

# **SPECIAL FAT** **BURNING VEGETABLE** **REPORT**



**The Best 15 Vegetables Commonly**  
**Found In Nigeria....**  
**That CONSISTENTLY BURN FAT**  
**FASTER!!!**

BY  
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I want to say a very BIG thank you for taking your time to download this report and for opening it to read it.

I want you to know that it means a lot to me because my materials are blessing lots of people, especially you and I am not writing for nothing.

I want to also say a **BIG Thank You** if you are one of the people who trusted me enough to invest your hard earned money to purchase my materials.

I want you to know that I have never taken it for granted and feel blessed knowing that my fat loss materials has benefitted people like you.

I like to say "Thank You's" like this because i get emails from people who are sceptical about getting access to my program.

They send me emails such as:

*"How am I sure you are not a scammer.  
What is the guarantee that this is genuine....because there is a lot of scammers on the internet".*

I really don't blame people who think like this...

**It is because of their past experiences  
or stories they heard about people  
who lost their money online.**

But really, if we are realistic, most people that lose their money do so because they fall for ridiculous claims and opportunities that are too good to be true such as advanced fee fraud that has no product to its name.

What I usually do is to encourage them to continue to read my FREE reports and newsletters like the one you are reading right now if they do not have the courage to buy my materials.

Anyways...

**Let us go to the main topic of this special report:**

Sometimes ago, I sent an email to some of my fat loss suscribers about a new fat burning recipe I love so much that I try to eat it as many times as possible every week.

If you have been on my list long enough you would have received that exact email.

But just in case you've only been my fat loss subscriber recently and you did not get this email when I sent it, I have reproduced a copy of it below for you to read:

**E-mail Subject: Eat this to CHASE Fat Away**

Morning Friend,

Yesterday, my wife and I were shopping for the month at a popular grocery supermarket.

So we went past the vegetable section, and a food idea that I have been ruminating about the previous week flashed through my mind once again.

I whispered to my wife that I was going to get few things in the next aisle. I returned back to the vegetable section.

I picked a ball of lettuce from the rack, A long green cucumber, Some tomatoes, 1 ball of bell pepper. The Yoruba's call it "Tatase", two carrots and some already cooked chicken breast.

As soon as we got home, I rushed to the kitchen and did the below:

**1.** I washed the lettuces in water. I then shred it with my hands into a bowl.

**2.**I cut the cucumbers, tomatoes and bell pepper into small pieces.

**3.** I then grate the carrots with a grater.

I put all of the prepared ingredients above into the bowl of lettuce and mixed them gently with my washed hands.

I put some of this in a plate, and added some of the chicken too.

I then garnished it with some shredded cheese and some home made dressing:  
*( 1 teaspoon olive oil + squeezed lemon juice + little salt & pepper).*

And the result, is what you'll see in the below picture:



After I sent that email, I received lots of amazing comments from my clients who tried that recipe as well and liked it so much.

And I did get some "not so encouraging" comments too from some people who gave 101 reasons why they will not even touch the recipe with a long pole simply because the recipe IS NOT Nigerian.

Anyways....

What they did not realise is that I was giving them:

# A BIG Secret!

A secret that will get them closer to their goal of a flatter belly and an amazing body.

This is because it contains ingredients that are referred to as "*Low Calorie Free Vegetables*".

You see, one of the best way to lose weight, get a flat belly and an amazing body is to...

**Eat at Least 1 - 2  
Servings Of  
Vegetables DAILY.**

Vegetables give your body enough vitamin and minerals that your body need to function properly.

Not only that, veggies are also considered to have a "*High Metabolic Thermo-Charge*".

This means that when you eat it, your body burn FAT just by eating these veggies only.

Vegetables are so low in calories that you can eat them as much as you want without restrictions because it is very difficult to gain weight even if you overeat them.

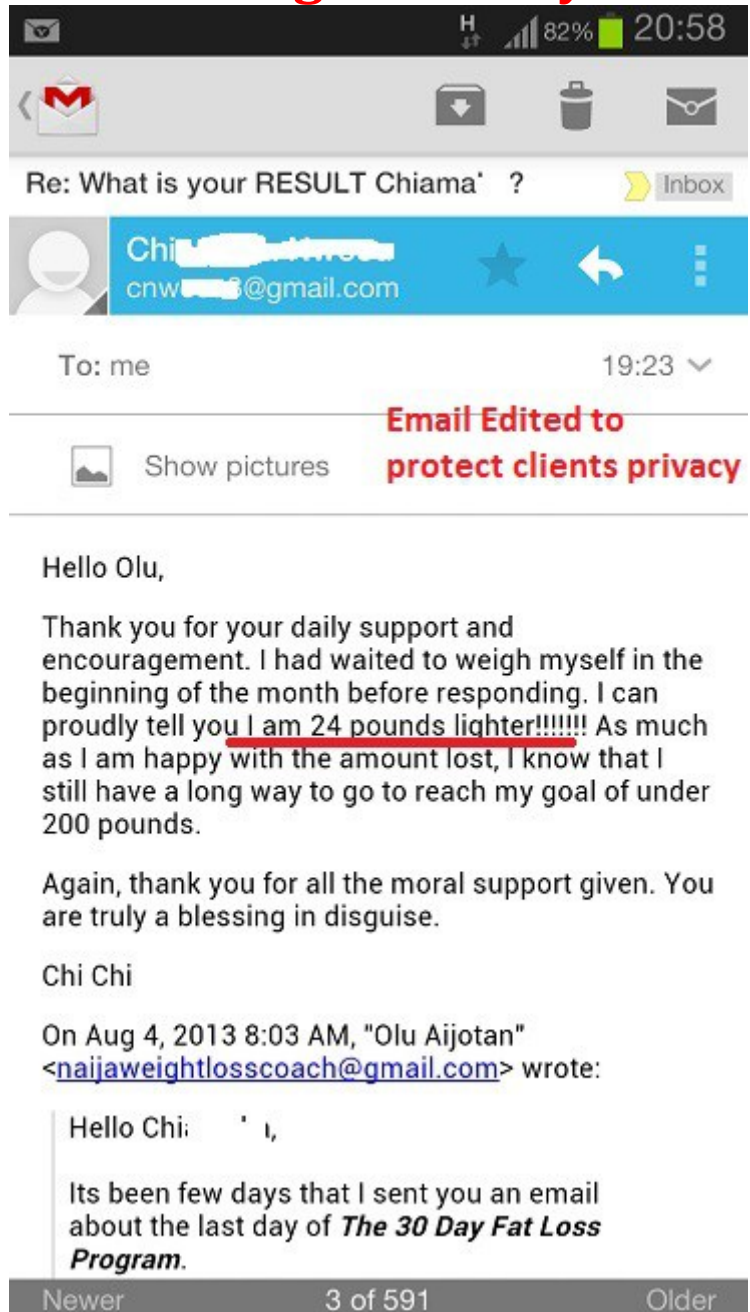
**NOTE** - *This statement will not apply if you fry your vegetables or mix it with cream or those high calorie addition.*

This is exactly what I always encourage my clients who got a copy of my Fat Loss Program called The 30 Day Fat Loss Program and it is working for so many of my clients...

For example, here's an email I received I received recently from a client whose first name is Chichi.

She bought herself a copy of The 30 Day Fat Loss Program used it for 30 days and here's the exact testimonial she sent me: ***(Scroll to the next page to see it)***

## Chichi Lost A Total Of: 10.8kg in 30 Days



The screenshot shows an email interface on a mobile device. At the top, the status bar displays signal strength, 82% battery, and the time 20:58. The email title is "Re: What is your RESULT Chiamam?". The sender is identified as "Chi [redacted] cnw[redacted]@gmail.com". The recipient is "me" and the time is 19:23. A red watermark reads "Email Edited to protect clients privacy". The email body contains the following text:

Hello Olu,

Thank you for your daily support and encouragement. I had waited to weigh myself in the beginning of the month before responding. I can proudly tell you I am 24 pounds lighter!!!!!! As much as I am happy with the amount lost, I know that I still have a long way to go to reach my goal of under 200 pounds.

Again, thank you for all the moral support given. You are truly a blessing in disguise.

Chi Chi

On Aug 4, 2013 8:03 AM, "Olu Aijotan" <[naijaweightlosscoach@gmail.com](mailto:naijaweightlosscoach@gmail.com)> wrote:

Hello Chi: ' i,

Its been few days that I sent you an email about the last day of ***The 30 Day Fat Loss Program.***

At the bottom of the email, there are navigation links: "Newer", "3 of 591", and "Older".

## **Moving forward...**

When you eat vegetables, you don't count calories whatsoever. On average a cup of healthy vegetables contains about 50 calories.

That amount is very very low compared to what a cup of rice or cup of Eba or Pounded Yam contains.

Recently, I was reading a research study conducted by an Harvard-based nurses and Health Professional body in the United States of America and this research study included 110,000 men and women whose health and dietary habit were followed for 14 years concluded that...

The higher the average daily intake of vegetables, the lower the risk or chances of developing cardiovascular diseases and have a 30% less chances of having a heart attack or stroke.

**My friend, the above...is even an additional benefit!**

### **So what am I REALLY driving at?**

If you really are serious about losing weight, you **MUST** include vegetables in your diet. And you should eat them as much as possible and you should eat it daily as much as you can.

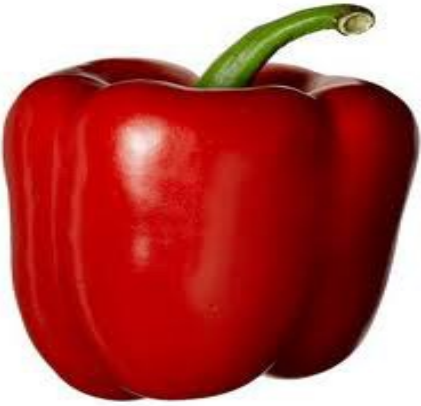
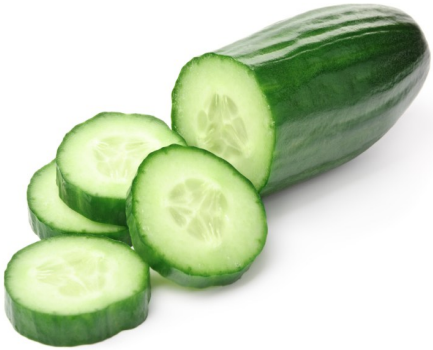
And without wasting time, I want to give you a list of the low calorie fat burning free vegetables that you can include in your meals starting from today that will help you get your own flatter belly and amazing body.

I want you to include these vegetables into your meals and with further healthy eating and exercise, you will turn your body into a fat burning furnace.



# LIST OF LOW CALORIE, FAT-BURNING FREE VEGETABLES

Here's a list of my Fat Burning High Metabolic Vegetables that you can include in your meals starting from today. and to make it easier, I have included pictures of these vegetables so you can identify them as well:

<b>1. Bell Peppers</b>	
<b>2. Cucumber</b>	

**3. Tomatoes**



**4. Spinach Or Green  
(Yoruba's call it "Efo  
Tete")**



**5. Water Leaf**



**6. Pumpkin Leaf (Ugwu)**



**7. Okra**



**8. Lettuce**



**9. Garden Egg**



**10. Carrots**



**11. Garlic**



**12. Broccoli**



**13. Spring Onions**



**14. Green Beans & Peas**





15. Mushrooms (Also considered Vegetable/Fungus)



When you are eating the above veggies, we do not count calories for them.

You can eat as much as will make you full because it is low calories.

You can add these vegetables to any meal as you deem fit and consume it as snack whenever you feel hungry between meals throughout the day.

For example, I sometimes eat raw cucumbers in-between meals.

They are juicy and are healthy too and I encourage all my 30 Day Fat Loss Clients to do too.

## **WHERE TO GET THESE VEGETABLES:**

Most of these vegetables can be sourced from the local open air market anywhere in Nigeria. Water leaf, Pumpkin, Okra, tomatoes, cucumbers, garden eggs etc

The more exotic ones like *Broccoli, Lettuce, Green beans etc* you can get at any vegetable store or Salad store.

If you have a Shoprite or similar grocery store in your area or town, you can source yours from there.

I can assure you that if you put these fat burning vegetables in your meals, you will cut down on your sugar intake from excess carbohydrates and if you put in a perfect meal plan that aids fat loss like The 30 Day Fat Loss Program, you will see great result.

## **I am talking of a flatter belly and an amazing body.**

And speaking of getting a flatter belly and amazing body, I want to introduce you to my flagship program which can help you achieve this in 30 Days From now.

If you are currently overweight or have unwanted UGLY fat on your body body and you are tired of it and want to get rid of it, then I want you to hear me out.

Just maybe you have tried various herbal green teas, joined the gym, starved yourself etc and it never worked out for you.

If you are a mum and still have baby fat from your last pregnancy that you REALLY want to get rid of, then I want you to hear me out too...

Over the past 2 years, I have been helping a lot of Nigerian women (and men) to get rid of excess body fat and I have seen life transformed in just 30 Days.

## **I am talking about AMAZING life transformation such as:**

<sup>35</sup>/<sub>17</sub> Relationships saved from the brink of disaster because a client of mine got a flatter belly.

<sup>35</sup>/<sub>17</sub> **Battered self esteem of a lady repaired and new confidence gained after a 12kg weight loss**

<sup>35</sup>/<sub>17</sub> Self Consciousness (about body fat) flying out of the window

<sup>35</sup><sub>17</sub> An improved and "sweeter" sex life for a couple whose relationship was nearly battered by UGLY body fat gain

<sup>35</sup><sub>17</sub> A happier lady who has been depressed for months and became hypertensive because she has been "big all her life" lost her excess fat and became happier.

And many more women (more than 300 of them) who got rid of between 4kg - 14kg in just 30 Days of using the same program I am about to introduce to you.

I don't know what you have tried before in the past, but whatever your unbelief might be as a result of your past experience, I want you to suspend it..

**If You Can Give Me Just 20 Minutes, 5 Days A Week....Then I will Hand Over To You A Proven & Result Getting Fat Loss Program...**

**And Within The Next 24 Hours From Now...**

**You Will Start To Get Rid Of Stubborn Body & Belly Fat WITHOUT Ever Starving Yourself & Going Hungry Again.**

And not only that, this program is perfectly suited for the Nigerian Environment..

This means that When you go on This Program, you'll Be able to Get Rid Of Excess UGLY Fat Even iF you have struggled With It all Your Life or It just Piled Up Suddenly.

**To Get Your Copy Of this 30 Day Fat Loss Program, I want You To click on the link below For Details On How To Get Your Own Copy:**

**<http://www.naijaweightloss.com/30dayfatlossprogram>**

Whatever you do, do get yourself a copy of this material and I can GUARANTEE you that you will see amazing result of a flatter belly and amazing body in just 30 Days of using it.

Finally....

Thanks very much for reading this amazing Fat Burning Vegetable Report.

If you have any questions or comments, kindly send me an email to [naijaweightlosscoach@gmail.com](mailto:naijaweightlosscoach@gmail.com)

To Your Fat Loss Success

Olu Aijotan

Your Fat Loss Nutrition & Fitness Coach

**Author - The 30-Day Fat Loss Program**

**<http://www.naijaweightloss.com/30dayfatlossprogram>**