

COMPANION GUIDE · BONUS 02

The Zero-Bloat Naija Kitchen

*30 Traditional African Meal Pairings & Buka
Ordering Formulas That Never Brew Midday Gas*

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BONUS 02

Welcome to Your Zero-Bloat Kitchen

Let us get one thing straight right from the start: **you do not need to give up your heritage to have a flat, comfortable stomach.**

For too long, foreign diet books have told African women to eat foods that have no business in our culture—bland salads, steamed broccoli, and dry oats. Meanwhile, our local cuisine is rich in nutrient-dense leafy greens, fresh fish, lean meats, and powerful aromatic root spices.

The secret to enjoying our local dishes without feeling like your stomach is going to explode by 3:00 PM comes down to **food sequencing, spice balance, and smart plate pairing.**

Inside this quick-reference cookbook and ordering guide, you will find 30 done-for-you meal formulas, plus our famous **Buka & Fast-Food Decoder** so you always know what to eat at home, in the office, or when ordering takeout.

Part 1: The 3 Core Rules of the Zero-Bloat Plate

Before you look at the meal combinations, memorize these three rules:

- 1 The 50/50 Plate Split:** Half of your plate should always be made up of vegetables, proteins, or soup broth. The remaining half can be your favorite starch (rice, yam, plantain, or swallow).
- 2 The "Greens & Meat First" Rule:** Always take your first 4 to 5 mouthfuls from the protein and vegetable side of your plate

before touching your starches. This triggers your natural stomach acid production and prevents starches from being trapped at the bottom of your stomach.

- 3 The Zero-Cold-Water Rule:** Keep ice-cold drinks off your table while eating. Sip small amounts of room-temperature water only if necessary, and wait 45 minutes after your meal before having a full glass.

Part 2: 30 Zero-Bloat Meal Formulas

Category A: Swallows & Traditional Soups (10 Combinations)

Apply the rule: Eat your soup meat/fish and vegetable broth first, then dip your swallow.

- 1 Efo Riro & Smoked Catfish + Half-Wrap of Oat Fufu or Eba:**
Cook the efo with plenty of onions, dried fish, and fresh scent leaves (*efirin*).
- 2 Afang Soup with Lean Goat Meat + Half-Wrap of Yellow Garri:**
The high fiber in Afang and waterleaf sweeps through the gut smoothly.
- 3 Edikang Ikong with Cow Leg & Stockfish + Boiled Plantain (Unripe/Semi-Ripe):** Unripe plantain acts as a prebiotic starch that digests cleanly.
- 4 Ofe Nsala (White Soup) with Fresh Catfish + Small Pounded Yam:** White soup prepared with traditional *utazi* leaves naturally calms stomach spasms.

- 5 Bitterleaf Soup (Ofe Onugbu) with Assorted Meat + Wheat Fufu:** Bitterleaf stimulates bile production and speeds up the breakdown of heavy meats.
- 6 Oha Soup with Dried Fish & Shredded Stockfish + Half-Wrap of Semovita:** Ensure the oha soup contains ground *ehuru* (calabash nutmeg) to eliminate trapped gas.
- 7 Okra Soup (Ila Alasepo) loaded with Shrimps & Kpomo + Amala:** The natural mucilage in fresh okra coats the stomach lining and flushes food smoothly.
- 8 Ewedu & Gbegiri (Abula) with Beef + Soft Amala:** A classic, gentle pairing that is naturally easy on sluggish digestive valves.
- 9 Banga Soup (Palm Nut Broth) with Fresh Catfish + Starch (Half Portion):** Keep the soup spiced with traditional *beletientien* and *oburunbebe* stick aromatics.
- 10 Garden Egg Soup with Smoked Mackerel + Boiled Green Plantain:** High-fiber, nutrient-dense, and completely zero-fermentation.

Category B: Rice, Grains & Tubers (10 Combinations)

Apply the rule: Eat your eggs, chicken, or beef and vegetable sides before the main carbs.

- 1 Smoky Party Jollof Rice + Grilled Peppered Chicken + Steamed Steamed Cabbage/Carrot Slaw:** Avoid creamy mayonnaise dressings on your slaw; use a splash of apple cider vinegar or olive oil instead.

- 2 Ofada Rice with Spicy Ayamase (Designer Stew) + Boiled Egg & Diced Ponmo:** The fermented locust beans (*iru*) in ayamase support healthy gut flora when cooked thoroughly.
- 3 Steamed Basmati Rice + Rich Tomato-Ginger Stew with Hard-Boiled Turkey:** Basmati rice produces significantly less gas than sticky white rice.
- 4 Native Fried Rice (with Liver, Shrimps, and Green Onions) + Roasted Fish:** Packed with aromatic onions and local spices that stimulate digestion.
- 5 Boiled White Yam + Spicy Garden Egg Sauce with Shredded Sardines:** The bitterness of garden eggs prevents sluggish gastric emptying.
- 6 Boiled Sweet Potatoes + Scrambled Eggs with Onions, Tomatoes & Fresh Peppers:** Sweet potatoes digest much lighter than heavy tubers when paired with protein.
- 7 Gizdodo (Gizzard and Dodo Stir-fry) + Large Green Salad with Cucumber & Tomatoes:** Keeps the portion of fried plantain balanced with high-protein gizzards.
- 8 Unripe Plantain Porridge cooked with Ugwu Leaves, Smoked Fish & Crayfish:** One of the most healing, anti-bloat traditional dishes in West Africa.
- 9 Coconut Rice (cooked with light coconut milk and ginger) + Pan-Seared Tilapia:** Light, aromatic, and easy on the upper stomach.
- 10 Yam Porridge (Asaro) with extra spinach and dried fish:** Add a pinch of ground ginger and cloves to the palm oil base while simmering.

Category C: Beans, Legumes & Quick Breakfasts (10 Combinations)

Apply the rule: Prepare legumes with digestive carminatives (ginger/onions/cloves) to destroy oligosaccharides.

- 1 Oven-Baked or Steamed Moist Moi-Moi (with Egg and Flaked Fish) + Fresh Green Tea:** Steaming beans without heavy oil reduces fermentation dramatically.
- 2 Peeled Bean Porridge (Ewa Aganyin) + 2 Slices of Fried Plantain + Boiled Egg:** Peeling the bean skins removes over 70% of gas-producing compounds.
- 3 Akara (Bean Fritters made with ground ginger and extra onions) + Warm Pap (Ogi) with Cinnamon:** Ginger in the batter neutralizes early morning gas.
- 4 2 Hard-Boiled Eggs + Sliced Ripe Avocado + 1 Slice of Whole Wheat Toast:** A zero-bloat, high-protein breakfast that keeps energy steady for hours.
- 5 Rolled Oatmeal (cooked with warm water, ground ginger, and a pinch of salt) + 1 Boiled Egg:** Warming spices stop oats from expanding in the stomach.
- 6 Vegetable Egg Omelette (Tomatoes, Bell Peppers, Onions, Scent Leaves) + Half Boiled Plantain:** Perfect for high-energy workday mornings.
- 7 Fresh Fish Pepper Soup with Scent Leaves (Efirin) + 1 Boiled Green Plantain:** The ultimate morning or evening gut-cleansing broth.
- 8 Moi-Moi Eleme Meje (Loaded Moi-Moi with Shrimps & Fish) + Sliced Cucumber:** A low-carb, filling lunch that leaves your stomach flat at 3 PM.

- 9 **Grilled Chicken Breast + Roasted Sweet Corn (Small Ear) + Steamed Greens:** A simple, high-fiber workday lunch.
- 10 **Boiled Egg Whites (3) + 1 Whole Boiled Egg + Fresh Fruit Bowl (Papaya/Pineapple slices):** Papaya and pineapple contain natural enzymes (*papain* and *bromelain*) that break down protein in minutes.

Part 3: The Buka & Fast-Food Decoder

(What to order when buying lunch at Nigerian food spots)

When you are at work or on the go, you don't always have home-cooked food. Here is how to order at popular restaurants without triggering afternoon distension:

- **At The Place / Mega Chicken / Kilimanjaro:**
 - **Best Order:** 1 portion of Grilled/Peppered Chicken or Catfish + Steamed Veggies + 1 scoop of Ofada or Jollof Rice.
 - **What to avoid:** Large portions of fried rice mixed with heavy mayonnaise coleslaw.
- **At Local Bukas / Canteens:**
 - **Best Order:** Point-and-Kill Fresh Fish Pepper Soup OR Assorted Meat in Efo Riro with half-portion of Amala.
 - **What to tell the vendor:** "Aunty, please put plenty of vegetable soup and fish, small amala."
- **At Fast Food Outlets (Chicken Republic, etc.):**
 - **Best Order:** Rotisserie/Grilled Chicken (Quarter) + Crunchy Salad (Request vinaigrette/pepper sauce instead of mayo dressing) + Small Spiced Rice.

- **What to avoid:** Deep-fried battered chicken wings and ice-cold carbonated sodas.