from your body so you can get your own fit toned body with a flatter belly...

Then you need to make yourself available to join my 30 Day To A Fit Body Program .

Through this program, I have helped thousands (no kidding) of Nigerian men and women lose weight and burn off fat from their body.

To give you an idea of what I mean, I want you to see this weight loss result below:

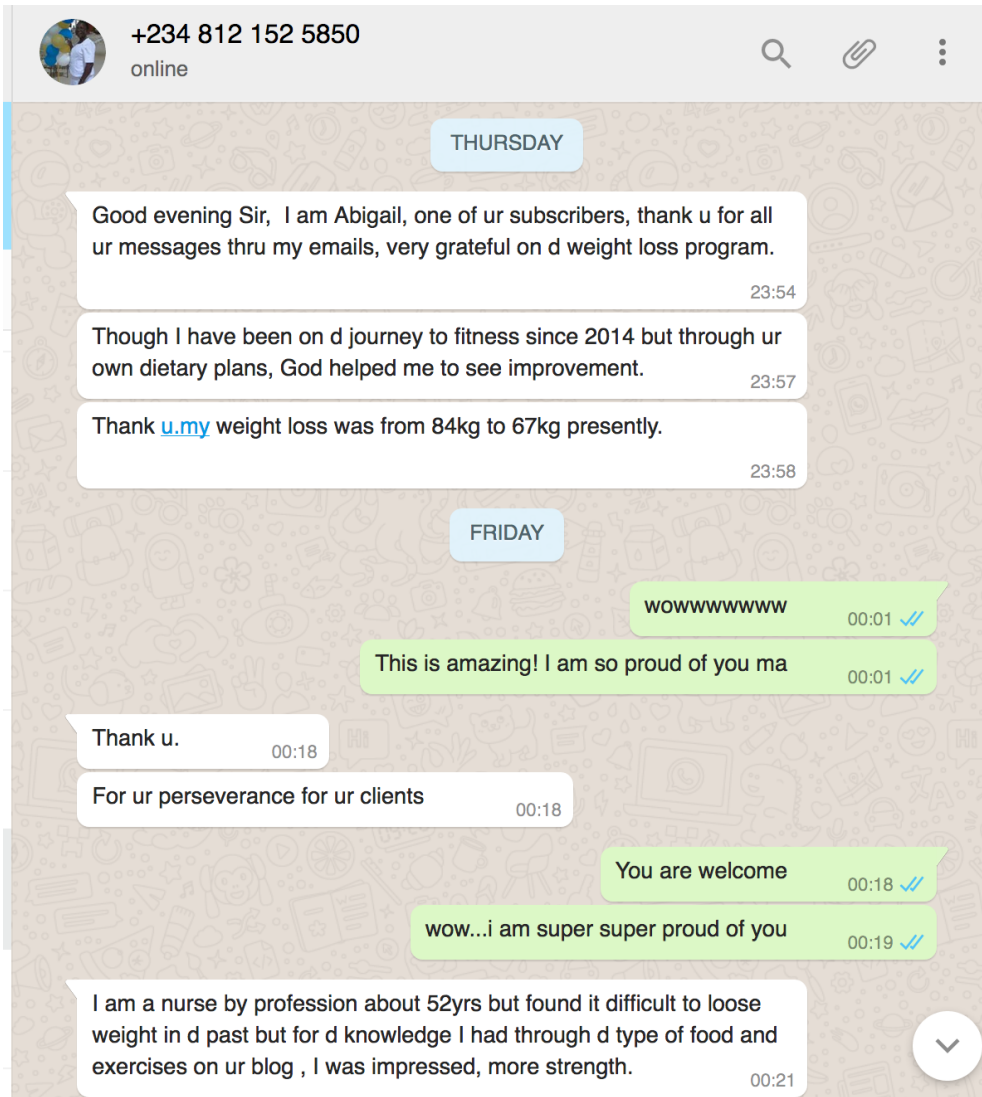
Nonso (A Mother Of 3 Kids) Melted Off Her Belly Fat By Following My Weight Loss Program And She now has a flatter Belly. See her "Before & After" picture below...

PLEASE NOTE: The Scar on the stomach is from C-Section for giving birth.



Here's another testimony from Abigail, one of my suscriber. She is 52 years old and she is also a full time Nurse. She followed my weight loss coaching program and use it to lose weight and drop from 84kg down to 67kg!

See her testimony below in her whatsapp chat with me (when you join my weight loss program, you get access to me via whatsapp too)...



If Nurse Abigail can do it, you too can do it too. All you need is to suspend your unbelief and follow all my weight loss coaching and advise.

Here's another testimonial for my client (Hope Kelechi) who used my weight loss program to melt off excess body fat and get back her slimmer, fit and toned body with a flatter belly.

Hope Kelechi
14 hrs

Just to encourage somebody that it's working.

de vex
BEFORE
www.naijaweightloss.com
AFTER
BEFORE
all started here
From 102kg Down to 69kg! Kelechi Lost 33kg!

Like Comment

You, Oluseye Oluwadamilola Moyosoreoluwa and 9 others

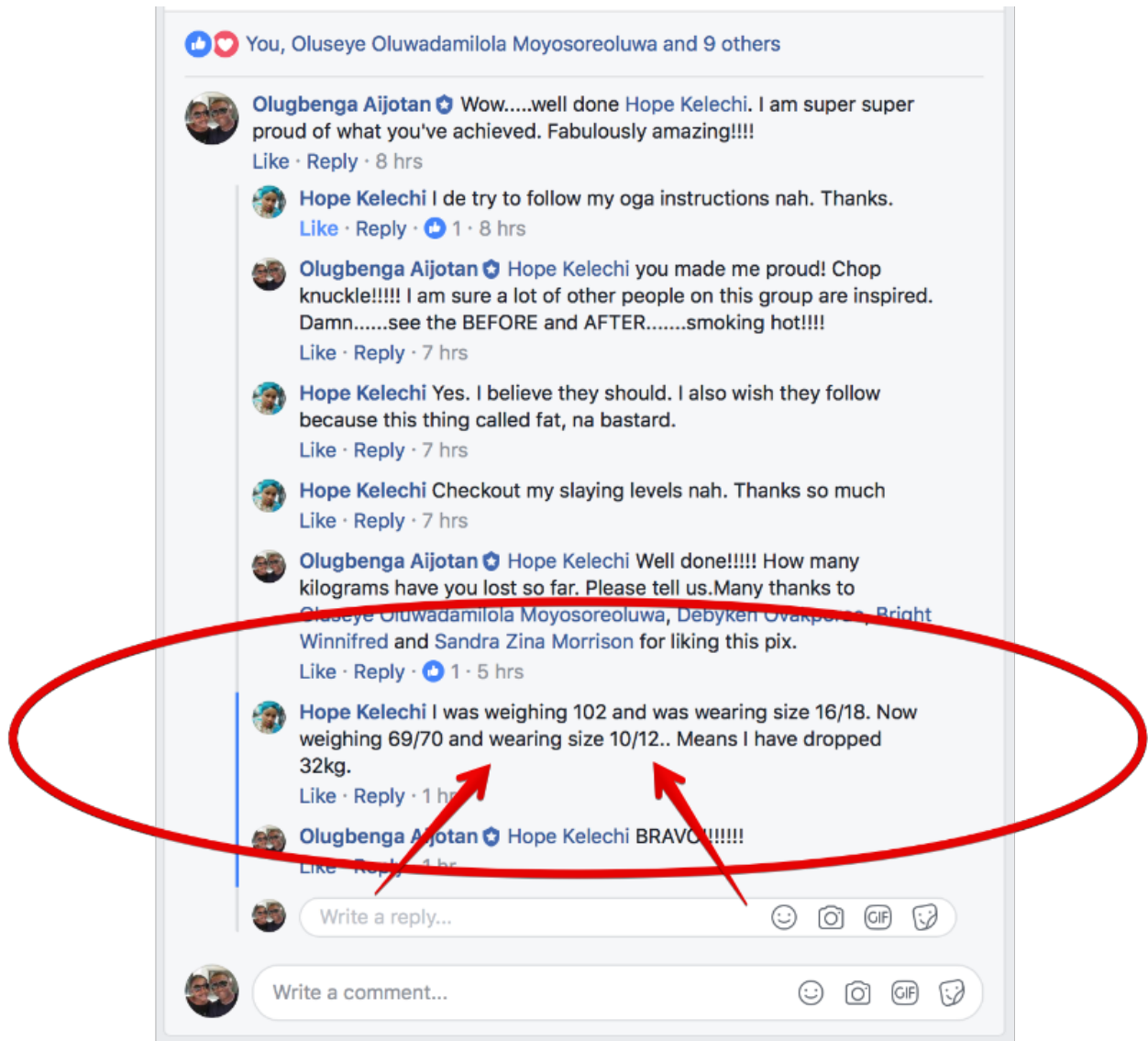
Olugbenga Aijotan Wow....well done Hope Kelechi. I am super super proud of what you've achieved. Fabulously amazing!!!!
Like · Reply · 8 hrs

Hope Kelechi I de try to follow my oga instructions nah. Thanks.
Like · Reply · 1 · 8 hrs

She went from 102kg down to 69kg!

Let me repeat that...She went from 102kg down to 69kg. She lost 32kg of fat from her body!!!!!!!

See the screenshot below to see where she mentioned this in our NaijaWeightLoss facebook community group:



This kind of fast and effective result is what I'd like to help you achieve too when you **register for the 30 Day To A Fit Body** .

I've helped Kelechi melt off 32kg of fat and get her "sexy" back!
Now, it's your own turn!

Here's what you need to do – follow the instructions below to register rightaway:

Go to www.naijaweightloss.com/fitbody to register straight away.

30 Day To A Fit Body Program
Get Started Now For Just....
N10,000 Today!

Click The Button Below To Register:
www.naijaweightloss.com/fitbody

Or You Can Pay the sum of N10,000 into the bank details below:

Bank Name - Guaranty Trust Bank (GTB)

Account Name - Tunity Services

Account Number - 003-5858-507

After payment, Send Your Name, E-mail, Tel No, And Payment Receipt to me the details of your payment to sales@naijaweightloss.com

☐

Best Regards,

Olu Aijotan

Nutrition & Fitness Coach

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