



THE NIGERIAN KITCHEN GUIDE

BONUS
#3

BY
PETAL
FLUX LAB



BONUS #3



THE NIGERIAN KITCHEN GUIDE

SIMPLE, PRACTICAL FOOD IDEAS
TO SUPPORT YOUR EVERYDAY
WELLNESS ROUTINE



NOURISH YOUR BODY

Wholesome Nigerian foods
that support your well-being.



MEALS YOU'LL LOVE

Delicious, familiar recipes
made with ingredients
you can access.



BUDGET FRIENDLY

Practical tips to eat well
without breaking the bank.



BALANCED & REALISTIC

Easy guidance for building
meals that fit your lifestyle.



SHOP SMART

Grocery lists, kitchen tips
& meal planning guides
for everyday life.



REAL FOOD.
REAL CULTURE.
REAL WELLNESS.
FOR NIGERIAN
WOMEN.



BY PETAL. FLUX LAB



EAT WELL. LIVE WELL. THRIVE EVERY DAY.
YOUR KITCHEN. YOUR POWER.



Bonus 3: The Nigerian Kitchen Guide

Simple, Practical Food Ideas to Support Your Everyday Wellness Routine

By Petal Flux Lab

Welcome

If you've ever searched online for information about eating well while living with fibroids, you've probably seen long lists of foods you've never heard of.

Exotic berries.

Expensive powders.

Imported supplements.

Complicated meal plans.

For many Nigerian women, that's simply not realistic.

The good news?

Supporting your overall wellness doesn't have to begin in a specialty health store.

It can begin in your own kitchen.

This guide isn't about "miracle foods."

There are no magic ingredients that can cure fibroids.

Instead, this bonus is designed to help you build balanced, practical meals using foods that are already familiar in many Nigerian homes.

Think of it as inspiration—not strict rules.

The Kitchen Philosophy

Before we look at individual foods, remember three simple principles.

1. Progress Over Perfection

You don't need to eat perfectly every day.

Aim for balance over time.

2. Use What You Can Access

If a suggested ingredient isn't available or affordable, choose a similar option.

Healthy eating shouldn't become a financial burden.

3. Build Balanced Plates

Whenever possible, include:

- ✓ Vegetables
- ✓ Protein
- ✓ Whole grains or other carbohydrate sources in appropriate portions
- ✓ Fruit
- ✓ Water

Simple.

Practical.

Sustainable.

Everyday Nigerian Foods to Enjoy More Often

These foods can form part of a balanced eating pattern that supports your overall health.

Leafy Vegetables

Examples include:

- Ugu (Fluted Pumpkin)
- Spinach
- Efo
- Waterleaf
- Bitter Leaf
- Scent Leaf

Ideas:

- ✓ Vegetable soup
 - ✓ Stir-fries
 - ✓ Added to stews
 - ✓ Mixed into rice dishes
-

Beans & Legumes

Examples:

- Brown beans
- White beans
- Black-eyed beans
- Moi Moi
- Akara (enjoy in moderation due to frying)

Beans provide fibre and plant-based protein that can help make meals more satisfying.

Fish

Good options include:

- Titus
- Mackerel
- Sardines
- Catfish
- Croaker
- Tilapia

Choose grilled, baked, steamed, or lightly prepared options when practical.

Eggs

Eggs are affordable, versatile, and a convenient source of protein.

Ideas:

- ✓ Boiled eggs
 - ✓ Vegetable omelettes
 - ✓ Egg sauce
-

Fruits

Aim for variety.

Examples:

- Oranges
- Apples
- Pawpaw
- Watermelon
- Pineapple
- Pear
- Banana
- Guava

Fresh fruit can make a simple snack or dessert.

Whole-Grain & Fibre-Rich Options

Where practical and available:

- Brown rice
- Oats
- Whole-wheat bread
- Corn
- Sweet potatoes

Remember, it's okay if these aren't available every day.

Use what fits your budget and lifestyle.

Building a Balanced Nigerian Plate

Instead of focusing on foods to "avoid forever," think about what you can include.

A balanced plate might look like this:



Half the plate:

Vegetables



One-quarter:

Protein

Fish

Chicken

Beans

Eggs



One-quarter:

Rice

Yam

Plantain

Potatoes

Garri (appropriate portions)

Other familiar carbohydrate sources



Drink:

Water



Finish with:

Fruit when available

Simple Breakfast Ideas

Option 1

Oats with fruit.

Option 2

Moi Moi and fruit.

Option 3

Boiled eggs with whole-wheat bread.

Option 4

Pap with beans or boiled egg.

Option 5

Vegetable omelette.

Lunch Ideas

Option 1

Beans with grilled fish.

Option 2

Rice with vegetable stew and chicken.

Option 3

Boiled yam with vegetable sauce.

Option 4

Sweet potatoes with fish.

Option 5

Moi Moi with salad.

Dinner Ideas

Option 1

Vegetable soup with a moderate portion of swallow.

Option 2

Grilled fish with steamed vegetables.

Option 3

Beans and vegetables.

Option 4

Chicken with stir-fried vegetables.

Option 5

Rice with plenty of vegetables.

Smart Snack Ideas

Instead of always reaching for biscuits or sugary snacks, consider:

- ✓ Fresh fruit
- ✓ Groundnuts (small portions)
- ✓ Roasted corn (seasonal)
- ✓ Boiled groundnuts
- ✓ Plain yoghurt (if suitable for you)
- ✓ Carrot sticks
- ✓ Cucumber slices

Hydration Matters

Water often gets overlooked.

Try simple habits like:

- ✓ A glass after waking up.
- ✓ One with each meal.
- ✓ Carry a reusable bottle.
- ✓ Drink more during hot weather or when you're physically active, unless you've been advised otherwise by your healthcare provider.

Don't wait until you're extremely thirsty.

Foods to Enjoy Mindfully

This section isn't about banning foods.

It's about awareness.

Many people find it helpful to enjoy these less frequently or in smaller portions as part of an overall balanced eating pattern:

- Sugar-sweetened drinks
- Highly processed snacks
- Deep-fried fast foods
- Sweets and desserts
- Large portions of refined carbohydrates

Remember:

One meal doesn't define your health.

Your overall pattern matters more.

Eating Well on a Budget

Healthy eating doesn't have to be expensive.

Some budget-friendly ideas include:

- ✓ Buy fruits that are in season.
- ✓ Choose local vegetables.
- ✓ Cook larger portions and freeze leftovers.
- ✓ Buy dried beans in bulk.
- ✓ Plan meals before shopping.
- ✓ Reduce food waste by using leftovers creatively.

Simple planning often saves money.

Your Weekly Meal Planner

Monday

Breakfast:

Lunch:

Dinner:

Tuesday

Breakfast:

Lunch:

Dinner:

Wednesday

Breakfast:

Lunch:

Dinner:

Thursday

Breakfast:

Lunch:

Dinner:

Friday

Breakfast:

Lunch:

Dinner:

Saturday

Breakfast:

Lunch:

Dinner:

Sunday

Breakfast:

Lunch:

Dinner:

Grocery Shopping Checklist

Vegetables

- ☐ Ugu
- ☐ Spinach
- ☐ Tomatoes
- ☐ Onions
- ☐ Bell peppers
- ☐ Carrots
- ☐ Cucumber
- ☐ Garden eggs

Other:

Protein

- ☐ Fish
- ☐ Eggs
- ☐ Chicken
- ☐ Beans
- ☐ Moi Moi ingredients

Other:

Fruits

- ☐ Oranges
- ☐ Pawpaw
- ☐ Apples
- ☐ Watermelon
- ☐ Pineapple

Other:

Carbohydrates

- ☐ Rice
- ☐ Yam
- ☐ Sweet potatoes
- ☐ Oats
- ☐ Whole-wheat bread

Other:

Drinks

- ☐ Water
- ☐ Unsweetened beverages (if desired)

The Recovery Window™ Kitchen Promise

Before you close this guide, make this promise to yourself:

I will stop looking for the perfect food.

I will stop believing every miracle claim I see online.

I will focus on building balanced meals with foods that fit my culture, my budget, and my lifestyle.

I understand that consistency matters more than perfection.

Every healthy choice is another way of supporting my Recovery Window™.

Final Thoughts

Your kitchen doesn't have to look like a wellness magazine.

It just needs to work for you.

Some days you'll cook a balanced meal from scratch.

Other days you'll do the best you can with what's available.

That's okay.

Healthy living isn't built through guilt.

It's built through everyday choices that you can repeat.

And those ordinary choices, practiced consistently over time, become the foundation of a healthier lifestyle.

Thank you for allowing **Petal Flux Lab** to be part of your wellness journey.

We hope **The Fibroid Recovery Window™ System** gives you greater confidence, clearer direction, and practical tools to support your well-being and have more informed conversations with your healthcare provider.

End of Bonus #3

Disclaimer: This guide is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any medical condition. Nutritional needs vary from person to person. For personalized advice, consult a qualified healthcare professional or registered dietitian.