

LOSE WEIGHT WHILE EATING THE VERY FOODS THEY SAID YOU COULDN'T HAVE

# LOSE WEIGHT

WHILE

# EATING

## THE VERY FOODS

## THEY SAID YOU COULDN'T HAVE

Stop Thinking Weight Loss  
Means Living on Cabbage  
*and Cucumber.*

Discover the Simple System That  
Lets You Enjoy Everyday  
Nigerian Meals and  
**Still Lose Weight.**



Perfect for busy people who want **real results** without complicated diets.



Great for **women** balancing work, family, and personal wellness.



Ideal for **anyone** on a fitness journey who wants a sustainable lifestyle.

**THE FOOD FREEDOM FORMULA™**  
YOUR SIMPLE PATHWAY TO REAL RESULTS

*No Starving. No Guilt. Just Results.*

# N E M E

NEME

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# INTRODUCTION

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When I first decided to lose weight, I thought I had to stop eating everything I loved. My meals became cabbage, cucumber, carrots... and that was almost it. I honestly believed rice, yam, bread, and plantain were the reason I couldn't lose weight. I was hungry, frustrated, and constantly craving real food. Then I discovered something that completely changed my approach. I learned that it wasn't my favorite Nigerian meals that were the problem, it was how I was building my meals. That simple discovery changed everything, and it's exactly what I'm going to teach you in this guide.

This Guide Is For You If...

- You want to lose weight without starving yourself.
- You love Nigerian meals and don't want to give them up.
- You have a busy schedule and need a simple plan.
- You want a meal plan that tells you exactly what to eat.

What Makes This Guide Different? There are thousands of diets promising quick results. Most rely on restrictions while some ask you to eliminate entire food groups.

Others expect you to survive on salads or expensive "healthy" foods that don't fit your lifestyle.

Here, you'll learn how to:

- Eat protein-rich meals that keep you fuller for longer.
- Enjoy carbohydrates without guilt.
- Build balanced plates that support fat loss.

## CHAPTER ONE

***"The goal isn't to eat less". "The goal is to eat smarter".***

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Imagine looking in the mirror after a few weeks and noticing that your clothes fit better, your stomach feels less bloated, and your energy levels have improved.

This isn't wishful thinking, It's what happens when you stop chasing quick fixes and start following a system that works with your lifestyle instead of against it.

You've probably heard things like:

- "Never eat rice if you want to lose weight."
- "Bread is fattening."
- "Cut out all the carbs."
- "The hungrier you are, the faster you'll lose weight."

At first, these rules may seem to work. You lose a little weight because you're eating less overall. But then reality sets in, you become hungry all the time. You crave the foods you've been avoiding.

Eventually, you give in not because you're weak, but because the plan was never realistic.

Lasting fat loss doesn't come from punishment. It comes from balance.

When your meals include enough protein, sensible portions of carbohydrates, healthy fats, vegetables, water, and regular movement, your body has what it needs to function well.

You feel satisfied. Your cravings become easier to manage.

Most importantly, you create habits you can actually stick with

## **The Starvation Trap**

One of the biggest myths about weight loss is that eating less always leads to losing more weight. Many people skip breakfast, eat one meal a day, or go for long hours without food because they think they're helping their bodies burn fat.

But here's what often happens instead:

- You feel tired and sluggish.
- Your concentration drops.
- You become extremely hungry.
- You overeat later in the day.
- You crave sugary snacks and fast food.

Instead of helping you, starvation usually creates a cycle of restriction followed by overeating.

The goal isn't to eat as little as possible.

The goal is to eat enough of the right foods to support your health while creating a sustainable calorie deficit over time.

## **Why Protein Is Your Best Friend**

If there is one nutrient that deserves a permanent place on your plate, it's protein.

Protein helps you:

- Stay full for longer.
- Support muscle growth and repair.
- Reduce unnecessary snacking.
- Recover after exercise.
- Maintain a healthy metabolism.

When every meal contains a good source of protein, you'll likely notice that you're less tempted to reach for biscuits, sweets, or sugary drinks between meals.



## **Muscle Burns More Than Fat**

Here's something many people don't realize:

The more muscle your body has, the more energy it uses even when you're resting.

Simple strength exercises performed a few times each week can help preserve and build lean muscle while you're losing fat.

Combined with a protein-rich diet, these exercises help your body burn calories more efficiently over time.

## **Build the Perfect Plate (BPP)**

Never forget this simple plate method.

### **½ Plate – Vegetables**

Fill half your plate with vegetables like spinach, cabbage, carrots, cucumbers, broccoli, or green beans.

These foods add fibre, vitamins, and volume to your meals while helping you feel full.

### **¼ Plate – Protein**

Choose one protein source such as chicken, fish, eggs, beans, turkey, or lean beef.

Protein keeps you satisfied and supports muscle maintenance.

### **¼ Plate – Carbohydrates**

Finish your plate with rice, yam, oats, bread, plantain, pasta, or another carbohydrate source. This balanced approach helps you enjoy your favourite foods while controlling portions.

## Drink More Water

Many people mistake thirst for hunger.

Before reaching for a breakfast, drink a glass of water and give your body a few minutes. Aim for **2–3 litres of water each day**.

Simple ways to drink more water:

- Start your morning with a glass of water.
- Carry a reusable bottle.
- Drink water before each meal.
- Add lemon or cucumber slices if you prefer more flavour.

Staying hydrated can help improve energy levels and reduce unnecessary snacking.

## Move Your Body Every Day

You do not need an expensive gym membership to lose weight. Movement is about consistency, not perfection. Aim for at least **30 minutes of activity most days of the week**.

You could:

- Walk around your neighbourhood.
- Dance to your favourite music.
- Climb stairs instead of taking the lift.
- Follow a simple home workout.
- Ride a bicycle.

## **Prioritize Sleep**

Sleep is one of the most overlooked parts of weight loss.

When you're tired, your body produces more hunger hormones, making it harder to resist cravings.

Poor sleep can also reduce your energy, making it less likely that you'll exercise or prepare healthy meals.

Aim for **7–8 hours of sleep every night.**

## CHAPTER TWO

### Your 14-Day Food Freedom Meal Plan

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Congratulations! You've made it to the practical part of this guide. Everything you've learned so far has prepared you for this moment. This meal plan is designed to remove the stress of deciding what to eat. It isn't meant to be restrictive, it is meant to give you structure while allowing flexibility. If you need to swap a meal, swap breakfast for breakfast, lunch for lunch, and dinner for dinner.

#### WEEK ONE

##### Monday

Breakfast: 2 boiled eggs + 2 slices whole wheat or white bread + 1 apple

Lunch: 1 and half cup of jollof rice + boiled chicken + 1 cup coleslaw

Snack: 1 small apples

Dinner: Chicken/fish pepper soup + 2 carrots

##### Tuesday

Breakfast: 1 Cup of diced boiled yam + Egg sauce + 1 cup of mixed carrots & cabbage inside

Lunch: Mashed potatoes + chicken sauce + 1 apple

Snack: 1 cup of diced watermelon

Dinner: 1 tablespoon of salad cream + 1 cup of salad veggies + 1 piece of fish

### **Wednesday**

Breakfast: Half cup of Greek yoghurt + granola + 2 eggs

Lunch: Chicken curry sauce + 1 cup of boiled rice + 1 medium boiled chicken

Snack: 1 small Banana

Dinner: 1 wrap of small moimoi + 1 cup of coleslaw + 1 tablespoon of salad cream

### **Thursday**

Breakfast: 1 medium boiled Plantain + 2 boiled eggs + fresh tomato slices

Lunch: Beans porridge + 1 cup of diced yam + 1 fish + 1 apple

Snack: 1 cup of air popped popcorn

Dinner: Chicken pepper soup

### **Friday**

Breakfast: 2 boiled eggs + 2 slices whole wheat or white bread + 1 apple

Lunch: 1 cup of fresh Okro soup + 1 cup of cooked semovita + 1 beef

Snack: 2 boiled eggs

Dinner: 1 cup of diced sweet potatoes + 1 chicken + fresh tomato slices

## **Week Two**

### **Monday**

Breakfast: 1 bag of Green tea + 2 fried eggs (fried with 1 cup of veggies & tiny oil) + 1 cup of boiled sweet potato

Lunch: 1 and half cup of Ofada rice + half cup of ayamase + 1 medium grilled fish

Snack: 1 medium boiled corn + 1 pear

Dinner: Chicken pepper soup + 1 chicken + 1 cup of chopped cucumber

### **Tuesday**

Breakfast: 2 banana pancakes + scrambled eggs + 1 apple

Lunch: 1 and half cup of Stir fry spaghetti + 1 chicken + 1 cup of coleslaw + 1 tablespoon of salad cream

Snack: 1 tangerine

Dinner: 1 medium boiled plantain + 1 boiled egg + 1 cup of cucumber

### **Wednesday**

Breakfast: 1 cup of cooked oatmeal + 1 tablespoon of powdered milk + 1 tablespoon of chia seeds + 1 medium apple

Lunch: Boiled plantain + egg sauce + spinach

Snack: 1 banana + groundnut (small)

Dinner: 1 cup of yam chips and the same egg sauce

### **Thursday**

Breakfast: 1 medium plantain pancake + 2 scrambled eggs (fry with 1 teaspoon of oil) + 1 apple

Lunch: 1 cup of vegetable soup + 1 cup of cooked semovita or swallow of choice + 1 piece of beef

Snack: 1 cup of popcorn

Dinner: Chicken salad

**Friday**

Breakfast: 1 wrap of moimoi + 1 serving of pap

Lunch: 1 cup of diced plantain or yam porridge + fish

Snack: Boiled corn + pear

Dinner: 1 indomitable garnished with 2 eggs and veggies

## BONUS #1

# How to Find Your Daily Calorie Goal Using a TDEE Calculator

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One of the biggest questions people ask is **"How much should I actually eat to lose weight?"** Instead of guessing, you can calculate a personalized estimate using a free online tool called the **TDEE Calculator**.

**Website:** [www.tdeecalculator.net](http://www.tdeecalculator.net)

Step 1: Visit the Website

Open your browser and go to:

[www.tdeecalculator.net](http://www.tdeecalculator.net)

You'll be asked to enter:

- Your age
- Your gender
- Your height
- Your current weight
- Your activity level

Once you've entered your details, the calculator will estimate the number of calories your body needs each day to maintain your current weight.

Step 2: Choose the Right Activity Level

Many people get confused at this stage. A simple way to estimate your activity level is by looking at how active you are on most days.

## **Sedentary**

- Little or no exercise
- Mostly sitting throughout the day
- A helpful guide: usually fewer than about **5,000 steps** per day

## **Lightly Active**

- Light exercise or regular walking
- A helpful guide: around **5,000–10,000 steps** most days

## **Moderately Active**

- Regular exercise several days each week
- A helpful guide: around **10,000–15,000 steps** most days

## **Very Active**

- Hard exercise or a physically demanding job
- A helpful guide: around **15,000–20,000 steps** most days

## **Extra Active**

- Very intense training or highly physical work
- A helpful guide: often **20,000+ steps** per day

**Remember:** These step ranges are only a guide. Choose the option that best matches your overall lifestyle and exercise routine.

### Step 3: Find Your Daily Calorie Goal

After you've filled in your details, the calculator will show your estimated maintenance calories, the approximate amount of energy your body needs to maintain your current weight.

To create a moderate calorie deficit for weight loss, subtract **500 calories** from your maintenance calories.

Example

Maintenance Calories: **2,000 calories**

$2,000 - 500 = \mathbf{1,500 \text{ calories}}$

This means your daily calorie goal would be approximately **1,500 calories**.

For many people, a moderate calorie deficit like this is easier to maintain than extreme dieting because it still allows you to enjoy satisfying, balanced meals.

## Bonus #2

# How to Weigh Your Food & Count Your Daily Calories

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Once you've calculated your daily calorie goal, the next step is learning how to measure your food correctly.

### Step 1: Set Up Your Food Scale

- Place your empty plate or bowl **on the food scale first**.
- Then turn the scale on (or press the **Tare/Zero** button if it's already on).
- The display should read **0 g** before you add any food.

This ensures you're measuring **only the food**, not the weight of the plate.

### Step 2: Weigh Each Food Separately

Add one food at a time and record its weight in grams.

For example:

- Cooked white rice: **160 g**
- Grilled chicken: **120 g**
- Coleslaw: **80 g**

Write down the weight of each item before moving to the next.

### Step 3: Find the Calories

Use **ChatGPT** or a trusted nutrition app to check the calories.

Example: *"How many calories are in 160 g of cooked white rice?"* Repeat this for each food, then add the calories together to see how much you've eaten for that meal.

## Keep Track

Record your meals in your phone's Notes app or a notebook throughout the day so you know how close you are to your daily calorie goal.

**Note:** Water contains **0 calories**, so you don't need to track it but remember to drink plenty of it throughout the day.



## BONUS #3

### 30-Day Healthy Habit Tracker

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**Small habits repeated every day create life-changing results.**

Use this tracker to stay accountable throughout your 30-day journey. Tick each box at the end of every day and watch your consistency grow.

#### Daily Habits to Track

- Drank 2–3 litres of water
- Ate protein with every meal
- Ate vegetables
- Stayed within my daily calorie goal
- Walked, danced, skipped or climb stair case for at least 30 minutes
- Completed my workout
- Got 7–8 hours of sleep
- Prepared tomorrow's meals
- Chose progress over perfection

#### Remember

Don't aim for a perfect month, aim for a consistent one.

Every healthy choice you make brings you one step closer to your goal. Stay committed, trust the process, and celebrate your progress, one day at a time.

# FREQUENTLY ASKED QUESTIONS

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## **1. Can I swap meals in the meal plan?**

Yes. You can swap one breakfast for another breakfast, one lunch for another lunch, and one dinner for another dinner. However, avoid swapping meals across categories (for example, don't eat a lunch meal for breakfast). This helps you maintain a balanced eating routine.

## **2. Do I need to go to the gym to lose weight?**

No. A gym membership is not a requirement for losing weight. Consistent healthy eating, staying active, and walking for at least 30 minutes most days can help you make great progress. If you enjoy strength training, that can be a great addition to your routine, but they're completely optional.

## **3. What if I eat something unhealthy?**

Don't let one meal convince you that you've failed. One unhealthy meal won't ruin your progress, just as one healthy meal won't transform your body overnight. Simply get back on track with your next meal and keep moving forward.

## **4. Do I have to count calories forever?**

Not at all. Counting calories is simply a learning tool to help you understand portion sizes and become more aware of what you're eating. As you become more confident building balanced meals, you'll naturally rely less on tracking because you'll already know what works for your body.

**5. How long should I follow this meal plan?** The 14-day meal plan is designed to help you build healthy habits and create consistency. Once you've completed it, you can repeat your favourite meals, mix and match the options.

# THINGS TO KEEP IN MIND

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## 1. Get a Measuring Cup Set & a Food Weighing Scale

These two tools will make portioning your meals much easier.

A measuring cup set comes with different cup and spoon sizes, while a food weighing scale helps you measure your food accurately in grams. They're affordable and available in most kitchenware or baking supply stores.

## 2. Go Easy on the Oil

Oil is very calorie-dense, so use it sparingly.

For frying eggs, aim to use about **5 ml (1 teaspoon)** of oil. When cooking stews or jollof rice, reduce the amount of oil where possible. You can also find delicious low-oil Nigerian recipes online.

## 3. Stay Hydrated

Start your day with a glass of water and drink another glass before each meal.

Staying hydrated supports your overall health and can help you avoid confusing thirst with hunger.

## **Hwaiting! (You've Got This!)**

Thank you for trusting me to be part of your journey. I hope this guide reminds you that healthy eating doesn't have to be difficult or boring. Keep showing up for yourself every day, even in small ways.

Your future self is already cheering you on.

With love,

**Neme** 