

30 DAY FAT LOSS PROGRAM

**Get Rid of Body Fat Using
Nigerian Fat Burning Meals &
Transform Your Body in 30 Days!**



By Olu Aijotan
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30-DAY FAT LOSS PROGRAM RECIPE GUIDE

A Simple Recipe guide that Will **TRIGGER** your body's
Fat Burning Furnance!

By Olu Aijotan
(Nutrition and Fitness Coach)

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Thank you.

LETTER FROM THE AUTHOR: OLU AIJOTAN (Nutrition & Fitness Coach)

This Food recipe guide is a part of the 30-Day fat loss program - Transform your body in 30 Days!

The food recipe in this guide has been designed to help the user to burn fat off their body by using recipes that are:

1. Quick meals that you can prepare in 15 - 25 minutes (Breakfast meals)
2. Appetite suppressing foods that crush cravings and prevent overeating
3. Contain healthy nutrients that burns fat and helps your body transformation
4. detoxify your body and remove harmful toxins from your body.

Do not be afraid to try any of these recipes at home. If you adhere to it and use it in conjunction with your food time table and work out guide, you will begin to see your excess body fat melting away within the 1st & 2nd week.

Without wasting much time, let's go ahead and delve into these food recipes that will help transform your body over the next 30 days.

To your transformed body,

Olu Aijotan

Nutrition & Fitness Coach

Author - 30 Day Fat Loss Program

www.naijaweightloss.com

BREAKFAST FOOD RECIPES

1. Oat Meal With Milk & Boiled Egg



Ingredients

1. 1/3 cup of oats (Quaker oats or Quick Oats will do)
2. 1/3 cup of skimmed milk (powdered dana milk)
3. 1/3 Cup of water
4. Honey
5. 1 raw Egg

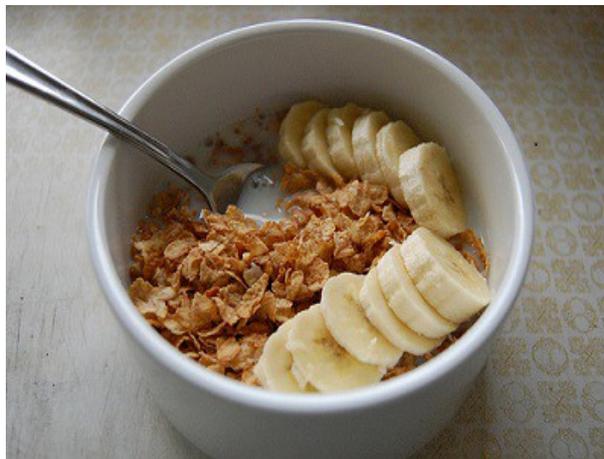
Directions

1. Add one 1/3 cup of water to a pot and put on the “burner” or stove
2. Add 1/3 cup of quaker oats to the boiling water and stir with a spoon
3. Cook on medium heat for 3 - 4 minutes, stirring occasionally.
4. Pour the oat meal in a bowl and add your choice of skimmed milk and honey.

To boil your egg

1. Put your egg in a small pot with water in it
2. Put on the burner/stove for 10-15 minutes.
3. Once done, take the egg out with a spoon and put in cold water for another 1 minute, then peel the shell off.

2. All bran Flakes (kellogs) With Milk



INGREDIENTS

1. All bran flakes (kellogs or similar brand)
2. Skim powdered or liquid milk
3. Warm water
4. 1 Banana

DIRECTIONS

1. Fill a bowl approximately to half its size with bran flakes.
2. Mix powdered skimmed milk in warm water to desired thickness.
3. Pour the milk into your bowl of bran flakes
4. Peel the Banana, and slice it into the bran flakes.
5. Eat rightaway!

NOTE - Bran Flakes is different from corn flakes. Corn flakes is made from corn, while bran is from whole grain (which is a fat burning plant). You can find bran flakes in any supermarket or grocery store in Nigeria.

3. SCRAMBLED EGG & PEPPER SANDWICH



INGREDIENTS

1. 2 Egg
2. 2 pieces of fresh pepper (atarodo)
3. ¼ chopped onion
4. 2 slices of wheat bread
5. 1 teaspoon of olive oil/cooking spray
6. ¼ Salt

PREPARATIONS

1. Dice your pepper into small pieces or strips. And put in a small bowl.
2. Heat ½ tea spoon of olive oil in a frying pan or spray cooking spray in the pan and heat for 2 - 3 minutes.
3. Add your pepper and onion over medium heat until a bit tender.
4. Season with a pinch of salt and maggi.
5. Whisk your egg in a small bowl and pour it in the fry pan and make sure you turn

- it regularly until fully solidified (2 mins)
6. Divide the egg between two slices of brown (wheat) bread
 7. Cut sandwich in half and serve

CALORIES PER SERVING = 318 Calories.

Note - Olive Oil is a healthier oil to use in your cooking. If you are unable to get olive oil, consider using a non-stick fry pan for your scrambled egg.

4. HEALTHY MOIN MOIN AND OAT MEAL



INGREDIENTS

1. Brown Beans (1 - 1.5 cups)
2. 2 tablespoon of virgin coconut oil or olive oil (Do not use vegetable & palm oil!)
3. 4 tablespoons of ground crayfish
4. 1 red bell pepper (tatashe)
5. 1 - 2 pieces of red hot pepper (Ata Rodo)
6. 1 medium size onion
7. 2-3 eggs (optional)
8. 1 large fish cut into smaller sizes (or 2 tins of sardines/mackerel).
9. Loaf pan/moin moin leaves/aluminium foil/santana bags

PREPARATION

1. Soak the beans in water for 20 minutes.
2. Rub the beans between your hands to get the skin off.
3. Rinse beans until most skin peeled off.
4. Soak beans for another 2 hours to soften.
5. Boil 3 eggs, peel the shell and slice
6. Peel & chop onions, the bell peppers (Tatashe) and the chilli pepper (atarodo).
Also add your crayfish
7. Put the mix together with the peeled beans in a blender, blend until you have a very smooth batter.
8. Pour the batter into a large bowl, and add three tablespoons of olive oil/coconut virgin oil.
9. Also add your salt (little pinch of salt) and one cube of maggi (do away with maggi if you can) and stir with a spatula.
10. Pour the batter (in small portions) into either a loaf pan, aluminium foil, moin moin leaves or “santana bags”, add in the sliced boiled egg and fish and tie the “bag” or close the wrap.
11. Add two cups of water into a pot, place the batter filled loaf/bag in it and place a tight lid over the pot.
12. Steam for 30-45 minutes. To test if your moin moin is ready, insert a tooth pick in the middle. If it comes out clean, then it's ready to eat. Remove the heat and set it to the side to cool down.
13. Serve with either Oat or Whole grain Millet “pap”.

Calories - Per serving is 158 Calories

NOTE - Beans are high in protein and contain a moderate amount of carbohydrate. This is a very healthy meal for weight loss.

Also, as this is used for breakfasts, it's best to prepare it the night before and you can “warm” or heat up the following morning for few minutes before eating.

5. NIGERIAN FRUIT SALAD



INGREDIENTS

1. 1 Papaya (pawpaw)
2. 2 Mango
3. 1 apple
4. 2 Banana
5. $\frac{1}{4}$ water melon
6. Pine apple

Note - Your ingredients will depend on the fruit in season. Feel free to add any fruit in season.

PREPARATION

1. Peel and remove the flesh of the various fruits in the ingredients.
2. Cut the fruits (All of them) into bite-size pieces
3. Combine all the mixed fruits into a medium bowl and store in a refrigerator for few hours.
4. Serve and Enjoy

Calories: This varies as it will depend on the fruits and the portion sizes. But as a guide, a fruit salad put in a medium size cup will contain approximately 86 calories.

A serving would be about 2 cups...

Calories - Per serving is approximately 172 Calories.

6. **BANANA & SCRAMBLED EGG**



INGREDIENTS

1. One ripe Banana
2. Two Eggs
3. Pepper (Atarodo)

4. Little salt & Maggi
5. ½ Teaspoon of olive oil

PREPARATION

1. Peel your banana and slice into a flat plate and keep separately.
2. Cut your pepper into small slices/bits
3. Add slice pepper to your egg and beat it.
4. Put a little maggi & pinch of salt
5. Put ½ teaspoon of olive oil in a heated pan on cooker/stove.
6. Put whisked egg into heated pan and once it solidify, make sure you turn regularly so it does not stick.
7. Once done, turned down the heat.
8. Serve Sliced Banana with the egg
9. Serve & Enjoy!

Calories: Total Calories - 239 Calories

7. EGG & PEPPER SANDWICH



Ingredients

1. 2 Slices of Wheat Bread
2. Two Eggs
3. 2 Pepper (Atarodo)

4. 1 medium size Tomato
5. Little salt & Maggi
6. ½ Teaspoon of olive oil

Preparations

1. Cut your pepper & Tomato into small slices/bits
2. Break the shell of egg and put egg yolk in a small bowl
3. Add slice pepper & tomato to your egg and beat it.
4. Put a little maggi & pinch of salt
5. Put ½ teaspoon of olive oil in a heated pan on cooker/stove.
6. Put whisked egg into heated pan and once it solidify, make sure you turn regularly so it does not stick.
7. Once done, turned down the heat.
8. Put the already done tomato & pepper egg
9. Once done, turned down the heat.
10. Sandwich the egg between the two slices of wheat bead.
11. Serve & Enjoy!

Total Calories - 287 Calories

8. BANANA OAT MEAL



INGREDIENTS

½ Cup of oatmeal
 ½ cup of skim milk
 1 Banana (slice it)
 Water

PREPARATIONS

Step 1 - In a bowl, mix oat meal with the skimmed milk and add a little water until it completely makes a paste.

Step 2 - Put a pot on the cooker and put

the oatmeal mix in it and cook for about 1
- 2 minutes.

Step 3 - Stir the mix while cooking.

Step 4 - Let the oatmeal cool down for
about 2 - 3 minutes and stir in the
“banana slices”.

Serve and enjoy it.

CALORIES PER SERVING: 300 Calories

9. CHICKEN OMELLETE



INGREDIENTS

1. slice of chicken breast (cooked & spices)
2. 1 medium sized tomato (diced)
3. 2 Eggs
4. Black & Red Pepper
5. 1 Sliced Onion
6. Salt

PREPARATIONS

Step 1 - Cut the cooked chicken into small pieces and dice the tomatoes as

well.

Step 2 - Break & whisk the egg and pour into a frying pan on medium heat and put in the chicken and the tomato while its still cooking.

Step 3 - Add a pinch of salt and pepper once its cooked.

Step 4 - Once done. Bring down and Serve and enjoy.

CALORIES PER SERVING - 240 Calories

10. WATER LEAF/SPINACH EGG SANDWICH



INGREDIENTS

1. 2 slices of small whole wheat bread
2. ½ cup of chopped water leaf or spinach
3. 2 eggs
4. 1 big chopped tomato
5. ½ Tablespoon olive oil

DIRECTIONS

Step 1 - Put the ½ spoon of olive oil in a fry pan and bring to medium heat.

Step 2 - Beat the eggs and pour into fry pan. Bring to cook.

Step 3 - Add the chopped water leaf and diced tomatoes.

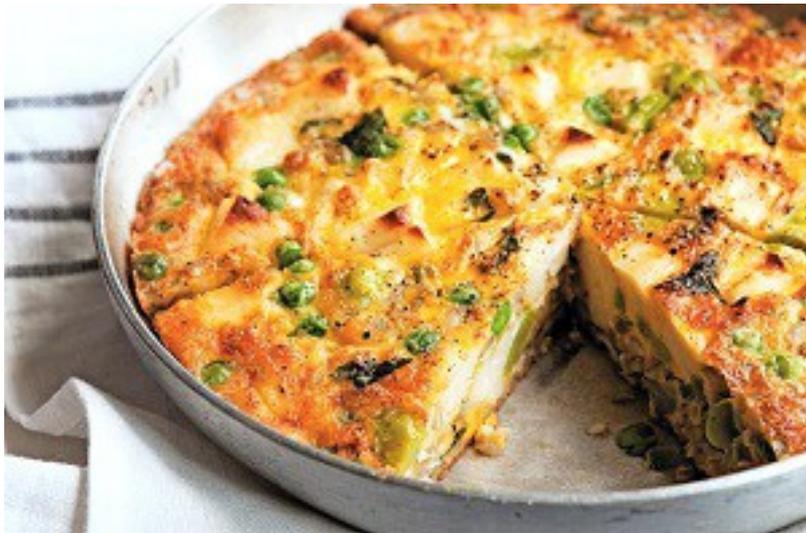
Step 4 - Stir occasionally and allow it to cook for 2 minutes. Remove from the heat and allow to cool.

Step 5 - Make the done egg and spinach mixture into a sandwich with the 2 slices of wheat bread.

Step 6 - Server & Enjoy!

CALORIES PER SERVING - 250 Calories (approx)

11. WEEKEND FRITTATA



INGREDIENTS

1. ½ tablespoon olive oil
2. 1 medium sized sweet potato (pilled & sliced)
3. 1 small Onion
4. ½ sized red pepper (known as “tatashe)
5. ½ sized green pepper
6. 2 - 3 eggs

PREPARATIONS

Step 1 - Preheat your oven to 230 degrees celcius.

Step 2 - Pour ½ spoon of oil into a baking pan/dish.

Step 3 - Place thinly sliced potatoes and

chopped onion in the bottom of dish.

Step 4 - Put the dish in the oven and bake until potatoe is tender. This should take 15 - 20 minutes.

Step 5 - Spread the diced green and red bell peppers as well as the onions over the potatoes.

Step 6 - Pour the eggs over it and ake until eggs are set & it side starts to get puffy. The top will become golden brown (about 26- 28 minutes.)

Step 7 - Take out of the oven and serve hot at room temperature.

CALORIES PER SEVING: 310 DegC

HEALTHY LUNCH RECIPE

1. OFADA RICE WITH SAUCE



INGREDIENT

Assorted Meat (Kponmo, Liver, beef, Shaki, cow leg)
8 medium tomatoes (blended)
3 - 4 Peppers (blended)
1 Tatase Red Bell pepper (Blended)
1 ½ cooking spoon of olive oil or Coconut oil (Do NOT use Palm Oil)

1 medium chopped onion
1 small cup of locust beans (Iru)
1 teaspoon of salt
1 Table spoon of dry pepper
2 cube of maggi

PREPARATION

1. Wash the brown/ofada rice and put in a pot to parboil for 5 minutes. Drain water, wash again and then put salt to state (do not add too much as your ofada has salt and maggi too) and cook rice until done.
2. Wash & Season meat, cook until tender
3. Heat up the 1 ½ cooking spoon of olive oil & fry assorted meat until brown, then take it.
4. In the same oil, fry the washed iru (locust beans) for 2 minutes
5. Pour in the blended tomatoes and pepper and chopped onins and fry it dry.
6. Add the stock from the boiled assorted meat if any
7. Add the fried meat into the pot of stew and let it simmer for 10 minutes.

8. Serve with Ofada rice and enjoy.

Calories:

1 Cup of Ofada Rice - 311 Calories

Assorted meat (100grams) - Approximately 143 Calories

Blended tomatoes & pepper - 63 Calories

1 ½ Spoon Olive Oil - 119 Calories

Locust Bean - 3 Calories

Onion Bulb - 4 Calories

Maggi - 1 Calorie

Salt - 2 Calories

Total Calories - 646 Calories

NOTE - I searched online for sources to buy ofada rice and found this link. They have location all over Nigeria.

==> <http://goo.gl/KmvMK>

2. WHOLE WHEAT VEGETABLE PASTA



INGREDIENT

1. 1 cup wheat pasta
2. 1 medium cut piece of mackerel/Salmon
3. ¼ cup green Peas
4. 1 small Carot
5. big Onion
6. 1 tbsp of Ginger
7. 1 chopped Garlic
8. One Big Raw Tomato
9. 1 Big red Pepper
10. ½ table spoon of Olive Oil
11. Salt to taste

PREPARATION

1. Boil the pasta in a pot with little salt
2. Chop the carrot, green peas and other vegetables and boil them
3. Grill the mackerel/salmon in the oven until properly done
4. Blend the tomato and red pepper, garlic and ginger into a paste
5. Put ½ table spoon of olive oil in a pan
6. Fry the onions till they are brown
7. Add the blended tomato, pepper & onion paste
8. Add the boiled vegetables and Pasta. Mix well and cook for a minute.
9. Add your maggi and salt to taste and a spread of ground dry pepper if you like it spicy
10. Serve & Enjoy!

CALORIES PER SERVING: 354 Calories

3. UNRIPE PLANTAIN WITH SALMON/MACKEREL STEW



INGREDIENTS

1. 1 unripe plantain (The green one)
2. A medium size mackerel or salmon fish
3. 3 - 5 medium sized tomatoes
4. 2 piece of pepper (depending on how hot you like it)
5. 1 medium bulb of onion
6. 1 table spoon of coconut oil
7. 1 small magi , herbs and a pinch of salt

PREPARATION

Step 1 - Cut the unripe plantain into three pieces without peeling its skin

Step 2 - Put little water in a small pot and bring to boil. Add the unripe plantain in the boiler water and cover for 12 - 15 minutes.

Step 3 - Blend the tomatoes, pepper & onions

Step 4- Clean & soak the mackerel or Salmon in a bowl of water. Season with herb & little salt

Step 5 - Add one table spoon of coconut oil to a pot and heat it up.

Step 6 - Slice onions and add to the oil. Leave until its brown.

Step 7 - Add the blended tomato & pepper and cook for 10 - 12 minutes

Step 8 - Add the fish, cover the pot and cook on high heat for 5 minutes

Step 9 - Reduce to low-medium heat and cook for 7 - 10 minutes

Step 10 - Bring it down, and serve the fish stew with peeled (cooked plantain)

CALORIES PER SERVING: 450 Calories

4. BOILED PLANTAIN AND COOKED SPINACH



Ingredients

- 1 plantain (green)
- 1 red bell pepper
- 4 tomatoes
- Half an onion
- 1 small bundle of spinach
- smoked mackerel (fresh fish would be better)

Preparation (Plantain)

- cut into three small pieces (with the skin still on) and boil for 20 minutes.

Preparation (Spinach)

- chop the tomatoes and onions and cook in a pot for 10 minutes. Season as desired (I used one maggi cube)
- dice the pepper into small pieces and add to the pot for a 5 minutes
- chop the spinach and add to the pot
- add the mackerel
- allow to simmer for an additional 5-10 minutes.

CALORIES PER SERVING: 435 Calories

3. HEALTHY RICE AND BEANS



INGREDIENTS

1. 1 ½ cup of beans
2. 1 cup of rice (brown or ofada)
3. Salt to taste

PREPARATION

Step 1 - Set a large pot of water on high heat, add in 5 cups of water and boil. Reduce the heat a little and add in the beans. Cover and leave to cook until soft (between 1 hr - 1hr 30 minutes)

Step 2 - Add in another cup of water to the beans, add salt and the washed rice. Increase the heat to to medium, cover and leave to cook until the water is dried out.

Step 3 - Serve with oil free sauce (Preparation for oil free sauce is in later part of this recipe guide)

CALORIES PER SERVING: 532 Calories

4. COUSCOUSE & SALMON STEW



INGREDIENTS

2 cups of Couscous
2 Cups of water
Vegetable Stew (With Salmon)

DIRECTIONS

Step 1 - Put the two cups of water in a pot and boil.

Step 2 - Pour the couscous in the boiling water.

Step 3 - Turn off the heat and let the couscous stand in the water.

Step 4 - Serve with your favourite Healthy fat-burning stew. Which you can find its recipe in the next section.

5. CAT FISH PEPPERSOUP



INGREDIENTS

1. 1 medium sized cat fish
2. 4 - 5 cups of waters
3. 3 table spoon of dry ground pepper
4. 2 table spoon ground crayfish
5. 2 - 3 spoon of pepper soup mix
6. 1 cup of scent leaves (optional)
7. Salt to state

PREPARATIONS

Step 1 - Cut the catfish into three pieces and wash thoroughly until clean.

Step 2 - Put in a pot of water. Add salt, Maggi, Onion and pepper soup mix and boil for 15 minutes.

Step 2 - Sprinkle the scent leaves and allow to cook for another 10 minutes.

Step 3 - Bring down from the cooker. Serve & enjoy.

CALORIES PER SERVING - 136 Calories

6. SWEET POTATO & FISH STEW



INGREDIENTS

1. 1 Medium size Sweet Potato
2. 2 - 3 cups of water
3. Pinch of salt
4. Fish Stew Of Choice (see stew recipe section)

PREPARATION

Step 1 - Peel & Wash The sweet Potato

Step 2 - Cut into desired Shape and boil

with very little Salt

Step 3 - Allow to cook for 15 - 20 minutes until done.

Step 4 - Drain the water from the potatoe.

Step 5 - Serve with Fish Stew of your choice and enjoy

CALORES PER SERVING: 110 Calories

Stews, Soups & sauces

PALM OIL FREE STEW (BEEF OR CHICKEN)



INGREDIENTS

1 chicken (medium pieces)
1 ½ onion
8 tomatoes
1-3 pepper
Seasoning (salt. Maggi)

PREPARATION

Step 1 - Season & boil your chicken/beef as desired (until tender)

Step 2 - Remove the cooked chicken/beef from the stock (chicken/beef water)

Step 2 - Blend tomatoes and pepper and put in a pot. Heat until the water is dry.

Step 3 - Pour in the chicken/free stock and cook for 15 minutes.

Step 4 - Add the chicken/beef and leave to simmer for 10 - 15 minutes

Step 5 - Serve with healthy brown rice of choice

CALORIES PER SERVING: 150 Calories

SPINACH STEW WITH TILAPIA (EFO RIRO)



INGREDIENTS

2 x Whole Tilapia (sliced)
1 Onion
3 - 4 tomatoes
2 - 3 pieces of pepper
1 Bell pepper
1 tbsp Coconut Oil
2 x Spinach Bunches
Seasonings - Ginger, Mixed Herbs, Salt
and Chilli

CALORIES PER SERVING: 168 Calories

PREPARATION

1. Wash and chop the spinach leaves
2. wash the Tilapia and season with salt & ginger.
3. Blend the tomatoes & bell pepper and half onion together
4. Cut the onion into small pieces
5. Add the coconut oil to a pot and allow it heat up. Add the onions. Allow it to turn brown
6. add the blended tomato and reduce heat to medium. Season with mixed herbs and little salt. Cook for 5 minutes.
7. Add the spinach and stir contents of pot together.
8. Add the fish almost immediately. Make it flat, so you can see an entire side of each piece on the surface.
9. Cover pot and leave to cook for 15 minutes (maximum).
10. Serve and Enjoy :)

OKRA SOUP



INGREDIENTS

1. 2 cup of chpped okra
2. 2 cups of water
3. 1 medium onion
4. 1 tablespoon of ground pepper
5. 1 maggi
6. 1-2 table spoon of grounded crayfish
7. 1 - 2 spoon full of locust bean (iru)

PREPARATIONS

Step 1 - Cut/chop the okra into moderate sizes.

Step 2 - Put it inside a cooking pot with water covering it.

Step 3 - Add the sliced onion, maggi, crayfish and iru and a little bit of pepper

Step 4 - Stir it occassionally and leave it to boil for 10 minutes.

Step 5 - Bring it down and serve with your choice swallow (See fat burning swallows later in this book)

CALORIES PER SERVING: 76 Calories

EWEDU SOUP (JUTE)



INGREDIENTS

1. 1 cup of ewedu leaf (Jute)
2. 1 wrap of locust beans (iru)
3. 1 cup of water
4. Potash (Kaun) - Optional
5. Pinch of Salt

PREPARATIONS

Step 1 - Pluck the jute leaves from the stems and wash in water.

Step 2 - Chop into small pieces using a chopping board.

Step 3 - Put water (one cup) in a pot and bring to boil.

Step 4 - Pour the chopped ewedu into the boiling water.

Step 5 - Ad the locust beans and potash (optional) and cover the pot.

Step 6 - Let this boil for 7 - 10 minutes, then add salt to taste.

Step 7 - Allow to cook for another 5 minutes and bring down and serve with fat burning swallow (later in this recipe book)

CALORIES PER SERVINGS: 183 Calories

SALMON/MACKEREL STEW



INGREDIENTS

1. 1 medium mackerel or salmon
2. 2 large bell pepper (tatase)
3. 2 pepper (Rodo)
4. 4 large tomatoes
5. 1 small onion
6. ½ tablespoon of olive oil
7. 1 teaspoon of salt
8. 1 maggi

PREPARATION

Step 1 - Cut, clean and season the fish and set aside (the longer the better)

Step 2 - Blend a mix of tomato, onion, bell pepper and pepper in a blender to a

paste (not too much water)

Step 3 - Set the blended paste on high heat for 10 minutes to reduce the water content.

Step 4 - Put the ½ tablespoon of olive oil in a pan, pour the parboiled tomato paste. Add salt and maggi and the clean fish and allow to cook for 15 minutes.

Step 5 - Bring down & serve with favourite food e.g. ofada rice, couscous, roasted potato etc.

CALORIES PER SERVING: 218 Calories

Swallows

By now, I believe you know that you have to watch the swallows that you eat. When you are undergoing your fat loss, you **MUST** remove all the fat inducing swallows from your menu.

That is, foods like Pounded Yam, fufu, starch, eba must vanish from your menu because they trigger the storage of excess fat.

And by this program, you are only allowed to eat it moderately (size of your fist) **ONLY** on your **CHEAT DAY!**

However, we love our swallows very much, so I decided to show you exactly how to make a healthier alternative that actually helps with your fat burning program.

These healthier alternatives are:

1. Wheat Meal
2. Plantain Amala

HOW TO PREPARE WHEAT MEAL



Wheat meal is rich in superior fiber and helps to curb the rate at which sugar is absorbed in your body and also aids weight loss by making your stomach fuller. It release energy slowly, which reduces hunger pangs.

In other to prepare it, follow the below steps:

INGREDIENTS

1. 1 - 2 cups of wheat meal (Honeywell Brand)
2. 1 litre of water

PREPARATION

Step 1 - Boil water in a small pot till it starts bubbling, then remove half of the water and set aside

Step 2 - In the pot with the other half, stir in the wheat flour with a wooden spatula in one direction (either clockwise or anticlockwise, so it doesnt form lumps).

Step 3 - Do this until you get a semi solid consistency of the normal swallow (like

gari)

Step 4 - Add the other half of water into the pot of semi solid and cover, leave to cook for about 15 minutes till the water evaporates.

Step 5 - Turn the wheat more and mold it into shape.

Step 6 - Serve hot with any form of stew (from our list of stew in this recipe guide)

CALORIES PER SERVING - 352 CALORIES

NOTE - *You can get your own Wheat meal from any market in Nigeria. The popular brand is Honeywell Super fine flour.*

HOW TO PREPARE PLANTAIN AMALA



Plantain amala is low in sugar and is excellent for weight loss diet and diabetic patients too. As with wheat meal, it contains complex carb and ensures a slow release of energy over extended period of time, thereby make you feel full for a longer time than when you eat pounded yam.

INGREDIENTS

1. 1 ½ cup of plantain flour
2. 1 cup of water
3. 1 cup of water in a bowl

PREPARATION

Step 1 - Put water in a cooking pot and sprinkle plantain flour in it and stir until it forms a smooth well mixed paste. Ensure its not too thick that it becomes difficult to turn it. If too thick, add little water.

Step 2 - Place the pot on low heat and continue to stir the paste mixture with a ladle until it begins to thicken.

Step 3 - Continue to stir and ensure you put your ladle in water at interval to make the stirring easy and prevent it from sticking to the ladle.

Step 4 - Flip the dough to a side and allow to cook for two minutes. Then flip to the other side and allow to cook for another two minutes. DO this until it colour turns into brown.

Step 5 - Once this is cooked, serve the amala with your favourite stew as explained earlier in the stew recipe and also in the food time table.

CALORIES PER SERVINGS: 410 Calories

NOTE - You can buy plantain flour from the market. They are usually in sealed bags.

A WORD ABOUT PORTION SIZE

I have said this before, But I have to repeat it here again. When eating the above two

swallows, you are only allowed to eat a fistful size of it.

That is, the size that you eat **MUST** not be bigger than the size of your fist. That is why you should eat this with a lot of vegetable stew and never eat this after 8pm at night. Always eat your swallows preferably in the afternoon or immediately after your work out routine.

FRUITS

There is nothing special about preparing fruits. However, I have decided to give you some bit of advice on this.

When you purchase your fruits, ensure you wash them before you consume. You can also slice your fruit and store in the fridge to use at a later time.

I'll also state that if you are unable to eat Avocado pear on its own, you can add it to your sweet potato meal or as a spread in between your wheat bread.

And as I have shown you how to prepare fruit salad at the early start of this recipe guide I am going to show you exactly how to prepare another salad called "The Carot Salad.

CAROT SALAD



INGREDIENTS

4 large carrots. Peeld & Greated
½ slice of pine apple
1 green apple (chopped)
1 cup of spinach
Dash of salt

PREPARATIONS

Step 1 - Wash and peel your carrots.

Step 2 - Grate it very finely.

Step 3 - Chop your spinach, apple and pineapple in a large bowl and mix it

together.

Step 4 - Season with Salt & Serve chilled.

NOTE - Do NOT use Salad Dressing with this as its fattening.

Thank you very much for reading this amazing **30 Day Fat Loss Recipe** Book.

If you have any questions or comments, kindly send me an email to naijaweightloscoach@gmail.com

You can also get the latest tips and weight loss advice particularly suited for the Nigerian Environment on my blog at www.naijaweightloss.com

To your amazing **TRANSFORMED** BODY

Olu Aijotan

Nutrition and Fitness Coach

Author - 30 Day Fat Loss Program

www.naijaweightloss.com