



2 Delicious Nigerian Foods That Kill Stomach Fat Plus 2 Foods to Stop Eating Strictly For Nigerians

PLUS

BONUS - 2 Work Out Routines You can do in your Home That helps you Shed Excess Fat in your Tommy & Around Your Shoulders/Arms!

By

Olu Aijotan

Weight Loss & Fitness Coach
Courtesy of www.NaijaWeightLoss.com

You are Strongly Advised to Print Out This Report For Your Own Use

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You also have my permission to share it on facebook and other social media etc.

NOTE - Make sure you think about 2-3 people that desire to lose weight and share this good gift of health and fitness with them.

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This information in this amazing Naija Weight Loss program is for educational purposes only. It is not a medical advice and is not intended to replace the advice or attention of health-care professionals. Consult your physician before beginning or making changes in your diet or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Introduction

First of all, let me say a very BIG congratulations for downloading this amazing weight loss report. This is because downloading this report is the first BOLD step to losing excess unwanted body fat and transforming your body into a new you that you've always wanted.

Whether you want to get rid of your belly fat, or you just want to lose weight, and drop from that size 20 to the size 12 that you've always dream about, then this is the ideal and guaranteed report that will help you achieve it.

I know this for sure because there is a certain way that our body works, and once you understand how it works, you can get anything out of your body.

I know definitely that losing weight can be quite difficult. And just by taking this bold step, it shows how much you really want this transformation and I can assure you that this report will show you something that you most likely have no idea about that will definitely help you take charge of your weight loss program and help you shred all those pounds of unwanted body fat that currently give you a lot of low self esteem and make you feel less of yourself.

Make no mistake, this weight loss report is very powerful. Forget the fact that its FREE....

Its a combination of tested and proven methods that even your doctors and fitness coach will not tell you, yet it works.

I can guarantee you that if you follow me like twitter and work on the ideas I am about to share with you in this report, you will definitely see an amazing change and transformation in your body and you'll be able to get that exact body that you've always hoped to see in the mirror each time you look at yourself in it.

Apart from this Free weight Loss report, I will be sending you a personal email every day sharing fat loss tips, work out routines, diet ideas etc that will help you achieve your goals of transforming your body into that figure that will turn heads and make your partner value you more.

Just make sure you look out for any emails from me [Olu Aijotan – NaijaWeightLoss.com] and read the emails every time you receive one from me, and make sure you take action on the tips I share with you.

Let me also say that from time to time, I will promote products that will speedily help transform your body that you can use in your own home. These products will be very affordable compared with tens of thousands you will spend going to the gym. And I can assure you that I will only promote products that I am convinced beyond any doubts will help you achieve your goals!

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So do ensure you take advantage of them by getting access whenever I promote them.

Finally, If you search a lot over the internet, you'll discover that most weight loss information out there are specifically targeted to people in the USA and Europe.

I want you to know that every part of this report has been written specifically for the Nigerian Lady/woman. The fact that we eat mostly locally made Nigerian foods, do not have 100% access to the gym etc (except for those who live in major cities etc) has also been put into consideration.

So be rest assured that everything you read from us will contain information that you will readily be able to use starting from when you get it. All the work out routines shared in this report has also been used by at least 2 Nigerian ladies living in Nigeria, and has been confirmed to actually work.

Now that we are done with the introduction, lets move on to the main reason why you downloaded this report in the first instance. Scroll over to the next page to get started.....And start experiencing a newly transformed you!

TO your weight loss success!

Regards,

Olu Aijotan - Health & Fitness Coach

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A quick Introduction to the Nigerian Diet

We are Nigerians.....and guess what, we all love our locally made Nigerian foods no doubt. Due to our ethnic diversity, god has blessed us with so many delicious food and meal that the average Nigerian will be spoilt for choice when deciding what to eat.

However, that blessing as well is something we need to think about again....Like a friend of mine said, **"Our Nigerian diets are obesity enhancers!"**

This is because our foods are mostly filled with carbohydrates, with lots of fat. e.g. Red Palm oil.

I know this type of food are what we've eaten right from cradle, but the truth is that, this same food are what causes belly fat and a lot of weight gain.

It is not that carbohydrates or the fat in itself are Bad, it is the way that those food are actually combined.

Lets take for instance, the really popular pounded yam (pictured below), together with a bowl of Egusi....



That large plate of pounded yam and Egusi food is VERY fattening and definitely causes a fat belly. This is because the food combination contains solely Carbohydrates and fat.

And since food is measured by its calories, it is recommended that the average woman needs about 2,000 calories of food a day according to an American

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University study [NOTE – This will vary from one person to the other depending on their life stages, breastfeeding mothers etc]

So, lets say you eat a large plate of **pounded yam with delicious egusi soup** like the one in the picture above, if the calories in that ONE meal is calculated, that would contain at most 1,200 calories in just ONE meal.

And apart from that, you should know that **1 gram of fat = 9 calories, and also 1 gram of carbohydrates = 4 calories.**

So naturally, if you eat three square meals a day, and you eat a large portion of pounded yam like this, it pushes you over the recommended calorie limit.

Lets move on....

When you eat a high calorie meal like the the large plate of pounded yam and egusi soup do you know what happens in your body?

The carbohydrate in the pounded yam releases a lot of Sugar into your blood...

and

The Egusi soup which is fatty releases a lot of fat into your body

The carbohydrate in turn causes your body to release a large amount of hormone called insulin. This insulin is also referred to as fat storage hormones, because its job is to enable your body to digest sugar and transfer the excess sugar that your body cannot cope with) to their storage sites.

Note – The release of insulin is quite normal to break down sugar into energy that your body needs to do your daily work. It is when there is too much carbohydrate that its now stored as fat.

Also, when you eat fat (like in Egusi), your body produces another hormone called leptin. This leptin's function is to store mostly fat...

And guess where all the fats ???

They are stored in your arms, your belly, your hips, your neck and even those places where you have love handles....

That is why you'll sometimes even see a slim person with a big pot belly.

So in summary, our typically Nigerian Diet is....

Eating a lot of Carbohydrate + Fat = Lots of Insulin + Fat!

Insulin (store Fat) + Fat = **Lots of Fat Stored in your body**

Fat Stored = BELLY Fat and Fat in every part of the body!

So What can you do to stop this fat from our Nigerian Meals.....

That is why I wrote this report. The best thing for you to do is to eat less carbohydrate and fat and substitute it with Proteins food.

That is, either eat food rich in protein with either carbohydrate or fat....Never combine both fat and carbohydrate in the absence of protein. A good example of combining carbohydrate and fat is Bread and Butter as well as Chips etc.

Once you start combining these two, you'll start seeing immediate transformation in your body. Anyway, lets move on and go strait to shredding those ugly fat in every unwanted areas of the body!

2 Nigerian Fat-Storing Meals You Should Stay Away From!

Fat Storing Meal #2: Akpu or Fufu



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Fufu is also known as fofoo, or fufou is a very popular food in west Africa. This food is a by product of soaking, fermenting and sedimenting cassava and boiling the starch and pounding or stirring it continuously in a giant mortar or pestle until it forms a very sticky paste.

If you are a Nigerian, then you'll definitely be familiar with fufu. Fufu on its own is very high in calories and its VERY fattening. If you are trying to get rid of your pbelly fat, then this is a food you must DEFINITELY stay away from.

If you were to put fufu or its flour state in a cup or in a wrap, it contains 207 calories. And guess what, most times, the average individual eat 2 wraps of fufu, thus making it a total of 414 calories without the fatty soup that we eat it with. It contains 78% carbohydrate and less than 3% protein.

Fat Storing Meal #1: Banga Soup With Edible cooked Starch



The Nigerian Banga soup has its origination from the Niger Delta and the south eastern part of Nigeria. It is also referred to as Ofe Akwu by people in south east Nigeria, where "Ofe" means Soup, while "Akwu" means palm fruit. In the yoruba land, its referred to as Obe Eyin.

This soup is very popular and is eaten by lots of people, but the truth is that...its VERY VERY FATTENING. This is because it contains a LOT OF FAT. This is because its cooked with palm oil, which contains 99.1% fat.

As with other Nigerian soup, Banga is eaten with other carbohydrates like pounded yam, Cooked Starch etc.

The Cooked Starch (yellow swallow mould in that picture above) is VERY starchy. That cooked starch alone contains approximately 500 calories.

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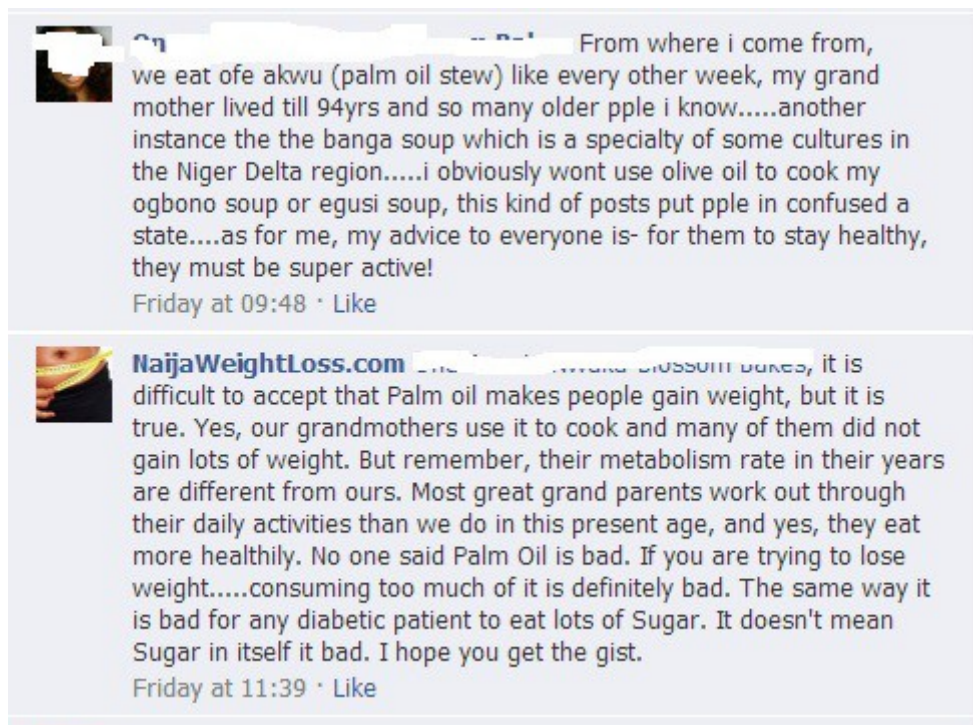
According to research, 1 table spoon of palm oil contains 130 calories. In other to cook Banga soup, you'll most likely need 10-15 table spoons of palm oil.

SO, that is...15 x 130 = 1950 calories.

Using simple maths; **Banga Soup (1950 calories) + Starch (500 Calories) = 2,450 calories!**

From just ONE meal!

That is a lot of fattening there. I know you might look at what I have posted above, and even disagree with me, just like a lady argued with me on facebook few days ago, check the picture below:



The truth is, we can stick with every single beliefs we have and find it difficult to accept the truth, but its a known fact! If you are trying to lose fat around your belly, this is a food you should RUN away from!

If you ignore it, you will not achieve your aim. You will not transform your body. Its as simple as it is.

Now that we are done with those two fattening foods, its now time to show you the 3 Delicious Nigerian meal that get rid of belly fat and help with your weight loss.

3 Delicious Nigerian Food That KILL Belly Fat & Help Weight Loss

Fat-KILLING Food #3: Wheat + Ewedu



Ewedu is a very popular soup among the Yoruba's in the south west of Nigeria. Ewedu is very rich in minerals (calcium and Iron) and is always prescribed by doctors for replenishment of blood in the body due to its iron minerals required for healthy blood cells. It is also rich in anti oxidant which helps it reduce facial and body wrinkles.

This leafy vegetable is also referred to as "jute" in English. Ewedu is a very low calorie meal. It contains only 97 calories and you can eat it at any time of the day irrespective.

Here's how to prepare Ewedu:

Ingredients

1- 8oz pack Frozen/fresh Jute leaf
3 cups water
Potash (This is optional)
Salt to taste
Locust Bean (iru)

Directions

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Step 1 - Defrost the jute leaf and roughly chop the leaves. If you are using fresh leaves, remove the ewedu leaves from the stem and wash them, then chop it into pieces on a chopping board.

Step 2 - In a medium pot over high heat, add in 3 cups of water and bring to a boil

Step 3 - Add the chopped jute leaves into the boiling water, Add the locust beans & potash as required.

Step 4 - Leave to simmer for 10mins and add salt to taste and Serve. Then serve this Ewedu with Wheat swallow. Wheat is food that is very low in saturated fat and is a good source of fiber that the body needs. Wheat is a fat burning swallow and is a great alternative to Akpu or Fufu.

Fat-KILLING Food #1: Oat MEAL



Oatmeal is a very delicious breakfast. It is high in fibre. It is superior in taste and has a high amount of fibre, Iron and Vitamin B. In Nigeria, the most popular brand is Quaker Oat. It helps dissolve fat and unhealthy cholesterol which in turn prevents diabetes and stroke.

How to prepare Oat Meal Breakfast

Ingredients

1. Quaker Oats

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2. Water
3. Milk
4. Honey To taste

Instructions

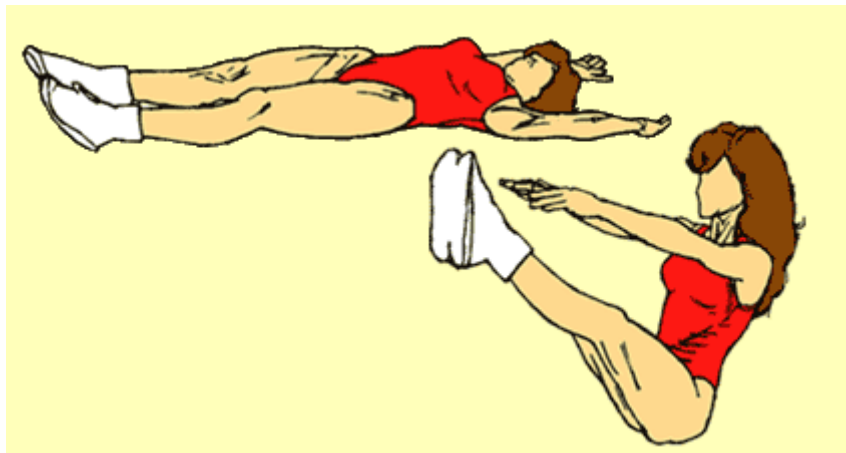
Step 1 - Add 1 cup of water and a dash of salt to a pot and put on the stove.

Step 2 - Add 1/2 cup of Quaker Oats to the water. Stir with a spoon.

Step 3 - Cook on medium heat for 5 minutes, stirring occasionally. Pour the oatmeal in a bowl and add your choice of milk, fruit, honey and nuts.

Unadvertised BONUS – **2 Work Out Routines That Will Blast Your Belly Fat & Help you get get rid of those unwanted flabby fat in your arms**

Workout Routine #2: The Jackknife



The Jackknife is a routine that will help you blast the fat in your belly. This routine is very useful especially

Step # 1 - Put an exercise mat on the floor, if you don't have one, lay a large towel on your sitting room floor....

Step #2 - Lie down with your body completely flat on the ground and your arms by your side

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Step #3 - Simultaneously lift your torso and legs up with your knees bent. Try to bring your knees and chest as close together as possible. Flex at the top of the movement.

Step #4 - Slowly lower your body back down until you are lying flat on the ground.

Step #5 - Breathe and repeat this step over again.

NOTE - Do 10 of this everyday. When you first try it, it will be very difficult, but it will become easier as you do more of it. It is because you are doing it for the first time. DO NOT GIVE UP.

Remember, "To get something you've never had, you have to do something you've never done". If you have back pain problem, Consult your doctor before you try this at home.

NOTE – I have also included a short 6 seconds video with this package that explains how to do this routine.

You can view it by [clicking here](#) or click this link:

<http://www.facebook.com/photo.php?v=327045264059527>

Work Our Routine #1 – Bicep Curls



Do you have lots of fat around your arms and they are flabby and ugly, then

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this Bicep curls will help you tone your arms and remove every unwanted ugly fats especially in your underarms.

TO do this, you will need two dumb bells. If you don't have dumbbells in your home, I am going to show you a little trick that will do just about the same.

Step 1 – Get an Empty Bottle Of Eva Water, the medium sized one: 75 cl.

Step 2 – Fill it with a lot of sand to the brim and close the cap.

NOTE – If you find it a bit too light, you can soak the sand in water, to give it a bit more weight. This bottle should have between 2-3kg.

Instructions

Position two dumbbells/sand filled eva bottle to sides, palms facing in, arms straight.

Execution

With elbows to sides, raise one dumbbell and rotate forearm until forearm is vertical and palm faces shoulder. Lower to original position and repeat with opposite arm. Continue to alternate between sides.

Do this 10 minutes every day, and you will start seeing result in your body.

That is it.....we have come to the end of this weight loss report. I can assure you that if you use every single tip I have shared in this material, you start seeing result in your body. And if you continue this over few weeks, you will be able to transform your body into the one you desire.

Before I close this report, I've got something really really special for you which I am 100% convinced beyond any doubt will help you lose weight, shred those belly fat and transform your body into that slim beautiful dazzling person you've always want to be within 30 days!

Its called the.....**Naija Weight Loss Challenge!**



ABOUT THE 30 DAYS NAIJA WEIGHT LOSS CHALLENGE FOR NIGERIANS

If you are someone whose been on a fat burning diet before and you've used various methods of losing weight and despite all your best effort, **you are just NOT losing weight**, then this challenge is for you.

The 30 Day challenge is a **special weight loss program** that I have specially designed to help you **burn all those ugly fat in every part of your body that you don't want**. Its a combination of a **30 day fat burning diet** together with a work out routine that will help you drop 2 dress size in just 30 days!

Participants who sign up for the Naija WLX challenge will receive a 30 day meal plan and work out routines that will

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burn all the fat around the belly, and shred those pound of flabby fat in your arms and help you lose weight and transform your body to a new you.

This program will launch on the 19th of November 2012.

If you are interested in this challenge, I want you to send me an email at Coacholu@naijaweightloss.com with the subject " I am interested in WLX".

However, over the next couple of days, I'll be sending you more details about this weight loss challenge. DO ensure you read my email.

I hope you have learnt something from this short report. If you have, I want you to send us an email at coacholu@naijaweightloss.com

Also, if you've used the methods I described in this free report to transform your body, please also send your testimony to coacholu@naijaweightloss.com

Thank you for taking your time to read this report

To your Super Fast Transformed Body,

Olu Aíjotan – Your weight Loss & Fitness Coach, Author

Founder - Naijaweightloss.com