

30 DAY FAT LOSS PROGRAM

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



By Olu Aijotan
www.NaijaWeightLoss.com

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30-DAY FAT LOSS PROGRAM

Nutrition & Diet GUIDE

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

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Thank you.

WELCOME TO THE 2ND PART OF THE 30 DAY FAT LOSS PROGRAM!

I hope you've read the introduction and followed the entire process in that particular guide.

If you are yet to do them, I STRONGLY suggest you close this book right now and go back to that step and DO it NOW.

This is because, its EXTREMELY crucial to the success of your goal to achieve amazing body. Either you want to lose weight or you want to blast that belly fat or burn the body fat, do not skip those steps!

Ok.....I want to assume that you have done your part now!

Let's move on.....and get into the core of this particular program.

Food....What you take in!

Food is an integral part of our life. As a matter of fact, it is completely central to our day to day living. Without it, mankind will not have a hope or a chance for survival. The truth is you can barely survive more than 7 days without food at a go.

Round the world and over the centuries, man kind has gone from hunting for food to cultivating food and in the recent times learn the process of chemically preserving and storing foods in various different ways etc.

In our current day society, technology has enabled food to undergo a series of processing that enables perishable food to be stored for a longer period of time and transported across different countries.

The kind of food we eat definitely affects how our body reacts & store it. You see, our body is a bit like a car.

For a car to start & run, it needs its fuel tank to be filled with petrol or diesel. Without it, your car will not start no matter how much you try hard to start it.

This is because the car engine relies entirely on fuel to get the mechanical parts to move which creates a force of power that moves the car.

So also is your body. But this time, your body fuel is the food that you consume, and your fuel tank is your stomach.

And because your body internal organs works continuously round the clock, it requires

your digestion of food to function properly as that is how nature or God (if you are religious like me) designed it to be.

Your body digestion system then break down that food into nutrients & energy that is stored and your body organ's uses then to run continuously as they should run when needed without issues.

Your body was designed to always ensure adequate food is eaten so as to continuously supply your body with enough “fuel” to run its operations. That is why when you feel hungry, your body reacts instantly to a lack of “fuel” by making you crave for food.

It is at this point that you feel hungry and your brain receives a signal that you are starving.

**So why am I explaining all these.
What does my explanation above has to do with weight loss?**

Dont Fret, I am going to tell you about it.

Its because the fuel/food that you consume matters a lot when it comes to your weight loss goals.

Take for instance, if we go back to our imaginary petrol car that I mentioned on the previous page.

Let's assume fully that this car actually uses petrol. If we drive this car to a filling station, and then instead of petrol, we fill the tank with diesel.

What do you think will happen?

First of all, the car will stop after driving it for a short distance.

Depending on the car, the injectors will damage, the fuel pump as well will cave in and God knows exactly what will happen with the engine piston.

This means that for the car to run perfectly fine, it has to use the right type of fuel, without any strange additive or mixing of it with another type of fuel.

This is same as the human body, for it to function properly and maintain good health, it has to consume the right type of fuel.

Which in essence means, it has to consume the right type of food, in moderate quantity that is enough for the body to process.

And that right type of food, and in what quantity is what I'll be explaining to you in the pages of this book.

So let's move on...

Let's talk about our Nigerian food. As a country of 160 Million people, God has blessed us

with various different cultures, languages and even different foods.

In Nigeria alone, there are over 100 different Nigerian food that are prepared completely differently to each other depending on which part of Nigeria you are.

As much as this diversity in foods is a blessing, it is also something we need to think really careful about.

Let the truth be told, our Nigerian foods can EASILY make you FAT!

If you have read one of my **FREE Fat Loss report**, the one you downloaded when you signed up on my website, you will notice that I also mentioned this.

Our Nigerian food are really delicious, tasty and has this sweet tantalizing aroma when cooked that its difficult to resist it.

But the truth is that.....they are EXTREMELY FATTY.

Take for instance....the really **popular Pounded Yam!**



Should you be eating Pounded Yam when Trying to Lose Weight???

Nooo!!!

I always advise anyone trying to burn fat...(and I am advising you right now) to stay away from pounded yam.

Don't just stay away....make sure you RUN as fast as your leg can carry you, and if you must eat it by all means, then take it once or twice a month.

On your CHEAT DAY! (I am going to tell you about that soon).

And Only eat just **ONE SMALL WRAP of it.**

It Is hard to actually calculate the calorie content of pounded yam, because it actually depends on how much you are eating.

However, if you can picture your pounded yam in a Peak Milk tin, a cup full of pounded

yam contains 400 Calories!!!

And guess what...two small wraps of pounded yam will have as much as 800 calories in it, that is excluding the Palm oil fatty egusi soup.

This means your small wrap of Pounded yam will even have between 400 - 500 Calories depending on what you consider as “small”.

That is to tell you that Pounded yam is one of the big belly foods.

Whatever you do, you will need to stay away from it or eat it only on your cheat day.

As part of this Fat Loss Program, you will receive a food time table, that will guide you on what to eat during your Fat Loss exercise.

Now just before I move on, I really need to explain in lay man terms, exactly how the body stores fat...

Why We Get Fat!

So why do we get fat? What causes you as an individual to rapidly balloon in size and for some reason you wake up and look at yourself in the mirror and discover that you have gained so much weight without you realizing it?

As a fitness & nutrition coach, I have learned that the best result to burning fat comes when you have an understanding of what is going on in your body.

So let's dig in and find out.

Fat storage cell

Every one of us, especially us Africans (through mutation) is well endowed with something called “*Fat Cells*”.

These Fat cells are part of our body and they do not go away. Everyone of us have them. These fat cells have been designed as our source of future energy.

Its just there to store excess fat away in our body...ready for when we need it urgently. e.g. such as when there is famine....or lack of food/nutrient. This is to ensure your survival.

Think of these fat storage cells as tiny balloons. You know the one that kids blow air into and inflate without any limit i.e Will not burst?

Anyway, how is fat stored in these fat storage cells?

There is an hormone in the body that plays an important role in the maintenance of your body weight. This hormone is produced by your pancreas.

Its called Insulin.

When you eat a very large delicacy meal like:

“Edible Starch with Banga Soup (Also known as “Ofe Akwu”)

Which is high in carbohydrate, your stomach works on this Food (Edible Starch that you ate) and break it down into sugar/glucose.

The sugar is then released into your blood.

Since too much sugar/glucose in your blood is very bad for your health (causes Diabetes), The **magical Insulin** that I mentioned earlier will then spring into action.

It will start mopping off the excess sugar (produced as a result of the edible starch) and transporting it into the **“Fat storage Cells”**.

Let me tell you a typical 3 square meal of an average Nigerian:

| Breakfast | Lunch | Dinner |
|--|---|--|
| Akamu (Pap) With Akara/Moin Moin (438 Calories) $182 + 256 = 438$ Calories | White Rice (1 Milk tin) With Beef Stew (293 Calories) $693 + 293 = 986$ Calories | Pounded Yam With Egusi & 2 Piece of Meat $1,200 + 300 = 1,500$ Calories |

Total Calories = $438 + 986 + 1,500 = 2,924$ Calories in just 1 Day!!!



If you notice, the above meals have a very high content of carbohydrate. Eating the above meal will ensure that your body has enough blood sugar and will **CONSISTENTLY** keep your insulin to keep on working on mopping/transferring the excess sugar into your body's Fat Storage Cells.

And like a tiny balloon... these cells will keep inflating.....and inflating.....

and the RESULT???

==> Body Fat.....in your:

**Belly.....Your Hips,
Your under Arms.....Your backside.....
and every other areas where fat is stored in your body.**

Check this out:

Below is a picture of 1 pound of fat looks like:



You see that 1 pound of fat = ½ Kilogram or 0.5 Kg

And to put on that amount of fat into your body, you need to have consumed 3,500 Calories!

This means, if you ate the Pounded Yam & Egusi soup (1,900 Calories) I explained above twice in one week, if your body did not burn it off, you would have piled on as much fat as In the picture above in just one week!

Now imagine doing that every week....

Every month

Every year???

That is a lot of fat piling up in your body! That fat looks “yucky” as well....ewwww!

Now that we know how fat is being stored in the body from eating food that is high in calories.

Then what is the right calorie required?

How Many Calories Do I need in a Day?

According to the UK Department of Health (Unfortunately, the Nigerian Health Ministry does not have one!) It was estimated that the average requirement (EAR) of daily calorie intake for an average individual is:

| | |
|-------|----------------|
| Women | 2,000 Calories |
| Men | 2,500 Calories |

Men requires more calories than women because men burn calories at a higher rate and requires that extra calories.

There are other factors that affect your personal daily calorie need which includes age, height, weight etc. But the above is the average natural requirement.

Which means that in order for you to lose weight and achieve that sexy body you've always desired, the first MAJOR & most IMPORTANT step is for you to:

EAT less calories per day than your body needs!!

Yes.....The Pounded Yam has to go!!!

The Banga Soup & Edible Starch Has to disappear from your menu!!!

The Fufu or Akpu must be dismissed instantly!!!

Now let's do a bit of simple mathematics:

Remember I told you earlier on that 1 pound of fat = 3,500 Calories

And 1 pound of fat = 0.5 Kilogram

Which means 2 pound of fat = 1 Kilogram.

Hence 1 Kilogram = 3,500 Calories x 2 = 7,000 Calories!

According to the National Health Service (UK), gradual weight loss of around 0.5 - 1kg per week is recommended.

The NHS deduct that its best to lose weight gradually as you are more likely to maintain healthy weight loss on a long term basis.

Which means.....if you currently weigh 95 Kilogram. If you want to reduce from 95 Kilogram to 90 Kilogram in 30 Days.....

You need a negative balance of 7,250 Calories every single week.

Or a deficit of 1,035 calories per day.

And the first way to do that using the Naija Fat Loss Program is for you to eat healthy and cut down on your fatty food intake.

You need to cut down on the average typical Nigerian diet like the one I shared earlier on....just maybe I should share it again:

Let me tell you a typical 3 square meal of an average Nigerian:

| Breakfast | Lunch | Dinner |
|--|---|--|
| Akamu (Pap) With Akara/Moin Moin (438 Calories) $182 + 256 = 438$ Calories | White Rice (1 Milk tin) With Beef Stew (293 Calories) $693 + 293 = 986$ Calories | Pounded Yam With Egusi & 2 Piece of Meat $1,200 + 700 = 1,500$ Calories |

Total Calories = $438 + 986 + 1,500 = 2,924$ Calories in just 1 Day!!!

You have to Cut the CRAP!

I repeat...Cut the CRAP out of your nutrition!

All the top 5 FATTY food to stay away from in order to Burn Fat!

Now that I have established that you should stay away from Pounded Yam, Edible Starch and Egusi/ Banga soup during your 30 Day Fat Loss Regimen, these are not the only Meals concerned.

Here are couple of other major staple foods that you should extremely stay away from.

Food #1 - Jollof Rice



As Nigerians, we eat a lot of rice. Go to any party, office or even home, the most common staple food is rice. But is this rice generally fattening?

If you put raw rice itself in one milk tin cup, contains 693 calories. Usually, one tin cup is not even enough for some people to eat. And they would boil two tin cups. That means $693 \times 2 = 1,386$ Calories!

Anyway, if we are to assume that we are making jollof rice with 1 cup of rice with its added ingredient, and two medium pieces of meat, below are the calorie breakdown:

One cup of raw white rice: 693 calories
Vegetable oil 1 tablespoon: 120 calories
One Raw tomato: 35 calories
Onions (1/4 slice): 16 calories
1/4 teaspoon of salt
Maggi chicken (1/3rd of a small cube): 3 calories
1/5 teaspoon of curry powder: 1 calorie
thyme 1/5 spoon: 0.04

Total of 868 calories. (In rice alone)

That is excluding plantain which is about 68 calories in 1 slice. SO if you have 5 slices of plantain, that is 340 extra calories. And if you add the 2 pieces of meat to it, that is a lot of calories there.

NOTE - These calories will vary slightly depending on how big the servings/cuttings or measurement will be.

Now, imagine how many times you eat rice every week. In a month!. Jollof rice with a combination of dodo, meat/chicken is really fattening

Food #2 - Tuwo Shinkafa



Tuwo Shinkafa is a Hausa meal made from ground rice. Its a special delicacy in the northern Nigeria and is eaten with any soup of choice. Its very tasty but high in calories as well. And it contains a higher level of carbohydrate.

1 Cup of Tuwo Shinkafa contains about 769 calories. That is excluding the stew and chicken or beef included as well.

If you have belly fat, eating Tuwo Shinkafa should be the last thing on your mind.

Food #3 - Potato Fries/Fried Potatoes



This is also called French Fries. In Nigeria, we call it potato chips. Its not really a traditional Nigerian food, but its quite common (especially with fast food restaurant like KFC in Nigeria now).

This food is loaded with Calories and has a very high percentage of trans fat which is very dangerous to your health and to your weight loss goals.

Like I said earlier, the calories will vary slightly but not too much. The servings will depend. An average serving of fries like the one in the picture above contains an average of 905 calories. This is VERY high and If you want to burn fat should run away from it.

Food #4 - Indomie Noodles



Yes! I know...that's kind of disappointing....isn't it?, considering that its a VERY popular food among us Nigerians. We love our Indomie so much. Sorry to bust your bubble, but each pack of indomie like the one above contains **342 calories each**.

For us adults, just one pack of indomie is usually not enough, so we tend to eat 2 packs....and we like adding our extras to it. Extras like Eggs, Fried Chicken, Dodo (Which is high in calories) etc.

Indomie is actually processed food and is high in carbohydrate and high calorie meal.

Food #4 - Banga Soup With Edible Cooked Starch



I mentioned this earlier on, but let me explain it a little bit further. The Nigerian Banger soup originated from Delta state and its MAJOR ingredient is palm oil. In the Yoruba land, it's referred to as Obe Eyin.

It's a popular soup, and a lot of people eat it. The problem is...ITS FATTENING!

Palm oil which is about 80% of Banga soup has more than 99.1% fat in it!

According to scientific research, 1 Tablespoon of Palm oil contains about 120 calories in it.

And in order to cook Banga Soup, you will need between 10 - 15 table spoons of palm oil.

If you multiply that....

15 (tbsp) x 120 = 1,800 Calories! (About 3 portions)

A portion of Banga soup would be about 550 calories on its own.

Apart from that.....as with other Nigerian soup, we then pile it up and eat it with carbohydrate foods like Cooked Starch.

Starch is basically what it is...**STARCH!**

Cooked starch the size of the one in the picture below is about 500 calories.

Now....if you do simple maths and add the calories:

Banga (550) + Starch (500 Calories) = 1,050 Calories!

From just one meal!

Can you see that this food has to go off your menu?

Food #5 Pounded Yam With Egusi Soup



If you've paid attention so far, you will know already that Pounded Yam WILL NOT help your fat loss ambition.

Enough said on that!

Now that I have mentioned the above, I know you might be sort of disappointed that you won't be able to eat your meals. Don't Be!

I have only listed these foods to make you aware of these fat inducing foods. There is this yoruba proverb that is loosely translated; *"whatever you know has no capacity of killing you"*.

When you know how fattening these foods are, you will be conscious of them and will not eat them at impulse.

While burning fat, You CAN and WILL still eat all these meals that I am telling you to stay away from.

Yes, even when you are undergoing this fat loss program. I'll introduce that to you later in this guide, just keep reading....

Alternatives To The Fatty Nigerian Foods

So I mentioned the top 5 nigerian foods that will make you fat. I am talking about foods that you eat regularly that will jeopardize your goal of transforming your body into that new and sexy look that you've always wanted.

I mentioned them so you can avoid these foods! When you avoid/take it away from your daily food (Did you notice I did not say “diet”), then you will start helping your body to get rid of excess fat.

But....

Telling you the foods alone is not enough. If you stop eating the above foods, what will you eat instead? What will you eat in its place?

Yes, I am going to tell you....

Replacement 1 - Replace Your Pounded Yam & Egusi with Pounded unripe plantain + Heathy Okra Soup

Replacement 2 - Replace your Normal Jollof Rice With Healthy Ofada Jollof Rice

Replacement 3 - Replace Your Fufu & Starch With Wheat Meal or Plantain Amala. E.g. Honey Wells Whole Wheat Meal

Replacment 4 - Replace Your Palm Oil With Virgin Olive Oil or coconut oil which is healthier! Virgin Olive oil contain 33 calories per tea spoon of oil.

NOTE - And when you eat these replacements, only eat “fistful” portions of it.

More on this later when I show you how to control your portions.

When you make simple adjustments like above, you are simply changing your eating habits to encourage your fat loss goals.

Don't worry, At some point in this report, I'll give you a food time table of healthy foods that you can use to burn fat from your body.

Whatever you do, DO NOT starve your self!

Sometimes, when I go on various forums and blogs like Nairaland, Naija Foodie etc. There are usually couple of people who are simply tired with their weight and concerned about their body and the fat that emanate from every area that should ooze sexiness.

So in a desperate attempt to solve this problem, they turn to asking questions on

popular forums and blogs.

And guess what.....the barage of bad advice, suggestions, tips will keep coming in.

Most responses will advice that the best way to lose weight is for the poster to eat 1 meal a day and starve themselves for the rest of the day etc.

The various individuals will maintain that when you starve yourself, you will naturally start shedding the weight.

Is this answer true?

Now you might ask....should I really starve myself?

The answer is a **capital NO!**

Whatever you do, **DO NOT starve yourself**. As a matter of fact, in order for you to burn fat, your stomach must have at least 3 meals a day!

When you skip your meals or starve yourself, your body slows down your metabolism. Which is the rate at which your body burns calories to maintain itself.

When you starve yourself, your body recognises that you have not fuelled your stomach with food and simply go into **“Metabolism slowdown”** mode.

This means, your metabolism will slow down in order for your body to survive.

Apart from that, the more you starve your body, the hungrier you will get. While you may be able to do this for a few days....you will not be able to do it for as long as you live.

Truth is...you will eventually go back to eating “real food” and then overeat to compensate for those missed days because your body is desperate for a quick boost of energy.

With this, you will end up piling back on the weight and even gain further weight from overeating.

Those short burst of starvation madness can even increase your risk of stomach ulcer.

Dealing with a FATTY body is enough hassle on its own....adding stomach ulcer to it is a NO NO.

So...whatever you do, DO NOT starve yourself.

How to Stop Overeating (Binge Eating)

Do you consider yourself a binge eater? Do you find yourself unable to stop eating?

You are not alone.

Every individual have their own sort of cravings. For example, Mine is Chocolate. I can eat 5 chocolate bars in a day.

I am not talking about the small ones, I mean the big cadbury chocolate with Nuts which is about 545 Calories in each one of them.

There was a time I was eating 5 of them every single day. That is more than 2,000 calories on its own! Excluding my normal daily food!

Food addiction or emotional eating plague a lot of people and for most is the major reason why they are unable to lose weight.

However, if you ABSOLUTELY want to burn fat, you will need to deal with overeating.

As overeating or snacking on junk is a universal problem, there is no better way to tell/explain to you how to do it, than show you exactly what I have personally done which has worked for me.

Here it is...lets go.

1. **Avoid purchasing/shopping for your guilty pleasures** - Everytime I go shopping, I ensure I walk past the chocolate session and look the other way. I would avoid that session as much as possible.

It took a lot of getting used to, but at some point I was able to avoid buying chocolate without thinking of it.

As long as I do not have chocolate stocked in my snack drawer in the kitchen, there was no need to eat any.

With that alone, I was able to cut down 2,000 calories from my diet!

2. **Eat lesser amounts of Carbohydrate** - I am sure you know by now that carbohydrate increases the amount of sugar/glucose level in your blood. Of all the group of food, carbohydrate actually increases your desire and longing for more food.

Whenever you feel like snacking on food, avoid anything carbohydrate whatsoever. Snack on fruits & Vegetables instead. There are various fruits you can store in your refrigerator like Apple, Oranges, Mangoes etc. Buy from the local fruit stand or market, store it and then Snack on those.

3. **Drink Lots of water** - This will do two things.....firstly, it will boost your metabolism and aid fat loss, and secondly, it will help you prevent overeating. If you take a glass of water before you start your meal, you are less likely to overeat.

Drink a glass cup of water before you start your meal....when you are through the first half of your meal portion, ensure you drink another full glass of water. I can GUARANTEE you that you will feel full before finishing your meal hence preventing overeating.

Try it out yourself and make sure you send me an email with your result.

4. **Eat Regularly** - Its easy to binge when you are starved. If you remember I said earlier that whatever you do, you must not starve yourself.

It's easier to binge on unhealthy food when you are starving. Whatever you do, make sure you eat at least 3 square meals a day. The Fat Loss food time table will give you a guide on this, just keep reading.

Use the above 4 tips, and I can guarantee you that your binge eating will STOP! That is except if you have a medical condition like STRESS, Lack of sleep etc which in that case you should see a Doctor as soon as possible.

But apart from that, the above 4 tips will take care of overeating irrespective of who you are or what you do.

Lets Move on...

Just so that we are clear about few things that we have covered so far:

- I explained the fact that the food we eat are like Fuel that our Body needs to run itself daily.
- The FUEL metric is what is called Calories and different food we eat have different measure/quantity of fuel.
- When we fuel our body with too much high calorie food, the excess breaks down into sugar and our body stores it in the reserve tank which are called Fat storage Cell.

I am glad that you are following me so far.....Well done...

Now, let's move on...

The rate at which your body burns its fuel.....is called Metabolism. Whether you are eating, drinking, sleeping, going to your work place, picking kids in school, hanging out with friends etc, your body is constantly burning calories to keep you going.

Metabolism is the amount of energy (calories) your body burns to maintain itself. It is when the body receives too much calories from food than it requires to maintain itself that it stores them in the fat storage cells like I mentioned earlier.

Now, depending on your body make up, its either you have:

A SLOW METABOLISM

Or

A HIGH METABOLISM

If you have a slow metabolism, your body will not burn food as much as it should, hence, the excess quickly store the excess in the fat storage cell of your body as fat.

So why am I saying this?

For us to start the process of burning the Excess fat on our body using the 30 Day Fat Loss plan, we must follow two SIMPLE steps!

Step 1: Reduce Our Total Calorie Intake

Step 2 - Increase our Metabolic Rate.

Not complicated right? Yes, loosing weight is not suppose to be as complicated as most people take it to be. It can be fun and enjoyable.

Anyway, with these two MAJOR & CRUCIAL steps, you will be able to burn off excess fat on your body.

In this Nutrition & Diet Guide that you are reading, We will dwell on the first STEP which is **“Reducing Our Calorie Intake!**

Are you ready for this?

Great...Let's get to it.

Reducing Your Calorie Intake

In order for you to burn fat, you have to change your energy balance. The easiest way to do this is actually to consume less energy/calories.

Did you notice that I did not say “consume less food”?

That is because this is not about SKIPPING your meals or starving yourself to death in order to loose weight. No, they are not same thing. They are totally different from each other.

I am talking about you reducing or cutting back on the amount of high-calorie foods that you consume. It does not mean that you have to give up on food whatsoever.

Remember, I said earlier on in this guide that when you completely avoid food, you end up starving yourself that when you break your fast, the first thing you do is to eat a BIG meal, which at the end of the day sabotage all your weight loss effort.

We don't want that to happen.

A smarter approach to this is for you to avoid completely or just eat less of those high calorie foods.

Remember high calorific foods like the ones I mentioned earlier on...e.g Pounded Yam, Yam, Pounded Yam, Banga soup or any other palm oil based soup etc.

Reducing your calorie intake involves making a change to the way you eat!

That change is called “**Lifestyle change**”.

Your lifestyle in relation to fat loss nutrition involves your **eating habit**.

What do you eat?

How much do you eat?

How frequent do you eat?

But for you to make a change to your life style habit, you need to first of all find out exactly what those habits are and how they are slowly depriving you of your goals success.

And the what we need to do first of all is.....MAKE A FOOD DIARY!

Here's what I want you to do.....

I want you to pick up a Pen and Notepad (An Exercise book or jotter will do as well) right now. Yes, Right now, do not delay this....Do it now.

Now, I want you to draw out a table like the one in the picture below:

| Time | Day 3 (Today) | Day 2 (Yesterday) | Day 1 (The day before) |
|----------------|---------------|--------------------|------------------------|
| Breakfast | | | |
| Lunch | | | |
| Dinner | | | |
| Total Calories | | | |

In it, I want you to record every single meal you've had over the past three days up till

present moment and put them in the appropriate boxes on the table.

Are you Done?

Now, the only reason why I have asked you to analyse what you've had in the past three days on this diary is because you probably do not keep a record of what food you eat, and also you probably will only remember the food that you ate over the past three days...nothing more.

Now, once you are done, you will now need to find out how much calories you are expensing every day.

You can go to www.fitnesspal.com to calculate the amount of calories in your food.

For example, here's what my time table looked like when I did it many many months ago.

OLU's UNHEALTHY FOOD TIME TABLE

| Time | Day 3 (Today) | Day 2 (Yesterday) | Day 1 (The day before) |
|----------------|--------------------------|---------------------------|---|
| Breakfast | No Breakfasts | Ogi & Akara | Bread & Egg |
| Lunch | Rice & Beans | 1 Gala With Coke | 2 chocolate bar with Rice & Beans |
| Dinner | Pounded Yam & Egusi Soup | Eba & Okra Soup With Fish | Spiced Suya & Bread With A Bottle of coke |
| Total Calories | 2,850 calories | 1800 Calories | 2,100 Calories |

If you look at my own time table, that is really intensive consumption of highly calorific Nigerian food. That was my eating habits many many months ago.

It showed me what my eating lifestyle was....and how I was on the brink of disaster.

That gave me a reality check that it has to change!

But how did I know that my eating habit lifestyle has to change? What was the deciding factor?

When you do your own Diary like the above, what exactly will determine why your eating habit has to change?

The answer is.....

Your Daily Calorie Maintenance Level

Your Daily Calorie Maintenance level is the amount of energy that your body needs to function doing exactly what you do on a daily basis.

It is where your body is at when you consume and burn the same number of calories.

Your Daily Calorie Maintenance Level is **Calories in = Calories Out.**

Let's say for example, you consume food three times daily, and the calories in the 3 meals is a total of 2,500 calories.

If through your daily routine, getting dressed, showering, driving, picking kids in school, running around in your work place etc you burn 2,500 calories.....

It means that 2,500 Calories is your Daily maintenance level. It means your body will remain pretty the same, your weight will not go up or down.

This is simply because your body burns exactly the same amount of calories that you ate. That means that all the calories you consumed were used up by your body.

No surplus....No Deficit.

That amount of calories is your **Daily Calorie Maintenance Level.**

The number of calories that your body consumes doing what you do in a day is absolutely different from every other person.

That is why knowing this Daily Calorie Maintenance Level is the key to determining how much your eating life style needs to change.

Why is This Daily Calorie Maintenance Level Important?

To make it obvious why its important, I am going to use the below table to explain it:

| The Causes | The Effect | What It's Required For |
|---|---|-------------------------------|
| Below Daily Calorie Maintenance Level (Calorie Deficit) | Stored Calories (in your body fat,) will be burned | Losing Fat |
| At maintenance Level | Maintenance - No Fat | Maintaining your current |

| | Gained Or Lost | weight |
|--|---|--------------|
| Above Maintenance Level (Calorie Surplus) | Excess calories will be stored in the fat storage cells | Gaining Fat! |

You can see from the above chart that in order for you to lose fat, you need to create a **CALORIE DEFICIT**. This means you need to be below your daily calorie maintenance level, so that you end up burning more calories than you consume.

When that happens, the fat that is already stored in your body's fat storage cells will be burned for energy instead.

Can you see why it is important to your Fat Loss Goals?

Before we can do this, we first of all need to figure out what your daily calorie maintenance level is, so you know exactly what you need to eat less of.

So, let's figure out what yours is....

How to Calculate Your Daily Calorie Maintenance Level (DCML)

There is an Equation called the Harris-Benedict Equation that you can use to estimate your daily calorie requirements based on many factors, however, rather than make you do the maths (mathematics sucks, I know...I hate it too), I have uploaded a calculator on the [Naijaweightloss.com](http://naijaweightloss.com) website that you can use to calculate it.

The link to do this is ==> <http://naijaweightloss.com/caloriecounter/>

Simply enter the following....

1. Your Age
2. Your Gender
3. Your Height
4. Your Current Weight
5. Your Activity Level

To explain a bit more about Activity level.....here's an explanation of it...

Activity factor

Sedentary = little or no exercise, desk job

Lightly active = light exercise/sports 1-3 days/wk

Mod. active = Moderate exercise/sports 3-5 days/wk

Very active = Hard exercise/sports 6-7 days/wk

Simply enter the above and hit the “calculate” button, this will automatically calculate how much your Daily Calorie Maintenance Level should be.

For example, when I did mine, **my own calorie Maintenance Level is 2,184 Calories.**

NOTE - This is high because I have a higher level of activity.

Yours will be totally different from mine. And it will be entirely different from the person next to you.

Also, men usually requires more calories than women.

It has nothing to do with gender itself....but the fact that men generally have more muscles than women. And muscles generally burns more calories than fat.

Anyway...

So, what I want you to do is.....

Go to the calorie calculator right away and calculate how much calorie maintenance level is....because the next section depends on it.

Go do it now...Don't waste time.....

.

.

Done?

Great.....now, let me show you how we are going to use the result.

The Law Of Energy balance - Adjusting your calories for fat loss

In order to lose weight, you must burn more calories than you consume each day. That law is the law of energy balance...and it's so true!

To burn fat off your body, you need to create a calorie deficit by reducing your calories slightly below your daily calorie maintenance level.

The secret is to use a small calorie reduction. The body fat is nothing more than stored energy. In order to release that stored energy, your body must be in a calorie deficient state.

Calories not only count, it's the most important factor in a fat loss program.

If you are eating more calories than you burn, you will NOT lose fat. No matter what you are eating or what kind of exercise you are doing.

No matter what you do, you can never override the laws of energy balance.

There are 7,716 calories in 1 Kilogram of stored body fat.

In theory, if you create a 3,858 calorie deficit per week, you will lose ½ Kilogram.

If you create a 7,716 calorie deficit in a week, you will lose 1 Kilogram.

The calorie deficit can be created through diet, exercise or preferably with a combination of both of them.

This particular guide will teach the first part of it....that is calorie deficit through what you eat!

How to Create Calorie Deficit in your meals to burn fat off your body whilst still eating 5 - 6 times daily!

Remember that earlier in this section, I showed you exactly how you can calculate your DAILY CALORIE MAINTENANCE LEVEL. That is, your daily calorie requirement that determines....**Calories consumed = Calories burnt**

For example, if your daily calorific maintenance level is 2,000 calories. If you create a calorie deficit of 500 calories per day by cutting down calories from your food, in one week, you would have created a calorie deficit of 3,500 calories.

500 calories Daily x 7 Days = 3,500 Calories Deficit.

This means, you will reduce your calorie intake to 1,500 calories daily.

**When you reduce 500 calories from your meals everyday
and you do this for 7 days, you would have in theory
shed approximately ½ Kilogram of Body fat.**

And you will be able to burn even more body fat when you engage in work outs. So...your calorie deficit burns ½ kg of body fat, your work out routine will also burn more and more body fat. Which can exactly help you burn between 1 kg - 5 kg every single week depending on your current body fat.

Do you get the whole jist?

And guess what...you can do this without even skipping a meal! That is unlike the bad advice that anonymous people you don't even know and family & friends who don't have a clue give these days.

Now lets move on....

Now, judging by reading this, it might go through your mind that now that I have said you can cut down 500 calories from your food intake, you could possibly cut down 1,000 calories off your meal per day.

Don't just have that feeling yet.....

There is something else you MUST know!

I mentioned something earlier that if you starve yourself, your metabolism will slow down. This means if you cut down on you calories too much, the rate at which your body burns calories will slow down. Your body will go into survival mode.

While burning fat, we don't want that to happen. We want to reduce our calories and at the same time increase our metabolic rate. We want our body to continue to burn fat on steroids....when we are undergoing this Fat Loss program.

However, if we wake up and decide to cut our calories by a strictly mathematical model of 500 or 1,000 calories.....it can lead to an instant starvation mode.

Let me explain why.

You know I said earlier on that your daily calorie maintenance levels are different from the person next to you. Mine is different from yours, yours is different from your Manager at work who sits behind hder desk daily and rarely get out of her chair etc

All in all...for everyone...its completely different.

Now, take for instance, if there are two people, let's call them Ronke & Hadiza.

If Ronke's Calorie Maintenance Level Requirement is 2,000 calories...

And

Hadiza's Calorie maintenance Level Requirement is 1,500 Calories

If they follow the strict mathematical equation to cut 500 calories instantly from their diet, it simply means that;

1. Ronke will have to consume 1,500 Calories per day
2. Hadiza will have to consume 1,000 calories per day

Now, while the ,500 calories for Ronke might be enough to cause her to burn fat and will speed up her weight loss goal, Hadiza will burn fat initially at the start of her calorie deficit diet. However, after one - two weeks, her body will recognize that its not getting enough calorie for her daily needs, and it will gradually slow down to starvation mode!

So what is the solution to this?

How can you reduce this calorie intake without jeopardizing your weight loss goals?

That is the essence of this fat loss program.

I am going to show you an incredibly fail proof method that will trick your body into burning fat while still cutting as much calorie as possible out of your diet.

Introducing the Percentage Zig Zag Calorie Deficit Plan That Tricks Your Fat Storage Cell!

What I am about to show you is the meat of this guide. It will show you exactly how to cut down on your calorie intake without starving, without getting your body to go into starvation mode while at the same time eating three times in a week!

Whatever you do, do not JUMP this session because every foundation I have laid so far in this guide hinges on it.

Instead of just waking up and cutting 500 calories or 1,000 calories off your diet instantly....(after calculating your daily calorie maintenance level), a more precise way to determine the right calorie deficit would be for you to use a Percentage Calorie Deficit that is relative to your maintenance level.

Here's what you need to do.....

You need to Reduce your calories by 25 - 30 % below maintenance level.

This means that instead of using the initial method that Hadiza & Ronke used earlier on, we will be using the percentage method.

Using Ronke & Hadiza's Daily Calorie Maintenance Level used earlier on.....

Ronkes: 2, 000 Calories

Hadiza: 1,500 Calories

If we cut 25% of their **Daily Calorie Maintenance Level**, here's what we will have.....

1. 25% of 2,000 Calories = 500 Calories (Ronke's)

Therefore, Optimal Calorie Intake For Ronke is $2,000 - 500 = 1,500$ Calories

2. 25% of 1,500 Calories = 375 Calories (Hadiza's)

Therefore the optimal Calorie Intake For Hadiza is $1,500 - 375 = 1,125$ Calories

Can you see the calorie difference in this percentage method?

Great.....

Now, here's where this gets interesting. We can trick Ronke & Hadiza's body into keeping metabolic rate up while still dieting by using the Zig Zag Calorie rotation method.

Here's how to do it....

We will create two types of calorie deficit:

Low Calorie Day Deficit = 25% of their Daily Calorie maintenance Level

High Calorie Day Deficit = 10% Of their Calorie Maintenance Level

On Day 1 that Hadiza & Ronke starts their Fat Loss Diet, they will follow their 25 - 30% calorie deficit and then once every week (day 7) they will follow their 10% Calorie Deficit.

Basically, using Ronke's example.....

Usually, Ronke needs 2,000 Calories Daily right?

The Low Calorie Day will be 30% Of 2,000 = 600 ($2,000 - 600 = 1,400$)

The High Calorie will be 10% of 2,000 = 200 ($2,000 - 200 = 1,800$)

So...from Sunday to Friday, Ronke will consume 1,400 calories daily.....

On Saturday.....Ronke will consume 1,800 Calories.

And she will then cycle the calories on a 6 day down, one day up...and rotate it every single week. This is called **Zig Zagging**.

You see, 30% is a large reduction but as long as Ronke raises her calories every Saturday, it will not affect her metabolism.

Infact, her body will burn fat really fast for the first five days...and just before her body starts to recognise that she is eating less and less calories.....Ronke will simply increase her calories on Saturday by eating more calorie food.....and her body will speed up

again.

This **Zig Zag method** is without question THE MOST Effective fat loss method ever developed.

It will accelerate slow fat loss and help you especially if your body has a slow metabolism body type who tends to lose fat slowly with great difficulty.

I hope you now understand this method?

Here's your next exercise that you MUST DO before you continue....

Step One - I want you to go and calculate your Daily Calorie Maintenance Level (DCML). The link to do this again is <http://naijaweightloss.com/caloriecounter/>

Step Two - Calculate 30% of that DCML & write it down. e.g. $30/100 \times \text{DCML} = ?$

Step Three - Calculate 10% of that DCML & Write it down e.g. $10/100 \times \text{DCML} = ?$

Step Four - Deduce the result from your DCML.

E.g. If my DCML is 2,000 Calories, Here's what the above will look like

$$30\% \text{ of } 2,000 = 600$$

Low Calorie day: 2,000 calories - 600 Calories = 1,400

$$10\% \text{ of } 2,000 = 200$$

High Calorie Day: 2,000 Calories - 200 Calories = 1,800.

Step Five : From Sunday- Friday, consume 1,400 Calories daily. On Saturday, Increase it to 1,800, Then Go back to 1,800 .

Now, go ahead...do the above exercise.....and move on to the next session.

Your Cheat Day Revealed!

So in the previous session, we have come up with two meal plans that we will use to consistently burn fat off our body even before we start exercising.

And we have established the fact that the first meal plan will have a 30% calorie deficit(low calorie), and the second plan will have a 10 percent deficit (High Calorie).

We have also established that we will use the *Low calorie Day meal plan* for the first 6

days of the week (Our week starts on a Sunday) and then use the High Calorie Day meal plan On the 7th Day which is a Saturday.

Great....

My dear, you see that High Calorie Meal plan is what we will use as your **cheat day!**

Here's what the time table will look like:

| Sunday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|------------------------------------|-----------------------|
| Low Calorie Meal Plan | Low Calorie Meal Plan | Low Calorie Meal Plan | Low Calorie Meal Plan | Low Calorie Meal Plan | HIGH CALORIE MEAL PLAN (CHEAT DAY) | Low Calorie Meal Plan |

So basically....you must eat your **High Calorie meal plan** on your cheat day!

I am sure you are going to love this one...:)

So what is your cheat day?

We all have foods that are our guilty pleasure. Gosh....I the writer of this guide cannot pass on a freshly made pounded Yam with Egusi Soup and Assorted Meat.

And guess what?

I always eat them in large quantities!

I know you have your own cravings, everybody does.

Usually, quite a lot of people who so profess that they are experts in weight loss will discourage you from eating your favourite foods & cravings etc.

They will chastise you with so much impunity that even times when you eat those meals, you will feel so bad and guilty.

But the truth is.....You are actually allowed to eat those meals you would normally crave for, on your Cheat Day!

And in this 30 Day Fat Loss program, we have designated that cheat day to be a Saturday.

Now, you can decide whatever day of the week you want your cheat day to be, but Saturday is the best recommended cheat day.

On your Cheat Day, give yourself permission to have one to two cheat meals of whatever food you want....without thinking about the consequence.

When you have your cheat day, consider it a reward for being a good “boy” or a good “girl” for sticking to your meal and working towards transforming your body.

If you eat 5 times a day (which is what this Fat Loss Nutrition Guide recommends), that's 35 meals every week.

If 33 of those meals are healthy and perfect, then eating two cheat meals isn't going to jeopardize your Fat Loss goal.

Instead....

It will help you lose weight Faster!

Yes, it will.....let me explain.

If you eat any fatty or Junk food meal once or twice a week, It will help satisfy your cravings for those meals and also help you prevent overeating.

Not only that, it will help speed up your metabolic rate especially when you are on a lower calorie diet.

Can you see how this will help your Zig Zag Dieting method I showed you earlier on.

Before your body starts realising that you are eating less calorie than your required maintenance level, your “cheat meals” will supply your body with high calories and trick it into speeding your metabolism rate as high as possible.

Following this trick alone will turn your body into a high metabolic one and your body will start melting fat on steroid all by itself.

That is like pouring Fuel in a furnace of your Fat Loss!

So far, I have taught you how fat is stored in the body, foods that can TRIGGER fat to be stored in your body, what amount of calories your body needs daily, and even how to trick your body into losing fat on steroids and revealing your cheat days.

Finally, we are getting to the crux of this fat loss guide, which is.....

Showing you the exact meal plans that you will now use to burn fat off your body. I can assure you that this meal time table has been tested, used and confirmed to be fat burning.

If you follow this 30 Day Fat Burning Meal Time Table, I can guarantee that you will be able to cut down on your body fat within the first few weeks of using it.

INCREDIBLE LAID OUT 30 DAY FAT LOSS **NIGERIAN FOOD TIMETABLE**

Thank you for getting this far. It shows your commitment to wanting to achieve your fat loss goals. And with this nutritional & healthy meal time table, you will be able to achieve this.

All you need is to follow me like twitter and you will transform your body in the next 30 days and see the amazing results yourself....

But first before I share the Incredible Nigerian Fat Burning Food Time table with you, we need to establish some rules that govern this timetable first:

Rule # 1 - You must Drink Ten Cups of Water Or More Daily (I'll tell you why before the end of this report)

Rule #2 - No Fizzy Drinks, No Packaged/Processed Orange Juice, No Alcohol etc.

Rule #3 - Do Not eat more than the prescribed portion of Food

Rule # 4 No Cheating” You MUST STICK TO THE TIME TABLE or its equivalents!

Now that we've set the ground rules. Let's me introduce you to the 30 Day Fat Loss Meal Plan.

This meal plan is suitable for you even if you are:

1. An early riser
2. You are a working Mum
3. A Single Bachelor
4. Working Spinster
5. Young person
6. Older person

It does not matter who you are. This food time table will work for you. If you are a nursing mum and still breastfeeding a baby and you are reading this, whatever you do, speak to your Doctor first.

Also, if you have a health condition already, get advice from your doctor. I had to put up that note, so we can get a bit of clarity.

Without dragging it any further, let me introduce you to the:

30 Day Fat Loss Food/Meal Plan Timetable

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 Chiken (skin removed) |
| Day 7 | 1 Moin Moin With Oat Meal & Milk | 1 Banana | 1 Wrap of Wheat With Okra or Bitterleaf Soup & | Mixed Almond, Cashew & Walnut Nuts | Chicken Piri Piri With roasted Potatoes or 1 slice of yam |

| | | | | | |
|--|--|--|------|--|--|
| | | | Fish | | |
|--|--|--|------|--|--|

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 Chiken (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) |
|--------------|--|--------------------|---|-------------|-------------------------------------|

So, the above is your meal plan for the next 30 days. That meal plan is based on a 1,200 - 1,500 calorie requirement per day as it's the average calorific requirement of the average person losing weight.

If you look critically at the time table, I have ensured to have a measured amount of healthy carbohydrate, healthy Fat & Healthy Protein.

These 3 major nutrients belong to a group called Macro-nutrients and are essential to your fat loss goals.

Follow the above meal plan, ensure you are careful as to the portion that you eat too. Remember, do not go above your **required calorie maintenance level** (minus the 30% reduction required to lose weight). If you follow this guide to the letter, I can guarantee that you will see result in your body weight within 30 Days.

Apart from the fact that I have given you the meal plan above, Over the next 30 Days, I am going to be sending you email every single day giving you exact meal you should be eating based on this time table.

Say for example, 3 - 5 day's after you get access to this Fat Loss Program, I am going to send you an email like below:

Subject: Naija Weight Loss - Day 1 Meal & Exercise

Hello,

Today is your first day of the Fat Loss Program.

I hope you've taken the first steps required for you to start the transformation of your body over the next 30 days.

If you are yet to, here's what you need to do:

1. Measure your current Weight 2. Take a picture of yourself in front of a mirror/with camera 3. Measure your BMI 4. Record it on the NaijaWeightLoss website

For Indepth details about how to do this, refer to the First Manual - Getting started

Anyway, on to the next thing.....

Here's your Meal for today....follow it to the letter, Remember, eat in small portions....

Breakfast - Oats With Skimmed Milk

Midday Snack - 1 African Mango (if in Season)

Lunch - Moin Moin & Salad

Evening Snack - One Apple

Dinner - Fish peppersoup (before 7pm)

Make sure you drink 8 glasses of water today. Go and drink one right now as you read this. DON't waste time. Go!

It speeds up your metabolism too.

Here's also Exercise for Day 1

1. Climb 20 stairs 5 times today (You can do this in your office if you have one) 2. 10 Reps of Jackknife (Do it in the morning before work, takes 15 Mins) 3. 10 Reps of Stomach Crunches etc

For further details & explanation of the workout routine, check your work out manual.

Any questions, do reply this email. Ill see you tomorrow!

Do have fun today.....

To your transformed body

Regards,

Olu Aijotan

Fitness Coach

NOTE: The above is just a sample I typed out of my head. It is not same exact one. It's just a format of what you will receive. It's to prepare you and let you know that we are both in for business this time.

Your body MUST transform. IT can, and It will!

And I will do everything in my power to encourage you till you transform into that sexy and confident body that you've always wanted.

The emails will span 30 days and the whole point is to do **two major things:**

- 1. Inform you of your daily routine & food plan and what you need to do!**
- 2. Motivate you to take action.**

Motivation is the will power to do something, even when it's inconvenient for you to do it.

And...motivation comes from seeing result and getting encouraged. So, apart from you

reading this book, I am going to motivate & encourage you alongside as well.

This will pump you up, **It will DRIVE your inner will to take action!**

It will cause you to get that amazing body that you want. That body that you can flaunt in any clothe you so desire whenever you want to, wherever.

Great!

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Few more things about Food before I conclude this guide.....

Thing # 1 - Water Will Perform Magic In Your Body!

As Nigerians, the only time we really drink lots of water is when we are thirsty.

I have been invited to many dinners and lunch feast and seen lots of people delay drinking water till the end of their meal.

This is not only bad for the health, lack of water is also bad for Fat Loss!

Shocking isn't it?

I know, I know.....let me explain.

First of all, do you know that your body is about 65 - 70% water? It supports a lot of bodily system and functions.

- It helps you digest food properly
- It carries nutrient from food around your body
- It helps your muscles work during exercise
- It helps eject waste from your body
- It regulates your body temperature

Not only the above alone, do you know that when you are undergoing fat loss, drinking water actually help you do two other things:

1. It washes off the after taste of delicious food from your tongue and reduces cravings for more food.
2. It fills your stomach up and helps your stomach tell your brain that you are full, hence stop you overeating

FINALLY.....water has MAGIC in it. Water itself does not contain any calorie, but it helps

you burn calories from your body.

Heres how.....

When you drink a cup of water, especially ice cold water. The temperature of that water is usually between 0 DegC or a bit over that. That water temperature is way below your body temperature.

When you drink Ice cold water, you are forcing your body to warm up that liquid to your body temperature before it can use it.

When your body has to do this (warming up the water), it is burning up calories of heat.

- Water helps you discharge heat through your urine (expels calories)
- It helps your body warm up water again.....(burn more calories)

So How Much Water Should Your Drink In A Day?

According to the National Health Service (NHS) UK, it is recommended that the average person should drink 8 - 10 glasses of water per day.

If you are trying to maximize lean body, you should be drinking more. As a guideline, drink about 8 - 10 Glasses of water per day.

Trust me, you can NEVER drink too much of water frequently (Except if you try to drink 2 Litres at once!).

The best way I have found to help me drink lots of water is this:

- I drink a glass of water before I go to work in the morning (It pushes toxin out of my body system)
- Because I am allowed to eat breakfast at work, I drink another glass after breakfast
- In the course of the day, I drink another glass of water at midday (Usually have water at my desk)
- At lunch time, I drink another glass before I start my lunch.
- I drink another glass of water after lunch (I usually don't finish this rightaway, take it back to my desk)
- Before I close for the day at 5pm, I drink another glass of water
- When I get home, wify is always gracious to fill the jug with water, so I drink another glass before I eat dinner.
- Then another glass after I finish eating dinner
- Lastly, 20 minutes before getting into bed, I drink another glass of water

Altogether, that's about 9 Glasses of water that I drink daily. When I first started this routine, it felt weird. But after five days, my body got used to it.

As a matter of fact, at the time of writing this section, I have a big jug of water right in

front of me.....just drank it halfway down.

Just to prove that I actually do this.....here's a picture:



Anyway, here's exactly what happened when I started drinking approximately 9 glasses of water daily.

- I stopped getting thirsty. You know that moment when you are so thirsty that you rush water to drink
- I stopped overeating and binging on food (Oh yes, I use to eat loads of food)
- My body felt a lot better. Its a feeling I can't even explain
- My occassional headache stopped! (Dehydration causes headache, drinking water solved it)
- I feel a lot lighter! (isn't that what you get when you lose weight?)

Shocking Truth: Your body burns approximately 8 calories for every glass of chilled water you drink.

Can you see that it is MAGICAL?

NOTE - Fizzy Drinks is not water. Alcohol is not water! Lacasera, Viju Milk etc is not water! Don't substitute water with other processed fruity or sugar drinks.

Drink water in i'ts pure form....and you will burn more calories.

BIG TIP - Best Drink For Fat Loss

Do you know the best drink for fat loss? I'll tell you. Cut lemon into two, take one half and squeeze it inside a jug of water. Put the water in the fridge and drink it when its cool enough.

Thing #2 - Secret Of Meal Frequency & Timing

If you look at the 30 Day Fat Loss Food Time table, you will discover that there are at least 5 meals that you should eat daily.

You should know by now that eating healthy fat burning foods frequently actually helps you lose more weight.

Don't get me wrong:

- If you eat fat inducing foods frequently too, you will gain lots of pounds of body fat.
- If you eat one giant meal per day frequently, you will get fat!
- If you skip breakfast, eat a small lunch and eat a big high calorie dinner (e.g. Pounded yam) you will gain fat!

When you wait too long between meals, you will overeat and even crave for food that you should be avoiding.

And remember what I told you about body going into starvation mode when you skip meals.

Anyway, my point is.....

Eat 5 small meals throughout the day, and spread them apart. This is essential to your bodily fat loss and helps keep your body satisfied.

So how do you eat these 5 meals daily?

Follow this process below:

- **First Meal** - Breakfast (7 - 8 am)
- **Second Meal** - Snack (10 - 11 am)
- **Third Meal** - Lunch (12 - 1pm)
- **Fourth Meal** - Snack (4 - 5pm)
- **Fifth Meal** - Dinner (7-8 Pm)
- **Sixth Meal** - Snack (10pm)

If you look at the 30 Day food time table, you will notice that I have spaced the meals apart for you and even timed it just like I did explain in this section.

The Two Most Important Meals In The 30 Day Fat Loss Program

Meal # 1 - Your Breakfast:

I know you must be used to hearing the fact that breakfast is the most important meal of the day. It's actually true. It will help your body kick start its fat burning process everyday.

If you wake up in the morning at 6.am (which is usual time for most working class) The last meal you ate was from last night, which is probably around 10pm (The snack).

If you calculate it, it means your body had its last food 8 hours ago!

That is a long time! And it should be the only time you should go that long without eating.

Now, if you skip your breakfast again and wait till lunch time (1pm) before you eat, it means you would have left your body hungry for over 15 Hours!

In the above scenario, two things will happen:

- **#1** - It will send a SIGNAL to your body that you are starving.....and will cause your body to go into starvation mode (even if lunch & dinner are large meals)
- **#2** - Your body will start to break down your muscles to supply amino acid to other part of your body.

This is BAD for fat loss. We don't want to lose muscles. We want to lose fat. Muscles burns calories than fat.

It's easy to SKIP breakfast when you are in a rush and trying to get out of the door in the morning to go to work. Really, breakfast will be the last thing on your mind.

But if you want to burn off those excess fat, you have to make time for breakfast. If you notice the meal plan I gave earlier on in this guide, I made sure that the breakfasts are easy to prepare breakfasts.

For example, it should take you less than 15-20 minutes to prepare oatmeal in the morning.

Remember, Breakfast helps you Break The Fast from last night. It's required for your Fat Loss goals. Do NOT skip it!

Meal # 2 - Your Post Work out Meal

This is the meal you eat after your work out session.

In the third guide of this 30 Day Fat Loss program, I explain indepth about SIMPLE but EFFECTIVE work outs that will help you burn fat off your body.

However, I need to talk about the meal you eat after those work outs here.

Ready?

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Let's go....

Depending on when you work out, your post work out meal will either be a meal or a snack. When you work out/exercise especially when you do short burst of high intensity fat burning workouts that I show you in this program, you will deplete your body and of valuable resources.

Within the first hour of your work out, your body will be primed to want to absorb the maximum amount of nutrients that it can get.

At this time, you Must give your body that nutrient that it needs at the time it needs them. This is usually immediately after your work out.

The content of this meal should have carbohydrate and protein which helps your body to get nutrients that will replenish the glycogen stores for your muscles.

Make sure your post work out meal is eaten within 1 hour of finishing your post work exercise.

FINAL NOTE - Always ensure that you eat a meal (from the timetable) after working out. This keeps your metabolism in high rev and helps you burn more calories over and over again easily.

Thing # 3 - Your Food Portion size and Control

If you look at the food/meal plan that I gave earlier on for you to follow over the next 30 days to transform your body, you will notice that I use phrases such as.....1 serving, 1 portion, 1 wrap etc.

The truth is...with our African/Nigerian food, our portion varies with each different individuals.

For example, it's difficult to measure the size of pounded yam you should eat on your cheat day in terms of wraps of pounded yam.

But I am going to show you exactly how to measure your food portion sizes. It's actually very easy and once you know the trick, you will not have to worry about how big or what size you should eat.

Here it is...

When you eat swallows e.g. pounded yam (cheat day), wheat meal, etc, ensure that your 1 wrap is the size of your fist.

If it's bigger than your fist, **it is MORE THAN what you should eat.**



FIST:

Measure your swallows by the size of your fist, and only eat one “fist size” per meal.

Compensate for it by eating more vegetables & protein e.g. Eat more spinach & skinless chicken or goat meat. When you measure your swallows with your feast, you will not overeat it.

Do this....Don't deviate from it!

Your Portions

A portion of oat meal should be the size you can accommodate on your palm. Like in the picture below:



Anything that does not fit in your palm MUST not go into your stomach. This is the same with your mixed nuts snack. Only eat a handful portion. Do your portion measurement with the palm of your hands and you'll never have to worry about how much you eat.

When you put the right food portion sizes together with snacks in between, you will have a good plan of eating.

You will not overeat too much and you will at the same time not starve.

I hope you've learnt one or two things about portion control here. When filling your plate to eat, give yourself a hand...

How to Source for, Prepare and Store Your Food To Achieve Your fat Loss Goals

If you are Nigerian and you live in Nigeria, you will know that sourcing and storing food is the single biggest problem that we face in regards to “feeding the nation”.

No thanks to lack of institutionalized storage methods and unconventional supply chain. Think about it.....PHCN does not in anyway make it easy as well.

Unlike in England or America where electric is available 24/7, you can basically store your healthy prepared food without any hassles for consumption whenever you want, wherever you want etc.

Irrespective, there are ways to source for your food, vegetables and fruits that you need for your fat loss journey that will make it easy for you to focus on your goal of transforming your body over the next 30 days.

I am going to share with you methods I have used personally and others I have learnt over time to help you, all you need to do is...use them to source, prepare and store your foods & vegetables and you'll have a never ending supply of fresh vegetables/fruits & healthy foods.

Tip # 1 - Your Wheat Meal

When sourcing for your wheat meal, choose Honeywell whole wheat meal. You can get this in most shops/supermarket all over Nigeria without any issues.

Tip # 2 - Ofada Rice

Quite a few people have issues with the smell of ofada rice as well as the stones that comes with it. It's fine if you do. I do too. However, this is common with the ofada that was locally processed.



However, I have found the ones packed in small boxes a lot better(see pix above). The smell is reduced and I have not had to crush many stones while eating it.

If you go into any local provision store, you will find boxed ofada rice being sold there, and yes, its affordable too.

If you absolutely do not like ofada rice. You can buy “Brown Rice” from the market or from shoprigh (if you live in Lagos or Abuja) as well.

Tip # 3 - Vegetables & Fruits

If you live in Enugu, Abuja or Lagos....then you can get easy access to your fresh vegetables and fruits from Shoprite grocery store. There is always a never ending supply that you can pick up over the weekend or on your way back home from work.

You can always find out where they are located by going to their website link ==>
<http://www.shoprite.com.ng/Pages/StoreDirectory.aspx>

However, if you live outside of these three cities, you will have to source for your fruit from the market, local fruist/salad store, from the fruit & vegetable seller/hawker, from a supplier or any nearby farm.

For example, I once stopped over by the roadside on a trip from Abeokuta to Ibadan to purchase Spinach, Oranges, Bananas & water melon fresh from the farm.

You could arrange with a local fruit seller to supply you with fruits on specific days...and get them to bring it down to your office or home.

Most fruit & vegetable seller/hawker will be happy to do this as long as you pay them for the service.

This will be useful if you are career person and hardly have time to shop. You could request for supply of Oranges & Bananas every monday that will last you for an entire week and a fresh supply of spinach and jute once every week on a Wednesday etc.

Its very easy/simple if you use the tip above to source for your veggies and fruits. Order fruits that are in season and you'll have a never ending supply.

You will not need to store more than you need per week.

Tip # 4 - Your Breakfasts

I have ensured that all the breakfasts on the food time table are easy to prepare meals that can be done in 15 minutes.

All you need to prepare these meals are just that you wake up 15 minutes earlier so you can grab breakfast.

If you find it difficult waking up 15 mins earlier, then go to bed 15 minutes early too. It will help you not forsake 15 mins from your sleep time.

Some of the breakfasts e.g. Moin Moin and tomato sandwich, can be made the night before and kept in the fridge if desired.

If you are not used to eating breakfast, it will need a bit of getting used to. Take your time...however, do NOT skip meals!

Tip # 5 - Your Lunch

If you are like most working class, you probably work 8.am - 5pm or even later. And you probably have to commute to work as well.

If you have little time to cook meals, what you can do is prepare all your meals on Sundays. That is...prepare your weekly meals on Sundays and keep them in small lunch boxes and store them in the freezer. You can then heat this up every morning and take it to work.

Remember, if you want to transform your body, you have to take heed and take your food to work. It makes you less likely to snack on junk food, and better still....home made meal tastes nicer.

For example....I personally take my own lunch to work. I pack them the night before and store in the fridge, ready to go. You can do this too.

So there you go, if you follow the above 5 tips, you'll be able to source, prepare and store your own healthy meals without any hassle. The tips are quite simple but effective. Don't overlook them.

Where Do I go from here?

So finally, we have come to the end of this report on nutrition that will help you with your fat loss goals and transform your body.

Now that you've had the courage to muscle through the entire guide, let me congratulate you. I can say without any doubt that you are now fully equipped to take

charge of what goes into your body system in terms of what you eat.

But before I close this guide completely, let us recap exactly what the basic lessons, secrets and tips we've learnt from this guide today.

If you don't take anything away from this guide, take below:

Lesson # 1 - In other for you to lose weight, 80% of the work is in your diet. i.e. what you eat/consume will determine if you lose weight, how much you'll loose etc.

Lesson # 2 - In other to lose weight, you need to know your daily calorie requirements. This requirement is dependent on factors such as age, sex, height and daily activities. And you can calculate yours at www.naijaweightloss.com/caloriecounter

Lesson # 3 - Once you know your daily calorific requirement, you ensure that your food intake calories DO NOT exceed your daily calorific diet. You do this by dividing your daily calorific requirement by 5 and make sure you eat 5 meals that do not exceed it.

Lesson # 4 - To loose weight, you should do a calorie deficit. You will need to create a calorie deficit by reducing your calories slightly below your DAILY CALORIE MAINTENANCE LEVEL. That is, eat 20 - 25% less calorie than your body needs daily.

Lesson # 5 - Reduce your Carb Intake. The most common Nigerian foods that trigger fat in the body are Fufu/Akpu, Starch With Banga Soup, Pounded Yam & Egusi Food, Tuwo Shinkafa, Fried Chips, Any soup/stew cooked with excess palm oil, White Rice eaten with Palm Oil stew etc

Lesson # 6 - Whatever you do, **DO NOT starve yourself**. When you go on a starvation diet, you will end up slowing down your body metabolism, eat more food than required and expose your stomach to risk of ulcer.

Lesson # 7 - In other to speed up your body fat loss over the next 30 days, ensure you follow the 30 Day Fat Loss meal plan. It details planned meals that will help you cut down your body fat and help you stay trim!

Lesson # 8 - Drink at least 8 - 10 glasses of water per day. No fizzy drinks, No sugary drinks, No fruit Juices etc. Water...Water...Water...In a jug at home, On your desk in the office, Water bottle in the car, Small water bottle in your bag etc.

Lesson # 9 - Ensure you eat your healthy meals in portions. Swallows food should be the size of your fist, other portioned food should be the size of your palm etc. Then eat at least 5 times daily

Lesson # 10 - Source for your Fruits & Vegetables from the local fruit store/market. Arrange with the seller to supply directly to your home and office and you'll never run short of fruits and vegetables.

Great!

So there you go! You now have all the information you need to get your nutrition and your intake into the right gear. It's now time for you to start taking action and eating healthy.

I want to assure you that you can do THIS!

I know you can because you are powerful than what you think.

You've spent countless hours, months and even maybe years trying to get the body you've always wanted.

You have tried just about anything under the sun and you are tired, overworked, under appreciated and even misled. You have looked in the mirror and not happy with what you've seen. I can assure you that **THAT IS OVER NOW!**

I have provided you with invaluable secrets that will burn fat off your body and ignite your body transformation 24 hours a day, seven days a week and 30 days a month.

This nutritional guide is the fastest and most efficient route to shedding those extra fat and transforming your body.

And you are the next person. That is my promise to you.

I have laid out the road map in front of you. All you have to do is follow what I taught you in the manual and you will arrive at your desired destination....faster than you may have thought possible.

If you have any questions whatsoever, you can always contact me at my support email at naijaweightlosscoach@gmail.com

I'd also love to hear about your success. So once you've put these methods into practice for a few weeks and experienced great results, go ahead...shoot me a message via email and tell me all about it at naijaweightlosscoach@gmail.com

This kind of success inspires others to do just as you will have done, and trust me...that is the most beautiful and inspiring thing.

I wish you the best of luck with your body transformation. If you can do it...You can think it.

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

If you have any questions or comments, kindly send me an email to naijaweightlosscoach@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

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