

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

Meal Plan & Work Out Time Table

A Simple Meal Plan & Work Out Time table that Will TRIGGER
your body's Fat Burning Furnance!

By Olu Aijotan
(Nutrition and Fitness Coach)

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Thank you.

WEEK 1 MEAL TIME TABLE

	BREAKFAST (7.am - 8.30)	MIDDAY SNACK (12 Noon)	LUNCH (1pm - 2.pm)	Evening Snack (5 pm)	Dinner (7 - 8 pm)
DAY 1	Oatmeal (Quaker) With skimmed Milk & 1 Boiled Egg	1 Green Apple or 4 slices of cucumber	Ofada/Brown Rice & Beans With Chicken Stew	Mixed Almond, Cashew & Walnut Nuts	Boiled unripe Plantain with Fish Stew
DAY 2	Whole Wheat Bran Flakes With Milk & 1 Banana	1 slice of Juicy Water Melon	Whole Wheat Vegetable Pasta With Salmon (or mackerel)	1 Whole Orange	1 fist size wrap of wheat meal with Spinach Stew & Beef
DAY 3	Scrambled Egg + Wheat Bread Sandwich	1 medium Carrot Stick	Sweet Potato With Mackerel Stew	1 Green Apple	1 Grilled Tilapia with Spinach Vegetables
Day 4	Banana & Scrambled Egg (with pepper)	1 Banana	Healthy rice With Salad & 1 chicken	5 slices of cucumber	Efo Riro With Tilapia & Boiled Plantain
Day 5	Oatmeal (Quaker) With skimmed Milk & 1 Boiled Egg	1 Green Apple	Cooked Beans (Palm Oil Free) & boiled plantain	1 Carot Stick	Roasted Potato with Spinach Goat Stew
Day 6 (Cheat Day)	Weekend Fritatta	1 Avocado Pear	Pounded Yam With Vegetable or Bitter Leaf Soup	Fruit Salad	Ofada Rice & Beans Healthy Stew With Grilled Chicken (skin removed)
Day 7	1 Moin Moin With Oat Meal & Milk	1 Banana	1 Wrap of Wheat With Okra or Bitterleaf Soup & Fish	Mixed Almond, Cashew & Walnut Nuts	Chicken Piri Piri With roasted Potatoes or 1 slice of yam

WEEK 2 MEAL TIME TABLE

	BREAKFAST (7.am - 8.30)	MIDDAY SNACK (12 Noon)	LUNCH (1pm - 2.pm)	Evening Snack (5 pm)	Dinner (7 - 8 pm)
DAY 1	1 Moin Moin & 1 Slice of Wheat Bread	1 Orange	Whole Wheat Vegetable Pasta With Salmon (or mackerel)	Mixed Almond, Cashew & Walnut Nuts	Cat Fish Pepper Soup
DAY 2	Whole Wheat Bran Flakes With Milk & 1 Banana	1 Banana	Ofada/brown Rice With Vegetable Stew & Fish	1 Slice Of Paw Paw	Efo Riro With Tilapia & Boiled Unripe Plantain
DAY 3	Egg & Tomato Sandwich (wheat bread)	1 Carot or 2 Baby Carots	Couscous & Salmon/Mackerel Stew	1 Mango (If in Season) or Slice Of Water Melon	Roasted Potato with Spinach Goat Stew
Day 4	Oatmeal (Quaker) With skimmed Milk & 1 Boiled Egg	1 Green Apple	Unripe Plantain Porridge With fish vegetables	Mixed Nuts Or 1 Mango	Cooked Beans (Palm Oil Free) with Assorted Fish (Cray fish & mackerel)
Day 5	Banana & Scrambled Egg (with pepper)	1 Banana	1 Wrap of Plantain Amala With Okra or Bitterleaf Soup & Fish	1 Slice Of Pine Apple	Carot Salad With one boiled or roasted chicken breast (peeled skin)
Day 6 (Cheat Day)	Chicken omelette	1 Green Apple	1 Wrap of pounded Yam With Vegetable spinach Stew (or any soup of choice)	1 Carot or 2 baby Carots	Cooked Beans (Palm Oil Free) & boiled plantain with Fish
Day 7	Scrambled Egg + Wheat Bread Sandwich	1 Avocado/ Pear	1 Wrap of Plantain Amala With Ewedu Soup & Fish	Fruit Salad	Cat Fish Peppersoup (1 Serving)

WEEK 3 MEAL TIME TABLE

	BREAKFAST (7.am - 8.30)	MIDDAY SNACK (12 Noon)	LUNCH (1pm - 2.pm)	Evening Snack (5 pm)	Dinner (7 - 8 pm)
DAY 1	Oatmeal (Quaker) With skimmed Milk & 1 Boiled Egg	1 Green Apple or 4 slices of cucumber	Ofada/Brown Rice & Beans With Chicken Stew	Mixed Almond, Cashew & Walnut Nuts	Boiled unripe Plantain with Fish Stew
DAY 2	Whole Wheat Bran Flakes With Milk & 1 Banana	1 slice of Juicy Water Melon	Whole Wheat Vegetable Pasta With Salmon (or mackerel)	1 Whole Orange	1 fist size wrap of wheat meal with Spinach Stew & Beef
DAY 3	Scrambled Egg + Wheat Bread Sandwich	1 medium Carrot Stick	Sweet Potato With Mackerel Stew	1 Green Apple	1 Grilled Tilapia with Spinach Vegetables
Day 4	Banana & Scrambled Egg (with pepper)	1 Banana	Healthy Jollof rice With Salad & 1 chicken	5 slices of cucumber	Efo Riro With Tilapia & Boiled Plantain
Day 5	Oatmeal (Quaker) With skimmed Milk & 1 Boiled Egg	1 Green Apple	Cooked Beans (Palm Oil Free) & boiled plantain	1 Carot Stick	Roasted Potato with Spinach Goat Stew
Day 6 (Cheat Day)	Weekend Fritatta	1 Avocado Pear	Pounded Yam With Vegetable or Bitter Leaf Soup	Fruit Salad	Ofada Rice & Beans Healthy Stew With Grilled Chicken (skin removed)
Day 7	1 Moin Moin With Oat Meal & Milk	1 Banana	1 Wrap of Wheat With Okra or Bitterleaf Soup & Fish	Mixed Almond, Cashew & Walnut Nuts	Chicken Piri Piri With roasted Potatoes or 1 slice of yam

WEEK 4 MEAL TIME TABLE

	BREAKFAST (7.am - 8.30)	MIDDAY SNACK (12 Noon)	LUNCH (1pm - 2.pm)	Evening Snack (5 pm)	Dinner (7 - 8 pm)
DAY 1	1 Moin Moin & 1 Slice of Wheat Bread	1 Orange	Whole Wheat Vegetable Pasta With Salmon (or mackerel)	Mixed Almond, Cashew & Walnut Nuts	Cat Fish Pepper Soup
DAY 2	Whole Wheat Bran Flakes With Milk & 1 Banana	1 Banana	Ofada Rice With Vegetable Stew & Fish	1 Slice Of Paw Paw	Efo Riro With Tilapia & Boiled Unripe Plantain
DAY 3	Egg & Tomato Sandwich (wheat bread)	1 Carot or 2 Baby Carots	Couscous & Salmon/Mackerel Stew	1 Mango (If in Season) or Slice Of Water Melon	Roasted Potato with Spinach Goat Stew
Day 4	Oatmeal (Quaker) With skimmed Milk & 1 Boiled Egg	1 Green Apple	Unripe Plantain Porridge With fish vegetables	Mixed Nuts Or 1 Mango	Cooked Beans (Palm Oil Free) with Assorted Fish (Cray fish & mackerel)
Day 5	Banana & Scrambled Egg (with pepper)	1 Banana	1 Wrap of Plantain Amala With Okra or Bitterleaf Soup & Fish	1 Slice Of Pine Apple	Carot Salad With one boiled or roasted chicken breast (peeled skin)
Day 6 (Cheat Day)	Chicken omelette	1 Green Apple	1 Wrap of pounded Yam With Vegetable spinach Stew (or any soup of choice)	1 Carot or 2 baby Carots	Cooked Beans (Palm Oil Free) & boiled plantain with Fish
Day 7	Scrambled Egg + Wheat Bread Sandwich	1 Avocado/ Pear	1 Wrap of Plantain Amala With Ewedu Soup & Fish	Fruit Salad	Cat Fish Peppersoup (1 Serving)

WORKOUT ROUTINE TIME TABLE

WEEK 1 - 4 TIME TABLE

The 30 Day Fat Loss Workout Time Table

I have divided the below table into Monday - Sunday. This means, you have to repeat the timetable for Week 1, Week 2, Week 3 and Week 4.

SO..basically, In week 1, you start from Monday....all through to Sunday, and then repeat same work out routine for Week 2 and so on and so forth.

The 30 Day Fat Loss Workout Time Table		
Day 1	Jumping Jacks, Lunges, Jacknifes, Reverse Lunges, Wide Grip Pushup	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 2	Jumping Jacks, Lunges & Jacknifes	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 3	Jumping Jacks, Lunges, Jacknifes, Reverse Lunges, Wide Grip Pushup	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 4	Jumping Jacks, Lunges & Jacknifes	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 5	Jumping Jacks, Lunges, Jacknifes, Reverse Lunges, Wide Grip Pushup	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 6	Jumping Jacks, Lunges, Jacknifes, Reverse Lunges, Wide Grip Pushup	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 7	Rest Day!	Rest Day

Below is exactly how the Work out routine are in terms of times you will complete this in 20 minutes every single day. That is all you need:

Jumping jacks - 3 minutes

Rest - 10 Seconds

Rest - 20 Seconds

Jumping Jacks - 30 Seconds

Jumping jack - 30 seconds)

Jacknifes - 20 Seconds

Jacknifes - 20 seconds

Rest - 7 seconds

Rest = 5 seconds

Jumping jack - 30 Seconds

Jumping jacks - 30 Seconds

Narrow Grip pushup - 20 Seconds

Widgrip pushup - 20 Seconds

Rest - 7 seconds

Rest - 7 Seconds

Jumpung Jack - 30 Seconds

Jumping jack (30 sec)

Reverse Lunges - 20 Seconds

Lunges - 18 Seconds

Rest - 1 minute

The workout Video show you exactly step by ste how to do these routines everyday. Just follow the video and do the work out routine. It takes just 20 minutes in you day.

Once you master the routines in the first week, it will easier to repeat them over week 2, 3 and 4.

And to encourage you to actually take this serious, I have included the work out video that shows you exactly how to do the individual exercise work outs I have explained in the guide above.

Download it (if you not already have)...and when you are ready to do your daily exercise routine as I have stipulated in the above timetable, simply play the video on your laptop, tablet or computer and just follow the work out routines as its showing on the screen.

Please note that you will need **3G internet** (e.g. MTN 3G, Etisalat 3G, Swift Broadband, Starcomms Broadband etc) to actually download this work out routine to your computer.

If you DO NOT have a computer, You can download and copy it into your flash drive and access it at work or a friend/family laptop.

The video's size is about 60MB. Depending on how fast your computer is, it can take between 10 minutes - 60 minutes to complete download to your computer.

If you are unable to download it, you can also watch it live on Youtube by clicking the link:

30 Day Fat Loss Work Out routine ==> <http://goo.gl/vSnvG>

Once you follows the on screen instructions, you are basically doing the same exact routine that I have detailed in the time table too.

The work out video that comes with this guide will enable you to do the work out within 20 - 25 minutes every single time of the day that you work out.

To your amazing **TRANSFORMED** BODY

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