

# 30 DAYS FERTILITY BOOSTING MEAL PLAN

HEALTHY FOODS AND  
FRUIT EATING HABITS  
FOR MUMS TO BE



**Omoavowere Emu**

30 Days  
Healthy and Fertility-  
Boosting Meal Plan  
For Mums-To-Be

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# INTRODUCTION

Hi mum-to-be,

This guide is specially made for you. But to be fully effective, you must have “Alkalinize your system.”

Please if you haven't, then refer to the **“ALKALINE YOUR BODY IN 2 – 4 WEEKS GUIDE”** Scroll to the bottom if you don't have it

It is that important or else you would only not waste your time, you won't get the full value of the aim of this book.

The main aim of this guide is to try as best as you could to follow it at least 75%. It is to fully prepare you. Read the other rules and adhere to it.

# **RULES**

- ❖ Avoid eating onions and garlic, especially uncooked.
- ❖ Avoid eating left over foods. If you must eat them, make sure it was covered and you warm it before eating.
- ❖ Avoid eating cold food.
- ❖ Cook your vegetables soup in small quantity. The size you and the family would finish in a day.
- ❖ Avoid cold beverages or drinks when eating your food.

- ❖ Fruit-fast once a week. The fruit fast could last from morning till 12pm, 3pm, 6pm or 9pm. This should depend on your strength. This fruit-fast is to relieve the digestive system of its daily workload and improve its ability to remove any accumulated toxic waste.
- ❖ Set aside a day in a week as a liquid day. This day you only take liquid. Example, like fresh homemade fruit juice, ewedu soup, garlic-honey drink, ginger-honey drink, pepper soup, water, etc. This is more effective especially one or two days before your menstruation; it helps to make menstrual period more comfortable and effective.
- ❖ Chew your food thoroughly. It helps you to eat slowly and not eat too much that would cause toxins or fat in the body.

❖ Anytime you cook your vegetables or fruits for more than five minutes, you have destroyed much of its water-soluble vitamins.

❖ Avoid Processed foods

❖ Avoid Margarine (butter), Bama (Mayonnaise), Butter Ketchup, Jam, Tin tomatoes, and most canned foods.

❖ Avoid preservatives. Chocolates. Biscuits, Sweets, etc.

❖ Avoid white flour, white rice.

❖ Avoid Coffee, alcohol. According to a gynecologic surgeon, Angela Chaudhari, M.D. in the Department of Obstetrics and Gynecology at Northwestern University Feinberg School of Medicine in Chicago says, “Caffeine and alcohol

are diuretics which prevent your mucus membranes from staying moist, affecting the consistency of your cervical mucus.

- ❖ Avoid eating heavy food in the evening
- ❖ Avoid eating late at night
- ❖ Eat light breakfast
- ❖ Make lunch the meal of the day.
- ❖ Drink warm water with every meal. It helps to increase the digestive power.
- ❖ Eat your last meal by 8pm. This is because the production of digestive enzymes stops around 8pm. Food eaten after this time will not digest.
- ❖ Eat light dinner.

- ❖ Avoid eating three hours before bed time
- ❖ Avoid every form of simple sugars like candies, biscuits, fruit juice, energy drink, soft drink, sweet teas

**Note: Soft drinks in particular have been associated with ovulatory infertility.**

# DAILY HEALTH HABITS TO OBSERVE

- At least a fruit a day; more is better.
- At least a vegetable in your daily diet. For example: Ugu leaves, Watermelon, Shoko leaves, Green, Ewedu and any other vegetables.
- At least one of these daily: Boiled egg, fish, goat meat (if you must eat meat). Avoid at all cost. Meat stays in the stomach for 20 – 45 hours without digesting. It is easy for bacteria to feed off it and cause more damages to your system.
- Never take more than a mouthful. You won't chew well. Proper digestion starts from the mouth

- At least 6 glasses of water daily, depending on your body size
  - i. 6 glasses of water for Slim body type
  - ii. 7 glasses of water for Medium body type
  - iii. 8 glasses of water for Bold body type

To know you are consuming the right amount of water, your urine should be a **clear** or **very pale yellow**. Anything darker is a sign of dehydration.

- Make one of the teas I mentioned below to drink every morning before eating. Eat light food an hour after your tea.
- Drink water early morning when you wake up, then a short while drink your morning tea.

# **PROPER WATER DRINKING HABITS**

It is also believed that drinking water at a certain time maximizes its effectiveness on the body.

- iv. Drinking water after waking up helps activate internal organs
- v. Drinking a glass of water 30 minutes before a meal helps digestion
- vi. Drinking a glass of water before taking a bath helps lower blood pressure.
- vii. Drinking a glass of water before going to bed help avoid stroke or heart attack

Therefore, proper water drinking should be (but not limited to) followed thus:

- i. One glass of water after getting out of bed.

- ii. One glass of warm water with lemon (or lime or cinnamon) and honey.
- iii. One glass of water 30 minutes before meal, (Never drink a lot of water or other beverages with your meal.)
- iv. Drink a glass of water 2 hours after each meal.



# **BENEFITS OF AN ALKALINE DIET**

**An alkaline diet** is one of the healthiest diets anyone on earth can introduce into their life to make a full transformation.

According to the *Harvard School of Public Health* carrying out a study on nearly 19,000 women found a higher incidence of ovulatory disorder in women who ate more carbs, trans-fat and animal protein.

According to this study, it found that infertility was 39% more likely in women with the higher intake of animal protein. That is, women who consume meat e.g. pork, beef, red meat, etc.

When you eat meat, there is the inability to properly break down meat protein into amino acids. Chunks of undigested meat pass into the intestinal tract and along with them, parasites.

Most of these parasites, also known as **intestinal flukes**, can neither be destroyed by the heat applied during cooking nor by human stomach acid.

Every meat you eat, you can only digest 25% of it. The rest 75% causes problem to the system which turns the body into an overflowing pool of harmful acids and waste, thereby laying a fertile ground for disease including **arteriosclerosis** and **bacterial** or **viral infections**.

In other words, meat stays in the small intestine for as long as 20–48 hours—by which most of it (75%) is rotten. If you must eat meat, then goat meat is better than most meat.

Another study discovered that over 50% of the German population is overweight and most overweight people eat more meat than those with normal weight.

But this can be reduced if half of your daily food intake consists of fresh fruits and vegetables. For example watermelon and other raw fruits and vegetables can increase your egg quality.

It encourages the intake of more alkaline-forming foods, such as plant-based proteins, fruits and vegetables.

Alkaline diets have the following benefits:

- **The ability to have a healthy heart**
- It promotes stronger bones
- **It decreases pains**
- Reversal of nutrient deficiencies
- **It fights chronic disease**
- It promotes weight loss
- **It promotes health rejuvenation**

- It boosts energy levels
- **It increases vitamin absorption.** You'll get plenty of alkaline minerals like magnesium, calcium and potassium in the alkaline diet.

It carries protein, fiber, vitamin B, antioxidants; trace minerals (Iron zinc, copper and magnesium) which help in reducing the possibility of heart disease, type 2 diabetes, obesity and some types of cancer.

# **DRINKS TO CONSIDER IN THIS DIET**

Make sure you boil your water before mixing in your ginger, garlic or cinnamon.

Grind/grate your ginger or garlic.

One table spoon of each is enough, then sieve them away before drinking your tea.

Note, some of these teas are optional.

- Ginger-Honey tea
- Cinnamon-honey tea
- Lemon-honey tea
- Green tea
- Apple Cider Vinegar in warm water
- Zobo drink (dried hibiscus flower)

# GINGER-HONEY TEA

Ginger greatly helps regulate monthly periods in women. It promotes menstruation flow and relieves women from unbearable pain.

## INGREDIENTS

- Ginger
- Water
- Honey

## HOW TO MAKE:

Step 1: Boil 1/2 teaspoon of freshly grounded ginger in one cup of water for 5 to 10 minutes

Step 2: Add honey to enhance the taste

Step 3: Sieve this mixture

Step 4: Drink on empty stomach

# CINNAMON-TEA

The warming effects of cinnamon reduce menstrual cramps, and its hydroxychalcone element helps regulate the insulin levels.

## INGREDIENTS

- Cinnamon powder
- Honey
- Water

## HOW TO MAKE:

Step 1: Put two teaspoon of honey in half a glass of water

Step 2: Take 1/2 teaspoon of cinnamon powder and add to a glass of honey water

Step 3: Drink on empty stomach

# **GARLIC-HONEY TEA**

Garlic is a very powerful tea that you would also want to drink

## **INGREDIENTS**

- Garlic
- Water
- Honey

## **HOW TO MAKE:**

Step 1: Boil 1/2 teaspoon of freshly grounded ginger in one cup of water for 5 to 10 minutes

Step 2: Add honey to enhance the taste

Step 3: Sieve this mixture

Step 4: Drink on empty stomach

# FRUITS TO CONSIDER IN THIS DIET

- ✓ Almonds
- ✓ Apple
- ✓ Avocado
- ✓ Banana
- ✓ Blueberries
- ✓ breadfruit
- ✓ Cabbage
- ✓ Carrots
- ✓ Cherry
- ✓ Coconut
- ✓ Cucumber
- ✓ Garden eggs

- ✓ Garlic
- ✓ Grapefruit
- ✓ Lettuce
- ✓ Lime
- ✓ Mango
- ✓ Okra
- ✓ Onion
- ✓ Oranges
- ✓ Pawpaw
- ✓ Pear
- ✓ Tangerines
- ✓ Tomatoes
- ✓ Walnuts
- ✓ Watermelon

Note: **Fruits and vegetables** naturally synthesize aluminum. This organic, ionic mineral is not only harmless, but also essential for the human body.

- **Do not eat unripe fruits**

- The body will benefit more when you eat fruits that are in their season.
- **Do not eat rotten fruits. Better not to eat any fruit at all than eat rotten fruit**

# FOODS TO CONSIDER IN THIS DIET

- ✓ Fish: Salmon (Titus), Salmon, Mackerel are excellent source of DHA and Omega-3 fatty acids.
- ✓ Millets
- ✓ Sweet potato porridge
- ✓ Water yam porridge
- ✓ Boiled plantain
- ✓ Yam flour
- ✓ Plantain flour
- ✓ Brown rice (Ofada rice)
- ✓ Green beans
- ✓ Meat (Goat meat)—If you can avoid meat, it would be the best thing you can ever do for your body.

- ✓ Boiled egg
- ✓ Palm oil
- ✓ Sweet potatoes
- ✓ Irish potato
- ✓ Millet flour
- ✓ Olive oil
- ✓ Coconut oil
- ✓ Green tea
- ✓ Mushroom
- ✓ Crayfish, shrimp
- ✓ Iodized salt

**Note: Avoid Maggi if necessary use dadawa (locust bean).**

**Season your soup with garlic or ginger.**

# SOUPS

- ✓ Vegetable soup
- ✓ Bitter leaf soup
- ✓ Okra soup
- ✓ Okra with vegetable soup
- ✓ Stew and okra soup
- ✓ Stew and ewedu soup
- ✓ Efo riro
- ✓ Ogbono soup with vegetables
- ✓ Edikaikong
- ✓ Ewedu soup with pepper and fresh fish without oil
- ✓ Pepper soup

- ✓ Pepper stew with palm oil
- ✓ Mushroom soup
- ✓ Oha soup
- ✓ Any kind of soup without egusi
- ✓ Stew
- ✓ Any other soup cooked with palm oil

You don't need to be a perfect cook to be able to make all these soup; you can decide to choose any soup you can make here.

## **NOTE:**

Please note, you can decide to switch what you do each day. For example, if the **ewedu soup drinking** is not going to be comfortable on Wednesday, you can swap it with what is on Saturday or any day that would be convenient for you.

If you must fry your food, use only palm oil, olive oil or coconut oil.

## **DURING OVULATION**

- i. Eat “ewedu soup. Remember no Maggi, no oil. But pepper, ewedu leaves, fish and locust bean.”
- ii. Eat lots of alkaline-producing vegetables
- iii. Stay away from sugar, alcohol, soft drink, meat, processed foods. They make your cervical mucus hostile
- iv. Take folic acid at least 400mcg. Folic acid helps reduce certain birth defects.
- v. Eat Banana. This fruit is packed with Vitamin B6 which regulates the hormones and is needed for good egg development
- vi. Make liquid soup e.g. ewedu soup, pepper soup, fish pepper soup, etc. Soup keeps your uterus warm and progesterone levels high.

- vii. Take avocado. This fruit balances your hormones and it benefits your female reproductive organs
- viii. Take Green teas—this cleanses and increases fertility by benefiting your fertile mucus
- ix. Avoid any fried food when you are in your ovulation period.
- x. Never cook your vegetable more than 5 minutes!

# WEEK1

## BREAKFAST

## LUNCH

## DINNER

|                  |  |  |  |
|------------------|--|--|--|
| <b>MONDAY</b>    | Ginger +<br>Honey With<br>Warm Water                                 | <b>Yam/Plantain<br/>Flour And Any<br/>Vegetable Soup</b>                 | Brown Rice And<br>Oil Stew With<br>Fish And Boiled<br>Egg                |
| <b>TUESDAY</b>   | Garlic And Honey<br>With Warm Water                                  | <b>Plantain/Potato<br/>Porridge With<br/>Lots Of Leaves<br/>And Fish</b> | Pounded Plantain<br>With Vegetable<br>Soup With Fish,<br>Crayfish Or Egg |
| <b>WEDNESDAY</b> | Cinnamon And<br>Honey With<br>Warm Water                             | <b>Ewedu Soup With<br/>Pepper And<br/>Fish/Crayfish</b>                  | Potato Porridge<br>With Fish And<br>Crayfish                             |
| <b>THURSDAY</b>  | Cinnamon And<br>Honey With<br>Warm Water                             | <b>Jollof Rice<br/>(Ofada) With Fish<br/>And Boiled Egg</b>              | Unripe Plantain<br>Peppersoup With<br>Fish, Shrimp &<br>Scent Leaves     |
| <b>FRIDAY</b>    | Fruit fasting  | <b>Fruit<br/>Salad/Homemade<br/>Fruit Juice</b>                          | Oil Rice With Fish<br>And Boiled Egg                                     |
| <b>SATURDAY</b>  | Akara (Palm Oil)<br>And Pap With<br>Garlic/Ginger And<br>Honey       | <b>Bitterleaf Soup<br/>With<br/>Yam/Plantain<br/>Flour</b>               | Ripe/Unripe<br>Plantain Pepper<br>Soup With Fish<br>And Scent Leaf       |
| <b>SUNDAY</b>    | Ripe Plantain<br>With Vegetable<br>Only With Fish,<br>Crayfish Sauce | <b>Yam/Flour And<br/>Ogbono Or Okro<br/>Soup With Fish</b>               | Banga Rice Or Oil<br>Rice With Boiled<br>Eggs                            |

# WEEK<sub>2</sub>

|                  | BREAKFAST                          | LUNCH  | DINNER  |
|------------------|------------------------------------|--|---|
| <b>MONDAY</b>    | Garlic And Honey With Warm Water   | Boiled plantain with vegetable soup  | Rice and kidney beans with fish or egg                                |
| <b>TUESDAY</b>   | Ginger + Honey With Warm Water     | Plantain/yam flour with okro or ogbono soup with fish                                    | Pap with ginger and honey with bean cake or akara fried with palm oil |
| <b>WEDNESDAY</b> | Cinnamon and honey with warm water | Ewedu soup with pepper and fish/crayfish   | Potato porridge with fish and crayfish                                |
| <b>THURSDAY</b>  | Cinnamon and honey with warm water | Pounded boiled plantain and eforiro/ Edikaikong or any dominant vegetable soup with fish | Jollof Rice (Ofada) with green beans and fish, crayfish etc.          |
| <b>FRIDAY</b>    | Fruit fasting                      | Fruit salad/homemade fruit juice   | Boiled rice with vegetable soup and fish                              |
| <b>SATURDAY</b>  | Akara fried with palm oil with pap | Yam/potato porridge with lots of fish and crayfish                                       | Yam/plantain flour with okro/ogbono soup with vegetable               |
| <b>SUNDAY</b>    | Brown rice and pepper stew         | Plantain/yam flour with vegetable soup and fish  | Ripe or unripe plantain with stew and fish                            |

# WEEK<sub>3</sub>

|                  | BREAKFAST   | LUNCH   | DINNER   |
|------------------|---|---|--|
| <b>MONDAY</b>    | Ginger And Honey With Warm Water                                  | Plantain flour with okra vegetable soup with fish     | Potatoes with vegetable soup and fish                  |
| <b>TUESDAY</b>   | Garlic And Honey With Warm Water                                  | Brown rice jollof with boiled eggs or fish            | Potato/plantain with vegetable soup                    |
| <b>WEDNESDAY</b> | Cinnamon And Honey With Warm Water                                | Ewedu soup with pepper and fish/crayfish              | Potato porridge with fish and crayfish                 |
| <b>THURSDAY</b>  | Ginger And Honey With Warm Water                                  | Unripe plantain with potato porridge with fish        | Brown rice and vegetable soup with crayfish/fish       |
| <b>FRIDAY</b>    | Fruit Fasting   | Fruit Salad/Home Made Fruit Juice                     | Boiled Plantain And Vegetable Soup                     |
| <b>SATURDAY</b>  | Akara Or Moi-Moi Made With Palm Oil And Pap With Ginger And Honey | Yam/Plantain Flour With Vegetable Soup And Fish       | Ripe Plantain Boiled With Vegetable Soup With Crayfish |
| <b>SUNDAY</b>    | Brown Jollof Rice With Fish, Crayfish, Shrimp And Boiled Egg      | Yam/Plantain Flour With Okro Vegetable Soup With Fish | Boiled Potatoes With Stew Or Vegetable Soup            |

# WEEK4

|                  | BREAKFAST  | LUNCH   | DINNER   |
|------------------|--|---|--|
| <b>MONDAY</b>    | Garlic and honey with warm water                         | Yam/plantain flour with vegetable soup                              | Pap with ginger and honey with Moi-moi or akara fried with oil |
| <b>TUESDAY</b>   | Ginger and honey with warm water                         | Brown jollof rice with green beans and carrots                      | Plantain flour with okro vegetable soup with fish and crayfish |
| <b>WEDNESDAY</b> | Cinnamon and honey with warm water                       | Ewedu soup with pepper and fish/crayfish                            | Potato porridge with fish and crayfish                         |
| <b>THURSDAY</b>  | Garlic and honey with warm water                         | Unripe plantain porridge with fish and crayfish                     | Brown rice and vegetable soup with fish and boiled egg         |
| <b>FRIDAY</b>    | Fruit fasting  | Fruit salad/homemade fruit juice                                    | Boiled plantain with stew and fish                             |
| <b>SATURDAY</b>  | Brown Rice with vegetable soup with fish and boiled egg  | Boiled plantain and vegetable soup with fish                        | Yam/plantain flour with vegetable soup                         |
| <b>SUNDAY</b>    | Akara fried with oil and pap mixed with ginger and honey | Plantain/potato and peppersoup with scent leaves, fish and crayfish | Brown rice and vegetable with crayfish, fish and boiled egg    |

## **Additional Note:**

You can also eat any light meal during breakfast in your weekdays. These could be

- Brown rice with vegetable and fish or boiled eggs.
- Boiled unripe plantain with vegetable and fish.
- Ripe plantain with stew and fish.
- Rice and green beans with fish.

If you can avoid liver, shaki and all other kinds of meat, you will be better off for it.

This diet is made up to be as tasty as possible. It is to help you heal, and remain fit for the task to come... **Pregnancy.**

Make sure you take an early morning tea made up of garlic, ginger or cinnamon with honey to taste. No sugar please!

If you want fruit juice, make them yourself. Don't use rotten fruits. Don't let it sit overnight. Once you have made it, drink it immediately. Don't drink the left over, but make another one.

# CONTACT

Hi, if you would like to contact me, you can use any of the following channels below

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I have a group on WhatsApp where I hold seminars every week or every day (if you are a subscriber) and show you how to be healthy and answer any of your questions. Contact me if you would like to be a member of any of these groups. **SEE OTHER GUIDES BELOW**



