



REAL FOOD. REAL HABITS.
REAL RESULTS.

The BELLY SWITCH™

The Practical Guide System to
Supporting Your Postpartum
Recovery with Simple Nutrition,
Gentle Movement, and
Healthy Daily Habits



NOURISH
Your Body



MOVE
Gently



HEAL
Fully



BUILD
Healthy Habits

**SIMPLE.
AFFORDABLE.
NIGERIAN.
EFFECTIVE.**



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JENNIFER

✦ JENNIFER ✦

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A Letter from Jennifer

Dear Mum,

First, I want to say thank you for choosing this guide.

Whether you're reading it a few weeks after giving birth or several months later, I'm truly glad you're here.

If you've ever stood in front of a mirror, gently held your tummy, and wondered, "*Will my body ever feel like mine again?*"—please know you're not alone.

As a **Certified Nutrition Coach and mother of two**, I've seen firsthand how much pressure women face after having a baby. Society celebrates pregnancy, but once the baby arrives, the focus often shifts away from the mother. Suddenly, you're expected to recover quickly, look like your old self, care for your baby, manage your home, and somehow find time to take care of yourself too.

That's a lot for anyone.

What makes it even harder is the endless stream of conflicting advice.

One person tells you to stop eating carbohydrates.

Another says you need a waist trainer.

Someone else recommends a slimming tea or an intense workout program.

Social media is filled with "snap-back" photos that make recovery look effortless.

It's no surprise that so many mothers feel confused, discouraged, and disappointed when those approaches don't work.

The truth is, your body isn't failing you.

It's recovering.

And recovery deserves patience, support, and the right strategy.

That's why I wrote this guide.

Not to promise overnight results.

Not to sell another miracle solution.

But to give you a practical, realistic system that helps you care for your body one healthy choice at a time.

Why So Many Mothers Feel Alone

One of the most heartbreaking parts of postpartum recovery isn't the physical change.

It's the silence.

Many women quietly carry the same thoughts:

"Why do I still look pregnant?"

"Why isn't my stomach going down?"

"Why is everyone else bouncing back except me?"

Because these conversations don't happen often, it's easy to believe you're the only one struggling.

You're not.

Every woman's recovery is different.

Some notice changes quickly.

Others need more time.

Factors like sleep, stress, nutrition, activity level, pregnancy history, and overall health all play a role.

Comparing your journey to someone else's rarely tells the full story.

What matters is supporting **your** body with habits that are realistic and sustainable.

That's exactly what you'll learn in the pages ahead.

What You'll Learn in This Guide

This guide isn't another collection of random tips.

It's a step-by-step recovery framework designed to help you build habits that last.

Inside, you'll discover how to:

- Understand why your postpartum belly may still be present months after childbirth.
- Avoid the common mistakes that keep many mothers feeling stuck.
- Nourish your body with balanced, affordable meals using everyday Nigerian foods.
- Improve your posture, breathing, and movement to better support your recovery.
- Rebuild your core safely through gentle, progressive exercises.
- Create healthy routines that fit into real life—even when you're busy.
- Stay consistent without relying on crash diets, extreme workouts, or guilt.

You'll also receive practical meal plans, planners, trackers, and bonus resources that make it easier to put everything into action.

The goal isn't just to finish this guide.

The goal is to use it.

Why The Belly Switch™ Is Different

Most postpartum advice starts with one question:

"How can I lose my belly as quickly as possible?"

The Belly Switch™ starts somewhere else.

It asks:

"What does your body need to recover well?"

That simple shift changes everything.

Instead of encouraging you to fight your body, **The Belly Switch™** teaches you to work with it.

The system is built around four simple switches:

Nourish — Give your body the nutrients it needs to recover.

Align — Improve posture, breathing, and everyday movement.

Strengthen — Rebuild your core safely and progressively.

Sustain — Turn healthy habits into a lifestyle you can maintain.

These four steps work together because recovery isn't about one perfect meal or one intense workout.

It's about the small decisions you make every day.

One Promise Before We Begin

I can't promise you'll wake up with a flat stomach next week.

No honest guide can.

What I *can* promise is this:

If you commit to the principles in this book, stay consistent, and give your body the time it deserves, you'll be building healthier habits that support your recovery, improve your strength, and help you feel more confident in your own skin.

Some changes will happen quickly.

Others will take longer.

Both are normal.

The important thing is that you're no longer guessing.

You have a roadmap.

You have a system.

And you don't have to walk this journey alone.

So take a deep breath.

Turn the page.

Let's switch your recovery in the right direction—one healthy choice at a time.

With love,

Jennifer

Certified Nutrition Coach & Mother of Two

CHAPTER 1

"Why Do I Still Look Pregnant?" The Truth Nobody Told You After Childbirth

The day I gave birth to my second child, I thought the hardest part was over.

I was excited. I couldn't wait to see my stomach go back to normal. I had seen celebrities on Instagram looking flat just weeks after giving birth, so I assumed that would happen to me too.

But it didn't.

Weeks turned into months. Months turned into almost a year. Yet every time I looked in the mirror, my stomach still looked like I was expecting another baby.

Even worse, people noticed.

One afternoon at a family gathering, an elderly auntie smiled at me and asked, "Jennifer, congratulations! So when is this next baby coming?"

I laughed on the outside.

Inside, I wanted the ground to open up.

Maybe you've had a similar experience.

Maybe someone has offered you a seat because they thought you were pregnant.

Maybe you've been asked when you're due.

Maybe you've stopped taking full-body pictures.

Or maybe you've simply looked in the mirror and whispered to yourself,

"Will my body ever be mine again?"

If that's you, I want you to know something before we go any further.

You are not alone.

And more importantly...

You are not broken.

Nobody Prepared You For This Part

During pregnancy, everyone talks about the baby.

People tell you what to buy.

What hospital to choose.

How to decorate the nursery.

How to survive labour.

But very few people tell you what happens after the baby arrives.

Nobody tells you that your body doesn't simply press a reset button.

Nobody tells you that recovery is a journey.

Instead, social media fills your screen with women showing off "snap-back" bodies just weeks after delivery.

What you don't see are the personal trainers.

The private chefs.

The photo editing.

The carefully chosen camera angles.

Or the fact that every woman's recovery is different.

Comparing your body to someone else's recovery is like comparing two completely different stories.

It simply isn't fair.

The Lie That Keeps So Many Mothers Feeling Like Failures

One of the biggest lies we've been told is this:

"Once the baby comes out, your stomach should disappear too."

That sounds nice.

But that's not how the human body works.

Think about it.

Your body spent about nine months stretching, growing, changing, and making room for another human being.

Your muscles stretched.

Your skin stretched.

Your posture changed.

Your hormones changed.

Your breathing changed.

Even the way you walked changed.

It would be unrealistic to expect all of that to return to normal in just a few weeks.

Recovery takes time.

Recovery needs support.

Recovery deserves patience.

Your Body Has Been Working Harder Than You Realize

Even while you're sleeping, your body is busy repairing itself.

It is healing tissues.

Balancing hormones.

Producing breast milk if you're breastfeeding.

Managing sleepless nights.

Recovering from delivery.

Fighting stress.

Looking after your baby.

That's a full-time job before you even think about losing weight.

Yet many mothers blame themselves because the mirror doesn't change fast enough.

Sound familiar?

I know that feeling.

I used to think I wasn't trying hard enough.

Now I know I was simply expecting my body to do too much at once.

It's More Than Just Belly Fat

Here's where things get interesting.

Many women believe the problem is simply fat.

Sometimes that's only one small piece of the puzzle.

Your belly may also look larger because:

- Your deep core muscles became weaker during pregnancy.
- Your posture changed after months of carrying your baby.
- You spend long hours sitting while breastfeeding.

- Your sleep has been interrupted for months.
- Stress affects your eating habits.
- Your digestion has changed.
- You're holding on to extra fluid.

Do you see what happened?

This isn't just one problem.

It's several small changes working together.

That's why one quick fix rarely works.

Why You Should Stop Blaming Yourself

One thing I wish someone had told me earlier is this:

Your body is responding exactly the way a recovering body should.

That doesn't mean you'll stay like this forever.

It simply means your body has different needs now than it did before pregnancy.

Imagine trying to paint a house while the walls are still wet from the rain.

No matter how expensive the paint is, it won't stick properly.

The problem isn't the paint.

The timing is wrong.

That's exactly what many mothers do.

They rush into extreme diets.

Intense workouts.

Slimming teas.

Waist trainers.

Fat-burning supplements.

Their bodies are still trying to recover.

Instead of helping the healing process, they pile on more stress.

The Emotional Weight Nobody Talks About

Let's be honest.

Sometimes the hardest part isn't the belly itself.

It's how it makes you feel.

You avoid mirrors.

You wear oversized clothes.

You pull your blouse down every few minutes.

You refuse to tuck in your shirt.

You avoid taking pictures with your children.

You smile in family photos but secretly hate how you look.

Some women even avoid intimacy because they no longer feel attractive.

That emotional weight can become heavier than the physical weight.

I've spoken with mothers who said they no longer recognized themselves.

Not because they weren't grateful for their babies.

But because they missed the woman they used to see in the mirror.

If you've ever felt that way, please hear me.

Wanting your confidence back does **not** make you selfish.

You can deeply love your child and still want to feel comfortable in your own body again.

Those two things can exist together.

The Nigerian Reality We Don't Talk About Enough

Here in Nigeria, new mothers are surrounded by advice.

Everybody has an opinion.

"Drink this."

"Tie your tummy tighter."

"Stop eating rice."

"Use this slimming tea."

"My neighbour used this cream."

"My cousin lost everything in two weeks."

The advice never ends.

Some of it is helpful.

A lot of it isn't.

The problem is that many of these suggestions treat every mother exactly the same.

But every pregnancy is different.

Every delivery is different.

Every recovery is different.

Your journey deserves a plan that fits **your** body—not a one-size-fits-all solution.

A Small Exercise Before We Continue

I want you to grab a notebook.

Or use the notes app on your phone.

Answer these three questions honestly.

1. What frustrates me most about my postpartum belly?

Don't hold back.

Write exactly how you feel.

2. What have I already tried?

List everything.

Waist trainers.

Slimming teas.

Skipping meals.

Crunches.

Body wraps.

Whatever you've tried.

3. What do I really want?

Not what society wants.

Not what Instagram wants.

What do *you* want?

Maybe it's wearing your favorite dress again.

Maybe it's playing with your child without feeling exhausted.

Maybe it's looking in the mirror and smiling.

Write it down.

These answers will remind you why you're starting this journey.

One Thing I Need You to Remember

If you take only one message from this chapter, let it be this:

Your body isn't fighting against you. It's asking you to recover before it asks you to change.

That simple shift in thinking changed everything for me.

I stopped chasing quick fixes.

I stopped punishing my body.

Instead, I started working with it.

And that's when real progress finally began.

But here's something even more important.

Understanding why your body hasn't changed yet is only half the story.

The bigger question is this:

If your body isn't the real problem... Then why have all those popular solutions failed?

The answer surprised me, and once I understood it, I completely changed the way I approached postpartum recovery.

That's exactly what I'll share in the next chapter.

CHAPTER 2

The Real Reason Nothing You've Tried Has Worked

Last time, we talked about something many mothers never hear after giving birth: your body doesn't simply "bounce back." It goes through a recovery process, and that process deserves patience, care, and the right support.

Now let's answer the question that's probably been on your mind this whole time.

If recovery takes time, why haven't all the things you've already tried worked?

Maybe you've bought a waist trainer.

Maybe you've skipped meals.

Maybe you've drank one slimming tea after another because someone swore by it.

Maybe you've even promised yourself every Monday that this would be the week you finally lose the belly.

Yet here you are.

Still pulling your top over your stomach.

Still avoiding mirrors.

Still wondering if your body will ever feel normal again.

Here's what I want you to understand.

The problem isn't that you're not trying hard enough.

The problem is that you've been trying solutions designed for weight loss—not postpartum recovery.

And those are two completely different things.

Your Body Isn't Broken—It's Recovering

Think about building a new house.

Would you paint the walls before the cement dries?

Of course not.

It wouldn't last.

The same thing happens after pregnancy.

Your body has spent months stretching, supporting, and protecting your baby.

Muscles have changed. Hormones have shifted. Your posture is different. Your sleep is probably all over the place.

Then, just weeks later, society tells you to "get your body back."

That's like asking someone to run a marathon while they're still healing from an injury.

Your body isn't refusing to change.

It's simply asking for recovery before transformation.

Mistake #1: Believing Your Belly Is Only Fat

This is probably the biggest misunderstanding.

When most people see a tummy after childbirth, they immediately think,

"I just need to lose weight."

Sometimes that's only part of the picture.

Your belly can look larger because of several things happening at the same time.

You may have extra body fat.

Your deep core muscles may still be weak.

Your posture may have changed.

Your digestion may not be the same.

You may even be holding on to extra fluid.

Imagine putting four heavy bags inside one backpack.

If you remove only one bag, the backpack is still heavy.

That's exactly what happens when you only focus on burning fat.

You ignore everything else that's contributing to the way your stomach looks.

Mistake #2: Falling for Quick Fixes

Let's be honest.

Nigeria has no shortage of miracle products.

Every week there's another slimming tea.

Another fat-burning coffee.

Another waist trainer.

Another "secret" mixture someone promises will melt belly fat in seven days.

If they all worked, wouldn't we all have flat stomachs by now?

Many of these products promise fast results because they know you're frustrated.

And when we're frustrated, we become easy targets.

Some slimming products simply make you lose water.

Others suppress your appetite for a while.

Some do very little at all.

That's why the weight often comes back.

The real problem was never addressed.

Mistake #3: Punishing Yourself With Food

Have you ever done this?

You wake up determined to lose weight.

You skip breakfast.

By afternoon, you're starving.

By evening, you're so hungry that you eat twice as much.

Then guilt kicks in.

The next day, you promise to eat even less.

The cycle repeats itself.

This isn't because you lack discipline.

Your body is designed to protect you when it thinks food is becoming scarce.

Instead of working with your body, you've accidentally been working against it.

Mistake #4: Exercising Too Hard, Too Soon

Another common mistake is believing that more exercise always means faster results.

So you start doing hundreds of sit-ups.

You follow intense online workouts.

You push through pain because someone said, "No pain, no gain."

But postpartum recovery isn't a competition.

Your body needs the right exercises at the right time.

Some movements strengthen your recovery.

Others can place unnecessary strain on muscles that are still healing.

That's why the smartest approach isn't doing more.

It's doing what your body is actually ready for.

Mistake #5: Ignoring Sleep and Stress

I know what you're thinking.

"Jennifer, I'm a mum. Sleep isn't exactly something I can schedule."

I understand.

New motherhood is demanding.

Some nights your baby sleeps well.

Other nights, you're awake every two hours.

While you can't always control your sleep, it's important to understand how it affects recovery.

Poor sleep can leave you feeling tired, make healthy choices harder, and reduce your motivation to move your body.

Stress can also influence your eating habits.

Have you ever reached for biscuits, soft drinks, or sweets simply because you were exhausted?

You're not alone.

Many mothers do.

The goal isn't perfection.

The goal is learning small ways to support your body, even on difficult days.

Mistake #6: Comparing Your Chapter 2 to Someone Else's Chapter 20

Social media has created unrealistic expectations.

Someone posted a perfect "snap-back" picture.

Thousands of women immediately compare themselves.

What you don't see is everything behind that picture.

Maybe she has a personal trainer.

Maybe she has family members helping with childcare.

Maybe she has hours every day to focus on herself.

Maybe the photo was taken after the perfect angle and good lighting.

Your life is different.

Your recovery is different.

Your body deserves kindness—not comparison.

The Hidden Switch Most Mothers Never Discover

Here's where everything begins to change.

Most postpartum advice starts by asking,

"How do we make this belly smaller?"

The Belly Switch™ asks a completely different question.

"What does your body need before it can begin changing?"

That one question changes everything.

Instead of fighting your body...

You begin supporting it.

Instead of forcing it...

You begin understanding it.

Instead of chasing shortcuts...

You begin building lasting habits.

That's why The Belly Switch™ doesn't begin with extreme dieting or exhausting workouts.

It begins with recovery.

Because when recovery improves, your body becomes better prepared to respond to healthy nutrition, gentle movement, and consistent habits.

A Simple Mindset Shift

Before you continue reading, I want you to replace one sentence in your mind.

Stop saying:

"I need to punish my body until it looks better."

Start saying:

"I'm going to support my body so it can recover, become stronger, and move toward the healthy version of itself."

It sounds like a small change.

But small changes in thinking often lead to big changes in action.

Your First Action Step

Today, don't buy another slimming product.

Don't start another crash diet.

Don't promise yourself you'll do two hundred sit-ups tonight.

Instead, do these three simple things.

1. Throw away any unrealistic expectations you've been carrying.
2. Drink enough water today and eat balanced meals instead of skipping them.
3. Commit to following one complete system instead of jumping from one trend to another every week.

Consistency beats confusion every single time.

And that's exactly what you're about to discover.

Because in the next chapter, I'll introduce **The Belly Switch™**—the four-part recovery system that ties everything together.

You'll learn why thousands of women focus on the wrong goal first, how this framework takes a different approach, and how each "switch" helps your body move from recovery toward lasting strength and confidence.

This is where the real transformation begins.

CHAPTER 3

The 4-Step Recovery System Your Body Has Been Waiting For

Now that you know why the usual advice hasn't worked, it's time to do something different.

Not harder.

Not more expensive.

Just different.

Remember what we discovered in the last chapter? Your body isn't refusing to change—it has simply been waiting for the right kind of support.

That's exactly what **The Belly Switch™** is all about.

It's not another diet.

It's not another exercise challenge.

It's not another "lose 10kg in 14 days" promise.

Instead, it's a simple four-step recovery system that helps your body move from **healing** to **strength**, and from **strength** to **lasting confidence**.

Think of it as switching your body from **survival mode** to **recovery mode**.

Once that switch happens, everything else becomes easier.

So... What Exactly Is The Belly Switch™?

Imagine walking into a dark room.

You don't move the furniture.

You don't buy new chairs.

You don't repaint the walls.

You simply flip the light switch.

Suddenly, everything becomes clear.

The room hasn't changed.

Your ability to see it has.

That's exactly how **The Belly Switch™** works.

For months, maybe even years, you've been trying to change your body without understanding what it actually needs.

This system helps you switch your focus.

Instead of asking,

"How do I lose this belly?"

You'll begin asking,

"How do I help my body recover so losing the belly becomes easier?"

That small shift changes everything.

The Four Switches

Every lasting transformation follows these four stages.

Skip one, and the process becomes harder.

Follow them in order, and you're giving your body the best chance to recover naturally.

Let's look at each one.

Switch One: Nourish

Your Body Can't Heal Without Fuel

Many mothers think eating less is the fastest way to lose weight.

But imagine trying to charge your phone with an almost empty power bank.

Neither one has enough energy.

Your body works the same way.

It needs quality nutrition to repair muscles, balance hormones, and keep your energy levels steady.

This doesn't mean eating expensive foods.

It doesn't mean buying imported supplements.

It simply means giving your body the nutrients it has been asking for since pregnancy.

When you nourish your body properly, you're laying the foundation for everything else.

What Nourish Really Means

It means choosing foods that work **with** your recovery.

Foods that help you feel satisfied.

Foods that give you energy.

Foods that reduce the urge to snack every hour because you're exhausted.

It also means drinking enough water.

Many mothers mistake dehydration for hunger.

Sometimes your body isn't asking for another meat pie.

It's asking for a glass of water.

Simple habits like these may seem small.

But small habits repeated every day produce big results.

Switch Two: Align

Sometimes Your Belly Isn't the Problem

Stand in front of a mirror.

Now slouch your shoulders.

Let your stomach relax.

Notice what happened?

Your belly suddenly looks bigger.

Now stand tall.

Relax your shoulders.

Lift your chest gently.

Take a slow breath.

Notice the difference?

Nothing changed about your body fat.

Yet your stomach already looks different.

That's the power of alignment.

Pregnancy changes the way many women stand, walk, sit, and even breathe.

The Belly Switch™ helps you gradually improve these everyday habits so your body can work more efficiently.

No complicated equipment.

Just better movement.

Breathing Matters More Than You Think

Here's something that surprises many mothers.

Your breathing affects your core.

When you breathe deeply and correctly, the muscles inside your abdomen naturally become more active.

Over time, this helps improve stability and supports better posture.

It's one of the simplest habits you'll learn.

And it only takes a few minutes each day.

Switch Three: Strengthen

Wake Up the Muscles Pregnancy Put to Sleep

Have you ever switched on a light and nothing happened?

The bulb wasn't broken.

The electricity simply wasn't flowing.

Your deep core muscles can feel the same after pregnancy.

They're still there.

They just need to be reactivated.

Many women jump straight into crunches and intense workouts.

But that's like trying to build the roof of a house before the foundation is ready.

The Belly Switch™ starts from the inside.

You'll first learn how to reconnect with the muscles that support your spine, abdomen, and pelvis.

Then, little by little, you'll build strength safely.

Not overnight.

But steadily.

Strong Doesn't Mean Perfect

One mistake many mothers make is believing they need to exercise for an hour every day.

That's not realistic for most families.

Especially when you're looking after children.

Sometimes fifteen focused minutes are more valuable than one exhausting hour you'll never repeat.

Consistency always wins.

Switch Four: Sustain

This Is Where Most Plans Fail

You've probably started a health plan before.

Maybe even several.

The first week went well.

The second week gets busy.

By the third week, life happens.

School runs.

Work.

Church.

Visitors.

A sick child.

Suddenly the plan disappears.

The Belly Switch™ prepares you for real life.

Because real life isn't perfect.

There will be birthdays.

There will be holidays.

There will be stressful days when all you want is jollof rice and a bottle of Coke.

That's okay.

Progress doesn't require perfection.

It requires returning to healthy habits again and again.

Small Wins Create Big Results

Imagine saving ₦500 every day.

It doesn't feel like much.

But after several months, the amount becomes significant.

Healthy habits work the same way.

One healthy meal.

One short walk.

One core exercise session.

One extra bottle of water.

One early bedtime.

Each choice seems tiny.

Together, they have a completely different lifestyle.

Why The Belly Switch™ Works

Most postpartum programs ask you to fight your body.

The Belly Switch™ asks you to support it.

That's the difference.

Instead of saying,

"Burn more calories."

It says,

"Recover better."

Instead of saying,

"Exercise harder."

It says,

"Move smarter."

Instead of saying,

"Eat less."

It says,

"Nourish yourself well."

When recovery improves, healthy habits become easier to maintain.

When habits become easier, consistency improves.

And when consistency improves, lasting results become much more achievable.

Your 90-Day Roadmap

One of the biggest reasons people give up is because they expect everything to happen at once.

The Belly Switch™ breaks your journey into manageable stages.

Days 1–30: Build Your Foundation

Focus on nourishing your body.

Improve hydration.

Practice breathing.

Develop better posture.

Begin gentle movement.

Don't worry about dramatic changes yet.

You're building the foundation.

Days 31–60: Build Your Strength

Introduce more structured core exercises.

Improve your daily movement.

Stay consistent with balanced meals.

Celebrate small improvements.

Your clothes may start fitting differently before the scale changes.

That's completely normal.

Days 61–90: Build Your Lifestyle

Healthy choices begin feeling more natural.

Your energy improves.

Your confidence grows.

You're no longer chasing quick fixes.

You're living a healthier routine.

And that's the real goal.

Before We Move On

If you remember only one thing from this chapter, let it be this:

The Belly Switch™ isn't about forcing your body to change. It's about giving your body what it needs so change can happen naturally over time.

You're no longer guessing.

You have a roadmap.

You have a system.

And now it's time to begin with the very first switch—the one that makes every other switch possible.

Because no matter how good your exercises are, they won't reach their full potential if your body isn't getting the nourishment it needs.

In the next chapter, we'll start with **Switch One: Nourish**. You'll learn exactly what to eat, what to limit, and how to build simple, affordable Nigerian meals that support postpartum recovery without giving up the foods you love.

CHAPTER 4

Nourish Your Recovery Before You Burn Fat

By now, you know something that many mothers never discover.

Your postpartum belly isn't just about calories.

It's about recovery.

And recovery begins with one simple decision:

Stop starving your body. Start nourishing it.

I know that might sound strange.

After all, we've been taught that eating less is the fastest way to lose weight.

But if you've been eating less and your belly still hasn't changed, maybe it's time to try something different.

This chapter isn't about dieting.

It's about giving your body the building blocks it needs to repair, recover, and become stronger.

Remember, **The Belly Switch™** starts with nourishment because a body that is properly nourished is better prepared for movement, strength, and lasting habits.

Let's begin.

Food Is Information for Your Body

Think of your body like a construction site.

After pregnancy and childbirth, there's a lot of rebuilding going on.

Muscles need repairing.

Hormones are adjusting.

Energy stores are being restored.

If you're breastfeeding, your body is also producing milk.

Now imagine sending builders to a construction site without bricks, cement, or tools.

How can they rebuild anything?

That's what happens when your body doesn't get enough quality nutrition.

Food isn't just something that fills your stomach.

It's information.

Every meal tells your body whether it's safe to repair itself or whether it needs to conserve energy.

When you consistently choose nourishing foods, you're sending one clear message:

"You have what you need to recover."

Stop Being Afraid of Food

One of the saddest things I hear from mothers is this:

"I'm scared to eat because I don't want to get fatter."

I understand why.

You've probably seen hundreds of videos telling you to cut out this food, avoid that food, or survive on one meal a day.

But here's the truth.

Eating too little can leave you feeling tired, hungry, and more likely to overeat later.

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

Your goal is to eat wisely.

There's a big difference.

Build Every Meal Around Four Simple Parts

Instead of counting every calorie, keep things simple.

Whenever possible, build your meals using these four parts.

1. Protein

Protein helps support muscle maintenance and keeps you feeling full for longer.

Good Nigerian options include:

- Eggs
- Fish
- Chicken
- Turkey
- Lean beef
- Beans
- Moi Moi
- Akara (best enjoyed in moderation due to frying)
- Greek yogurt (if available)

Try to include a source of protein in every main meal.

2. Vegetables

Vegetables add fiber, vitamins, and minerals while helping you feel satisfied.

Excellent choices include:

- Ugu
- Spinach
- Waterleaf
- Okra
- Cabbage
- Carrots
- Green beans
- Cucumber
- Tomatoes
- Lettuce

Half your plate doesn't always need to be vegetables, but adding more vegetables to your meals is a simple habit that can make a big difference.

3. Smart Carbohydrates

Carbohydrates are not your enemy.

Your body needs them for energy.

The key is choosing reasonable portions.

Good examples include:

- Brown rice
- White rice (in moderate portions)
- Sweet potatoes
- Irish potatoes
- Yam
- Unripe plantain

- Oats
- Pap made without excessive sugar
- Whole wheat swallow where available

You don't have to stop eating rice forever.

You simply have to stop letting rice take over the entire plate.

4. Healthy Fats

Healthy fats support hormone function and help keep you satisfied.

Good choices include:

- Avocado
- Groundnuts
- Almonds
- Cashews
- Olive oil
- Small portions of peanuts

Because healthy fats are energy-dense, a little goes a long way.

The Plate Method

Forget complicated calculations.

Use your plate instead.

Here's an easy guide.



Half your plate:

Vegetables



One quarter:

Protein

 One quarter:

Carbohydrates

This simple method helps create balanced meals without measuring every gram of food.

What About Swallow?

This is one of the most common questions Nigerian mothers ask.

"Jennifer, do I have to stop eating eba or pounded yam?"

No.

You don't have to stop enjoying your culture.

Food is more than nutrition.

It's family.

It's a celebration.

It's comfortable.

The goal isn't to avoid swallow forever.

Instead:

- ✓ Serve a smaller portion.
- ✓ Add plenty of vegetable soup.
- ✓ Include a good source of protein like fish or lean meat.
- ✓ Eat slowly until you're comfortably satisfied.

One balanced meal won't ruin your progress.

Eat Like a Mother, Not Like You're Preparing for a Competition

Social media often promotes unrealistic meal plans.

Plain boiled chicken.

Three lettuce leaves.

One cucumber.

No rice.

No enjoyment.

Let's be honest.

Most Nigerian families aren't eating like that.

And if your meal plan doesn't fit your lifestyle, you probably won't stick with it.

Healthy eating should fit into your family—not separate you from it.

Hydration: The Forgotten Habit

Sometimes your body isn't hungry.

It's thirsty.

Water supports digestion, circulation, and many normal body functions.

A simple goal is to drink water consistently throughout the day.

Try these tips:

- Keep a reusable water bottle nearby.
- Drink a glass of water after breastfeeding if you're nursing.
- Drink water before reaching for sugary drinks.
- Add slices of lemon or cucumber if you enjoy flavored water.

Small habits matter.

Foods That May Increase Bloating

Every person's body is different, but some foods may contribute to bloating for certain people.

These can include:

- Sugary soft drinks
- Highly processed snacks
- Very salty meals
- Large portions eaten quickly

This doesn't mean you can never enjoy them.

It simply means paying attention to how your own body responds.

One helpful idea is to keep a simple food journal for a week.

You may notice patterns you hadn't seen before.

Jennifer's Simple Grocery List

Healthy eating doesn't have to empty your wallet.

Here's a practical shopping list you can build from.

Protein

- ✓ Eggs
- ✓ Beans
- ✓ Fish
- ✓ Chicken
- ✓ Moi Moi

Vegetables

- ✓ Ugu
- ✓ Spinach
- ✓ Tomatoes
- ✓ Cabbage
- ✓ Cucumbers

Carbohydrates

- ✓ Rice
- ✓ Oats
- ✓ Sweet potatoes
- ✓ Yam
- ✓ Plantain

Fruits

- ✓ Oranges
- ✓ Apples
- ✓ Bananas
- ✓ Pawpaw
- ✓ Watermelon

Healthy Snacks

- ✓ Groundnuts
- ✓ Greek yogurt
- ✓ Unsweetened popcorn

A Sample One-Day Meal Plan

Breakfast

Vegetable omelette with one slice of whole wheat bread and a glass of water.

Mid-Morning Snack

One orange.

Lunch

Grilled fish.

Rice.

Mixed vegetables.

Water.

Afternoon Snack

A handful of groundnuts or plain yogurt.

Dinner

Okra soup with a moderate portion of swallow and lean meat.

Evening

Herbal tea or water if you're thirsty.

Simple.

Affordable.

Realistic.

Three Habits That Can Change Everything

Before you finish this chapter, commit to these three habits for the next seven days.

Habit One

Drink more water than sugary drinks.

Habit Two

Include protein in every main meal.

Habit Three

Fill at least part of your plate with vegetables every day.

That's it.

Don't try to change twenty things at once.

Master these three habits first.

Then build from there.

Progress Isn't Always Measured by the Scale

Here's something many mothers don't realize.

Your first signs of progress might not be weight loss.

You may notice:

Your clothes fit more comfortably.

You have more energy.

You snack less often.

You feel fuller after meals.

Your digestion improves.

Your mood becomes more stable.

These are all signs that your body is responding to healthier habits.

Celebrate them.

They matter.

Before We Move On

If this chapter has taught you anything, I hope it's this:

Healthy eating isn't about eating less. It's about eating with purpose.

Every nourishing meal is another vote for the healthy, confident version of yourself you're working toward.

You don't have to be perfect.

You just have to keep showing up.

Now that your body is getting the fuel it needs, it's time for the next switch.

Because even the healthiest meals can't do their full job if your posture, breathing, and everyday movement are working against you.

In the next chapter, you'll discover **Switch Two: Align**—the simple daily adjustments that can help your body move better, support your core, and make your postpartum recovery even more effective.

CHAPTER 5

Align Your Body From the Inside Out

Close your eyes for a moment and imagine this.

You spend months carrying your baby inside your womb.

As your baby grows, your body naturally changes to make room.

Your lower back curves more.

Your shoulders round forward.

Your stomach stretches.

Your rib cage expands.

Then your baby is born.

But your posture doesn't magically reset overnight.

Your body has adapted over many months, and now it needs time—and the right habits—to adapt again.

This is why **Switch Two: Align** is such an important part of **The Belly Switch™**.

Many mothers focus only on food and exercise, but they overlook how they stand, sit, breathe, and move every single day.

Those small habits can either support your recovery or quietly work against it.

The good news?

They're also some of the easiest things to improve.

What Does "Align" Actually Mean?

When people hear the word *alignment*, they often think it's something complicated.

It's not.

Alignment simply means helping your body return to healthy movement patterns.

Think of your body like a car.

Even if you buy brand-new tyres, the car won't drive smoothly if the wheels are out of alignment.

Your body works in a similar way.

You can eat healthy meals.

You can exercise consistently.

But if your posture and movement patterns are working against you, your recovery may feel slower and more uncomfortable.

Alignment helps everything work together.

The Hidden Cost of Poor Posture

As mothers, we spend a lot of time doing things that naturally affect posture.

Holding a baby on one hip.

Breastfeeding for long periods.

Rocking a child to sleep.

Carrying a diaper bag.

Leaning over a cot.

Looking down at our phones while feeding the baby.

These movements become part of everyday life.

Over time, they can lead to:

- Rounded shoulders
- Tight neck muscles
- Lower back discomfort
- Reduced core engagement
- Feeling tired more quickly

While posture alone won't flatten your stomach, improving it can help your body move more efficiently and may even make your abdomen appear more supported.

The Belly Test

Here's a simple exercise.

Stand in front of a mirror.

Relax naturally.

Notice your posture.

Now gently do the following:

- ✓ Roll your shoulders back and down.
- ✓ Lift your chest slightly.
- ✓ Keep your chin level instead of pointing down.
- ✓ Stand with your feet hip-width apart.
- ✓ Breathe slowly.

Now look again.

Did your stomach look slightly different?

For many women, the answer is yes.

Nothing changed about body fat.

Nothing changed about muscle size.

Your body simply became better aligned.

Imagine what happens when you practise this consistently over weeks and months.

Breathing: The Secret Most Women Never Think About

Breathing is something we do every day without thinking.

But after pregnancy, many women develop shallow breathing habits.

Instead of breathing deeply, they breathe mostly into the upper chest.

Over time, this can reduce how effectively the deep core muscles work together.

The Belly Switch™ encourages a simple habit:

Breathe through your diaphragm, not just your chest.

Don't worry—that sounds more technical than it is.

Let's try it together.

The Belly Switch™ Breathing Exercise

Find a comfortable place to sit or lie down.

Place one hand on your chest.

Place the other hand on your stomach.

Now breathe in slowly through your nose.

Try to let your stomach rise gently before your chest.

Pause for a second.

Now breathe out slowly through your mouth.

Repeat this five to ten times.

That's it.

No equipment.

No gym.

Just intentional breathing.

Practising this for a few minutes each day can help you reconnect with your body and prepare your core for the strengthening exercises you'll learn later.

Everyday Habits That Support Better Alignment

Recovery doesn't only happen during exercise.

It also happens during ordinary moments throughout the day.

Here are a few simple changes that can make a difference.

While Breastfeeding

Instead of bending your body toward your baby, bring your baby closer to you using pillows for support if needed.

Your neck and shoulders will thank you.

While Standing

Avoid locking your knees.

Stand tall with your weight balanced evenly on both feet.

Imagine a string gently lifting the top of your head toward the ceiling.

While Sitting

Choose a chair that supports your back when possible.

Keep both feet on the floor instead of crossing your legs for long periods.

Take short standing breaks if you've been sitting for a while.

While Carrying Your Baby

Many mothers naturally carry their baby on the same hip every day.

Try alternating sides when it's comfortable and safe to do so.

This helps reduce uneven strain on one side of your body.

While Using Your Phone

Notice how often your head tilts forward.

Bring your phone closer to eye level instead of constantly looking down.

Small adjustments like this can reduce neck and shoulder tension.

Gentle Movement Is Better Than No Movement

One common myth is that recovery only happens through intense workouts.

That's simply not true.

Your body benefits from regular movement throughout the day.

Simple activities like:

- Walking around your compound
- Taking the stairs when appropriate
- Stretching after waking up
- Playing actively with your child
- Light household chores

All contribute to keeping your body active.

The goal isn't to become exhausted.

The goal is to avoid staying still for long periods.

Jennifer's 10-Minute Alignment Routine

You don't need an hour.

Just ten minutes.

Minute 1–2

Deep breathing.

Slow, controlled breaths.

Relax your shoulders.

Minute 3–4

Gentle neck rolls.

Shoulder circles.

Arm stretches.

Move slowly without forcing anything.

Minute 5–6

Stand tall and practise good posture.

Walk around the room while maintaining that posture.

Minute 7–8

Gentle upper-body twists.

Slow side stretches.

Move only within a comfortable range.

Minute 9–10

Take a slow walk while focusing on your breathing and posture.

Done.

Ten minutes.

One small investment in your recovery.

Progress You Might Notice

As you practise better alignment, you may begin to notice small improvements.

Perhaps your back feels less tired.

Maybe carrying your baby becomes more comfortable.

Perhaps your breathing feels easier.

You might even notice you're standing taller without thinking about it.

These are signs that healthy habits are becoming automatic.

Don't ignore them.

Celebrate them.

Be Patient With Your Body

Remember, your body adapted over many months during pregnancy.

It's unrealistic to expect every change to disappear in a few weeks.

Recovery is not a race.

It's a process.

Some days you'll feel strong.

Other days you'll feel tired.

Both are normal.

What matters most is showing up consistently.

Even when your progress feels slow.

The Power of Small Adjustments

Many people believe transformation comes from dramatic actions.

The truth is usually much simpler.

One better meal.

One extra glass of water.

One ten-minute walk.

One breathing session.

One posture correction.

These small choices seem insignificant on their own.

But repeated every day, they begin to shape a healthier lifestyle.

That's the real magic behind The Belly Switch™.

Not perfection.

Consistency.

Before We Move On

By now, you've completed two important switches.

✓ You've started nourishing your body with foods that support recovery.

✓ You've learned how better posture, breathing, and movement can help your body function more efficiently.

Now it's time for the switch many mothers have been waiting for.

The one that helps you reconnect with the muscles pregnancy stretched and weakened.

In the next chapter, you'll discover **Switch Three: Strengthen.**

You'll learn why traditional sit-ups aren't the best place to start, how to safely wake up your deep core muscles, and how to build strength one step at a time—without punishing your body or risking setbacks.

This is where your recovery begins to feel stronger, steadier, and more empowering.

CHAPTER 6

Wake Up the Muscles Pregnancy Put to Sleep

Take a moment and place your hands gently on your stomach.

Now cough once.

Did you feel your muscles tighten?

Those muscles are part of your core.

They're designed to support your spine, protect your lower back, help you move, and provide stability throughout your body.

During pregnancy, these muscles stretch to make room for your growing baby.

That's exactly what they're supposed to do.

But after childbirth, many mothers expect them to immediately go back to how they were before.

Unfortunately, it doesn't work that way.

Like a rubber band that has been stretched for a long time, your muscles need time, patience, and the right kind of training to regain their strength.

That's why **Switch Three** is one of the most important parts of **The Belly Switch™**.

This is where we stop thinking about "burning belly fat" and start rebuilding the foundation that supports your body every single day.

Your Core Is More Than Your "Six-Pack"

When people hear the word *core*, they usually imagine visible abdominal muscles.

But your core is much more than that.

Think of your core as your body's natural support belt.

It includes muscles around your abdomen, lower back, hips, pelvis, and the deep muscles beneath the ones you can see.

These muscles help you:

- Stand upright.
- Lift your baby safely.
- Protect your lower back.
- Maintain balance.
- Support everyday movements like bending, reaching, and walking.

When these muscles become weaker after pregnancy, your body often compensates in other ways.

That's why many mothers experience:

- Lower back discomfort
- Poor posture
- Feeling "wobbly" when walking
- Difficulty lifting everyday objects
- A stomach that doesn't feel as supported as before

The good news is that these muscles can often become stronger again with safe, consistent exercise.

Why Hundreds of Sit-Ups Aren't the Answer

One of the biggest myths in fitness is this:

"If you want a flatter stomach, just do more sit-ups."

For postpartum mothers, that's rarely the best place to start.

Imagine trying to repair a cracked wall by hanging a heavy television on it.

Would that fix the wall?

Of course not.

You would repair the wall first.

Then add weight later.

Your core deserves the same approach.

Building strength starts from the inside out—not from the outside in.

The Importance of Listening to Your Body

Before starting any new exercise routine, it's important to make sure your body is ready.

If you've recently given birth, had a difficult delivery, or experienced a C-section, speak with your healthcare provider before beginning a new exercise program.

Pain is never something you should ignore.

Mild muscle effort is normal.

Sharp pain is not.

The goal is to support recovery—not rush it.

Meet Your Deep Core

Inside your abdomen is a group of muscles that work like a natural support belt.

You don't need to memorize their medical names.

Just remember this:

These muscles help stabilize your body before you move.

Every time you lift your baby...

Stand from a chair...

Reach for something on a shelf...

Or carry groceries...

Your deep core quietly gets involved.

Pregnancy stretches these muscles.

The Belly Switch™ helps you reconnect with them before progressing to more challenging exercises.

Exercise 1: Belly Breathing with Gentle Core Engagement

This is one of the safest places to begin.

Step 1

Lie on your back with your knees bent.

If this position isn't comfortable, you can sit upright in a chair.

Step 2

Place one hand on your stomach.

Step 3

Take a slow breath in through your nose.

Allow your stomach to rise naturally.

Step 4

As you slowly breathe out through your mouth, gently tighten your lower abdominal muscles—as though you're zipping up a pair of jeans.

Don't hold your breath.

Don't suck your stomach in forcefully.

Just a gentle tightening.

Hold for three to five seconds.

Relax.

Repeat 8–10 times.

This simple movement teaches your body how to reconnect with your core.

Exercise 2: Pelvic Tilt

This gentle exercise helps improve awareness of your lower back and core.

Step 1

Lie on your back with your knees bent.

Step 2

Relax your shoulders.

Step 3

Slowly tighten your abdominal muscles.

Gently tilt your pelvis so your lower back presses lightly into the floor.

Hold for five seconds.

Relax.

Repeat 10 times.

Move slowly.

There is no prize for finishing quickly.

Exercise 3: Heel Slides

Once you're comfortable with the first two exercises, you can add heel slides.

Step 1

Lie on your back.

Step 2

Engage your core gently.

Step 3

Slowly slide one heel away from your body until your leg is almost straight.

Step 4

Bring it back.

Repeat with the opposite leg.

Alternate both sides for 8–10 repetitions.

The goal is to keep your core engaged while your legs move.

Exercise 4: Glute Bridge

Strong hips support a strong core.

Step 1

Lie on your back with your knees bent.

Step 2

Keep your feet flat on the floor.

Step 3

Gently tighten your core.

Step 4

Lift your hips until your body forms a straight line from your shoulders to your knees.

Hold for three seconds.

Lower slowly.

Repeat 8–12 times.

This exercise strengthens your glutes, hips, and lower body while encouraging core stability.

Exercise 5: Bird Dog

As your confidence grows, this exercise challenges balance and coordination.

Step 1

Start on your hands and knees.

Step 2

Keep your back neutral.

Step 3

Slowly extend your right arm forward while extending your left leg behind you.

Step 4

Hold for three seconds.

Return to the starting position.

Repeat on the opposite side.

Complete 8 repetitions on each side.

Move slowly.

Quality matters much more than speed.

How Often Should You Exercise?

A common mistake is trying to do everything every day.

Your muscles need time to recover too.

Here's a simple schedule.

Monday

Core exercises

15–20 minutes

Tuesday

Walking

Stretching

Wednesday

Core exercises

Thursday

Gentle movement

Friday

Core exercises

Saturday

Family walk

Light stretching

Sunday

Rest

Recovery is part of the plan.

Walking Is Still One of the Best Exercises

Many mothers underestimate walking because it seems too simple.

Don't.

Walking is affordable.

It's gentle.

It supports cardiovascular health.

It improves mood.

It helps increase daily movement.

And best of all...

Almost anyone can do it.

Start with 15–20 minutes.

Gradually increase your time as your fitness improves.

If you're just starting, even 10 minutes is a great beginning.

What If I Miss a Workout?

Life happens.

Babies get sick.

Work becomes busy.

Family responsibilities increase.

Missing one workout doesn't erase your progress.

The important thing is to come back.

Don't wait until next Monday.

Don't wait until next month.

Just continue with your next scheduled session.

Consistency beats perfection every time.

Celebrate Strength, Not Just Weight Loss

As you continue The Belly Switch™, you'll probably notice changes that have nothing to do with the weighing scale.

Maybe carrying your baby feels easier.

Maybe climbing stairs doesn't leave you breathless.

Maybe your back aches less.

Maybe you stand taller.

Maybe your clothes fit differently.

These are victories.

Celebrate them.

Your body is becoming stronger—even before the mirror fully reflects it.

Jennifer's Weekly Progress Check

At the end of each week, ask yourself these questions:

- Did I complete at least three exercise sessions?
- Am I standing taller than before?
- Is my energy improving?
- Am I becoming more consistent?
- Do I feel stronger than last week?

Notice that none of these questions asks how much weight you've lost.

That's intentional.

Because long-term success is built on healthy habits, not daily frustration with the scale.

Before We Move On

You've now completed three powerful switches.

- ✓ You've learned how to nourish your recovering body.
- ✓ You've improved your posture, breathing, and daily movement.
- ✓ You've started rebuilding your core with safe, practical exercises.

Take a moment to appreciate how far you've come.

Recovery isn't about doing one dramatic thing.

It's about making small, meaningful choices every day.

Now there's just one final switch left.

And it may be the most important of them all.

Because even the best nutrition plan and exercise routine won't help if you can't stick with them.

In the next chapter, you'll discover **Switch Four: Sustain**—the simple mindset and lifestyle strategies that help you stay consistent, overcome setbacks, and turn healthy habits into a way of life.

That's where temporary change becomes a lasting transformation.

CHAPTER 7

Stay Consistent Without Giving Up

Congratulations.

If you've made it this far, you've already done something many people never do.

You've stopped searching for another quick fix and started building a system that works with your body instead of against it.

You've learned how to nourish your body.

You've improved your posture and movement.

You've started rebuilding your core.

Now comes the most important part of **The Belly Switch™**.

Staying consistent.

Because here's the truth...

The best nutrition plan in the world won't help if you only follow it for one week.

The perfect workout won't change your life if you quit after ten days.

Real transformation doesn't come from what you do once.

It comes from what you do consistently.

Why Most Mothers Give Up

Let's be honest.

Life after childbirth is unpredictable.

Some mornings start peacefully.

Other mornings begin with a crying baby before the sun even rises.

You might have work deadlines.

School runs.

House chores.

Church activities.

Family responsibilities.

Unexpected visitors.

By the end of the day, you're exhausted.

Healthy eating suddenly feels difficult.

Exercise gets pushed until tomorrow.

Tomorrow becomes next week.

Before you know it, you've stopped completely.

If this has happened to you before...

You're not alone.

And you're certainly not a failure.

Life simply got in the way.

Perfection Is the Enemy of Progress

One of the biggest mistakes women make is believing they have to do everything perfectly.

If they miss one workout...

They quit.

If they eat one slice of cake...

They quit.

If they miss three days because the baby was sick...

They quit.

But think about it this way.

If you accidentally miss one payment on your electricity bill, do you decide never to pay another bill again?

Of course not.

You simply continue.

Healthy habits work exactly the same way.

One bad day doesn't erase ten good ones.

One missed workout doesn't cancel weeks of progress.

Progress is built over months—not moments.

The "Never Miss Twice" Rule

Here's one simple habit that can change everything.

Never miss twice.

Missed your walk today?

Take one tomorrow.

Skipped your core exercises?

Do them at your next scheduled session.

Had a family celebration and enjoyed your favorite foods?

Return to your normal routine at the very next meal.

Don't let one missed habit become a missed week.

This single rule has helped countless people stay consistent without feeling guilty.

Motivation Comes and Goes

Many people believe successful people are always motivated.

They're not.

Some days you'll feel excited.

Other days you won't.

That's normal.

If you only exercise when you feel motivated, you'll exercise very little.

Instead of relying on motivation...

Build routines.

Routines don't ask how you feel.

They simply become part of your day.

Just like brushing your teeth.

You don't wake up every morning asking yourself if you feel inspired to brush your teeth.

You simply do it.

Healthy habits should become just as automatic.

Build Habits That Fit Your Life

One reason many fitness plans fail is because they were designed for someone else's lifestyle.

Maybe you've seen influencers spending two hours in the gym every morning.

That's wonderful.

But what if you're preparing children for school?

Running a business?

Working a full-time job?

Taking care of your home?

Your plan should fit your reality.

Not someone else's highlight reel.

Instead of asking,

"What's the perfect plan?"

Ask yourself,

"What's the plan I can realistically follow every week?"

That's the plan that works.

Your Emergency Plan

Life will interrupt your routine.

The question isn't if.

It's when.

That's why every mother needs an emergency version of The Belly Switch™.

On busy days:

- ✓ Walk for 10 minutes instead of 30.
- ✓ Do one core exercise instead of five.
- ✓ Drink enough water.
- ✓ Eat one balanced meal instead of aiming for perfection.

Something is always better than nothing.

A shorter workout is still a workout.

A healthier choice is still a healthier choice.

Progress doesn't disappear just because you had a busy day.

Stop Starting Over

How many times have you said these words?

"I'll start again on Monday."

Or...

"I'll wait until next month."

Here's the problem.

Every time you "start over," you mentally erase the progress you've already made.

But progress doesn't work like that.

Imagine climbing a staircase.

If you pause on the fifth step, you don't go back to the ground floor.

You're still on the fifth step.

You simply continue climbing.

Your recovery journey is exactly the same.

Don't keep starting over.

Keep moving forward.

Learn to Celebrate Small Wins

Many mothers only celebrate when they lose weight.

But your body is changing in many other ways too.

Celebrate when:

- You choose water instead of a sugary drink.
- You complete all three exercise sessions this week.
- You cook a balanced meal.
- You walk an extra ten minutes.
- You sleep a little better.
- You feel stronger carrying your baby.
- Your clothes feel more comfortable.

Every healthy choice deserves recognition.

Those small victories build confidence.

And confidence builds consistency.

Be Kind to Yourself

This might be the hardest lesson in the entire book.

Speak to yourself the way you would speak to a close friend.

If your friend missed one workout, would you call her lazy?

Of course not.

You'd encourage her to keep going.

So why speak harshly to yourself?

Your body has carried life.

It has endured change.

It deserves patience—not punishment.

Progress grows much faster in an environment of encouragement than one filled with criticism.

Find Your "Why"

When life gets busy, your "why" becomes more important than your "how."

Take a moment to ask yourself:

Why do I want to reduce my postpartum belly?

Is it because...

- I want more energy to play with my children?
- I want to feel confident in my clothes again?
- I want to improve my overall health?

- I want to become stronger?
- I want to feel like myself again?

Write your answer somewhere you'll see it often.

On your phone.

On your bathroom mirror.

Inside your wardrobe.

When motivation fades, your "why" will remind you to keep going.

Jennifer's Weekly Success Checklist

At the end of each week, answer these questions honestly.

- ☒ Did I drink enough water most days?
- ☒ Did I include protein in my meals?
- ☒ Did I complete my core exercises?
- ☒ Did I move my body regularly?
- ☒ Did I give myself grace when things didn't go perfectly?

If you answered "yes" to most of these questions, you're moving in the right direction.

Remember, this isn't about perfection.

It's about progress.

What Lasting Success Really Looks Like

Many women imagine success as having a perfectly flat stomach.

But lasting success is much bigger than that.

It's waking up with more energy.

It's bending down without discomfort.

It's feeling strong enough to carry your child with confidence.

It's wearing clothes because you love them—not because they hide your body.

It's trusting your body again.

Those are the kinds of changes that last long after the number on the scale changes.

And those are the changes worth celebrating.

Before We Move On

You've now completed all four switches of **The Belly Switch™**.

✓ **Switch One:** Nourish

✓ **Switch Two:** Align

✓ **Switch Three:** Strengthen

✓ **Switch Four:** Sustain

Together, these four switches create a recovery system that's designed to support your body—not fight against it.

But knowledge alone won't transform your life.

Action will.

That's why the next chapter brings everything together into one simple, practical roadmap.

You'll receive your complete **90-Day Belly Switch™ Action Plan**—a week-by-week guide that helps you put everything you've learned into practice with confidence.

This is where your recovery journey truly begins.

CHAPTER 8

Your 90-Day Belly Switch™ Action Plan

You've made it.

Over the past seven chapters, you've learned why your postpartum body deserves patience instead of punishment. You've discovered why quick fixes don't last and how **The Belly Switch™** helps you recover from the inside out.

Now it's time to put everything into action.

Think of this chapter as your personal roadmap for the next 90 days.

You don't have to guess what to do.

You don't have to jump from one YouTube video to another.

You don't have to start another "Monday diet."

Simply follow the plan one day at a time.

Remember, the goal isn't perfection.

The goal is consistency.

By the end of these 90 days, you may notice more energy, improved strength, healthier habits, and greater confidence. Visible changes can vary from person to person, and that's completely normal.

Before You Begin

Before starting your journey, take a few minutes to record your starting point.

This isn't about judging yourself.

It's about measuring progress.

Write down:

- Today's date
- Your current weight (if you choose to track it)
- Your waist measurement
- Your hip measurement
- How your favourite pair of jeans fits
- Your average energy level (1–10)
- Your confidence level (1–10)

Take a photo for yourself if you're comfortable doing so.

This photo is for you.

Not social media.

Not anyone else.

Sometimes the mirror changes slowly, but photos help you appreciate how far you've come.

Phase One

Days 1–30

Reset Your Body

The first month isn't about dramatic weight loss.

It's about creating a strong foundation.

Think of yourself as planting seeds.

You won't see the tree immediately.

But every healthy choice is helping it grow.

Your Daily Priorities

Every day, aim to:

- ✓ Drink enough water.
- ✓ Include protein in every main meal.
- ✓ Add vegetables to at least two meals.
- ✓ Practise your Belly Switch™ breathing exercise.
- ✓ Complete your posture check.
- ✓ Walk for 15–20 minutes (or as advised by your healthcare provider).

Don't worry if you miss a day.

Just continue the next day.

Your Weekly Goals

Each week, aim to:

- Complete three core exercise sessions.
- Prepare healthy meals ahead of busy days.
- Reduce sugary drinks.
- Get as much quality sleep as your situation allows.
- Spend one day reviewing your progress.

Focus During Phase One

At this stage, celebrate:

- Feeling less bloated.

- Drinking more water.
- Having more energy.
- Improving your posture.
- Becoming more consistent.

These are all signs that your recovery is moving in the right direction.

Phase Two

Days 31–60

Build Strength

Your body has started adapting to healthier habits.

Now it's time to gently increase your effort.

Continue everything from Phase One.

Then add:

- Longer walks when comfortable.
- More challenging core exercises if appropriate.
- Better portion awareness.
- More movement throughout the day.

You don't need perfection.

You simply need repetition.

Your Daily Priorities

Continue:

- ✓ Balanced meals.
- ✓ Daily hydration.

✓ Good posture.

✓ Breathing practice.

Add:

✓ 20–30 minutes of movement most days of the week, based on your comfort level and healthcare advice.

Remember:

Movement doesn't always mean exercise.

Playing with your children counts.

Walking through the market counts.

Taking the stairs counts.

Cleaning your home counts.

Stay active.

Check Your Progress

Instead of asking:

"How much weight have I lost?"

Ask:

- Do I feel stronger?
- Is getting up from a chair easier?
- Does my back feel better?
- Am I sleeping better?
- Are my clothes fitting differently?
- Do I have more confidence?

These victories matter.

Phase Three

Days 61–90

Create Your New Lifestyle

By now, many of your habits should feel more natural.

Healthy meals don't require as much thought.

Walking becomes part of your routine.

Core exercises feel less intimidating.

Most importantly...

You're beginning to trust yourself again.

This final phase is about protecting everything you've built.

Your Daily Priorities

Continue:

- Eating balanced meals.
- Staying hydrated.
- Moving your body.
- Completing your core exercises.
- Getting adequate rest whenever possible.
- Practising self-compassion.

Notice that none of these habits are extreme.

That's intentional.

Healthy lifestyles are built on habits you can maintain for years—not just 90 days.

Your Weekly Reflection

Every Sunday, spend five minutes answering these questions.

Nutrition

Did I nourish my body this week?

Movement

Did I move consistently?

Strength

Am I feeling stronger than last month?

Confidence

How do I feel when I look in the mirror today?

Mindset

Did I speak kindly to myself this week?

These simple questions keep your focus on progress instead of perfection.

What If I Stop Seeing Progress?

It's normal for progress to slow down.

That doesn't mean you've failed.

Think about learning to drive.

At first, every lesson feels exciting.

Later, improvements become smaller.

But you're still becoming a better driver.

Your body works the same way.

Keep showing up.

Keep trusting the process.

Healthy habits continue to add up, even when results aren't immediately obvious.

The Belly Switch™ Daily Tracker

Use this checklist every day.

Habit	✓
Drank enough water	☐
Ate protein with every main meal	☐
Ate vegetables	☐
Completed breathing practice	☐

Checked my posture ☐

Walked or stayed active ☐

Completed my core exercises (if
scheduled) ☐

Slept as well as possible ☐

Spoke kindly to myself ☐

Don't aim for perfection.

Aim for consistency.

Monthly Progress Review

At the end of each month, record:

Month One

- Energy level:
- Waist measurement:
- Confidence level:
- Biggest achievement:
- Biggest challenge:

Month Two

- Energy level:
- Waist measurement:
- Confidence level:
- Biggest achievement:
- Biggest challenge:

Month Three

- Energy level:
- Waist measurement:
- Confidence level:
- Biggest achievement:
- Biggest challenge:

Looking back at these notes can remind you just how much you've grown—even if the changes felt small at the time.

Remember Why You Started

There may be days when you feel like giving up.

On those days, come back to the answers you wrote in Chapter One.

Remember why this journey matters.

Not because you want to look like someone else.

Not because social media says you should.

But because you deserve to feel healthy.

You deserve to feel strong.

You deserve to feel confident.

And you deserve to enjoy the amazing body that carried and brought life into this world.

A Final Message Before You Go

If there's one thing I hope you take away from this guide, it's this:

Your postpartum body is not a problem to be fixed. It's a body that deserves care, patience, and respect.

The Belly Switch™ was never about chasing perfection.

It was about changing the way you see recovery.

Every healthy meal.

Every walk.

Every glass of water.

Every breathing exercise.

Every moment you choose consistency over guilt...

You're making a promise to yourself.

A promise that your health matters.

A promise that your confidence matters.

A promise that you're worth the effort.

Some days will be easier than others.

Some weeks will feel slower than you'd like.

But don't measure your success by one day.

Measure it by the woman you're becoming.

One healthy choice at a time.

Your Journey Starts Today

You've learned the system.

You have the roadmap.

Now all that's left is one simple decision.

Start.

Not next Monday.

Not next month.

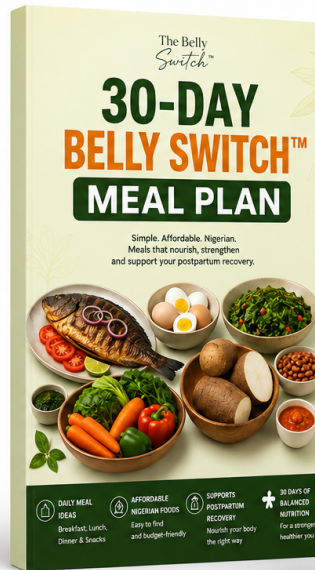
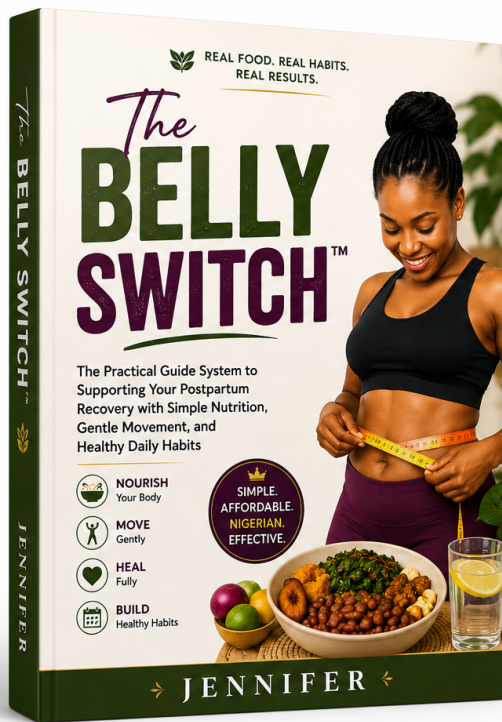
Today.

Because ninety days from now, you'll wish you had.

Take the first step.

Trust the process.

And let **The Belly Switch™** guide you toward a stronger, healthier, and more confident version of yourself.



BONUS SECTION

Bonus #1: 30-Day Belly Switch™ Meal Plan

Simple, Affordable Nigerian Meals to Support Your Postpartum Recovery

Welcome

Eating healthy doesn't have to be expensive, complicated, or boring.

The purpose of this meal plan is to help you nourish your body while following **The Belly Switch™**. Every meal is built around four simple principles:

- ✓ Protein to support recovery and keep you full
- ✓ Vegetables for fibre and nutrients
- ✓ Smart carbohydrates for lasting energy
- ✓ Healthy fats in moderate portions

You don't have to follow this plan perfectly. Feel free to swap similar foods based on what's available in your area or what your family enjoys.

Before You Start

Daily Habits

Every day, aim to:

- Drink 6–8 glasses of water (or more if breastfeeding, based on your healthcare provider's advice).
- Include protein with every main meal.
- Eat vegetables at least twice daily.
- Limit sugary drinks and highly processed snacks.

- Eat slowly and stop when comfortably full.

Weekly Shopping List (Week 1)

Protein

- 12 Eggs
- 2 whole chickens (or chicken parts)
- 2 medium fish (Tilapia or Titus)
- 1 kg Beans
- 4 wraps Moi Moi
- Greek yogurt (optional)

Vegetables

- Ugu
- Spinach
- Cabbage
- Carrots
- Cucumbers
- Tomatoes
- Onions
- Bell peppers

Fruits

- Apples
- Bananas
- Oranges
- Pawpaw
- Watermelon

Carbohydrates

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

Healthy Snacks

- Groundnuts
- Cashews (optional)
- Popcorn (plain)
- Natural peanut butter

WEEK 1

Building Healthy Habits

Day 1

Breakfast

Vegetable omelette with one slice of whole wheat bread

Snack

Orange

Lunch

Grilled fish with rice and mixed vegetables

Snack

Handful of groundnuts

Dinner

Okra soup with one moderate wrap of swallow and lean meat

Day 2

Breakfast

Oats with sliced banana

Snack

Apple

Lunch

Beans with grilled fish

Snack

Plain yogurt

Dinner

Vegetable soup with chicken

Day 3

Breakfast

Boiled yam with egg sauce

Snack

Watermelon

Lunch

Chicken salad with boiled sweet potatoes

Snack

Groundnuts

Dinner

Jollof rice (moderate portion) with grilled chicken

Day 4

Breakfast

Pap with Moi Moi

Snack

Orange

Lunch

Rice and vegetable stew with fish

Snack

Cucumber slices

Dinner

Fish pepper soup

Day 5

Breakfast

Oats with pawpaw

Snack

Apple

Lunch

Beans and plantain

Snack

Greek yogurt

Dinner

Efo Riro with one moderate wrap of swallow

Day 6

Breakfast

Scrambled eggs with tomatoes

Snack

Banana

Lunch

Grilled turkey with sweet potatoes

Snack

Groundnuts

Dinner

Okra soup with fish

Day 7

Breakfast

Fruit smoothie (no added sugar) with boiled eggs

Snack

Orange

Lunch

Brown rice with grilled fish

Snack

Watermelon

Dinner

Vegetable soup with lean beef

WEEK 2

Building Consistency

Weekly Shopping List

Repeat Week One shopping list and add:

- Avocados
- Green beans
- Turkey
- Irish potatoes

Day 8

Breakfast:

Vegetable omelette

Snack:

Apple

Lunch:

Rice with grilled chicken

Snack:

Groundnuts

Dinner:

Vegetable soup with fish

Day 9

Breakfast:

Oats with banana

Snack:

Orange

Lunch:

Beans and grilled turkey

Snack:

Plain yogurt

Dinner:

Okra soup with lean beef

Day 10

Breakfast:

Boiled sweet potatoes with eggs

Snack:

Pawpaw

Lunch:

Chicken salad

Snack:

Groundnuts

Dinner:

Rice with vegetable stew and fish

Day 11

Breakfast:

Pap with Moi Moi

Snack:

Apple

Lunch:

Grilled fish with boiled plantain

Snack:

Cucumber slices

Dinner:

Vegetable soup

Day 12

Breakfast:

Whole wheat toast with eggs

Snack:

Orange

Lunch:

Beans

Snack:

Watermelon

Dinner:

Chicken stir-fry with vegetables

Day 13

Breakfast:

Oats

Snack:

Banana

Lunch:

Brown rice and grilled turkey

Snack:

Groundnuts

Dinner:

Okra soup

Day 14

Breakfast:

Vegetable omelette

Snack:

Apple

Lunch:

Fish pepper soup

Snack:

Yogurt

Dinner:

Rice with grilled chicken

WEEK 3

Strength & Energy

Shopping List

Continue previous items and include:

- Lean beef
- More leafy vegetables
- Fresh fruits in season

Days 15–21

Rotate these meals:

Breakfast Options

- Oats with fruit
- Boiled yam and eggs
- Pap and Moi Moi
- Vegetable omelette
- Smoothie with eggs

Lunch Options

- Beans and fish
- Rice and grilled chicken
- Chicken salad
- Sweet potatoes with turkey
- Brown rice and vegetables

Dinner Options

- Okra soup
- Vegetable soup
- Fish pepper soup

- Efo Riro
- Lean beef with vegetables

Snack Options

- Apples
- Bananas
- Oranges
- Groundnuts
- Plain yogurt
- Pawpaw
- Watermelon

WEEK 4

Making It a Lifestyle

By now, eating healthy should feel much easier.

This week is about learning flexibility.

Instead of following a strict menu, choose one meal from each category every day.

Breakfast

Choose one:

- ☐ Oats with fruit
- ☐ Vegetable omelette
- ☐ Pap and Moi Moi
- ☐ Whole wheat bread with eggs
- ☐ Smoothie and boiled eggs

Lunch

Choose one:

- ☐ Rice and grilled fish
- ☐ Chicken salad
- ☐ Beans with turkey
- ☐ Sweet potatoes and chicken
- ☐ Brown rice with vegetables

Dinner

Choose one:

- ☐ Okra soup
- ☐ Vegetable soup
- ☐ Fish pepper soup
- ☐ Efo Riro
- ☐ Lean beef and vegetables

Snacks

Choose two:

- ☐ Orange
- ☐ Apple
- ☐ Banana

- ☐ Watermelon
- ☐ Groundnuts
- ☐ Plain yogurt
- ☐ Pawpaw

Smart Food Swaps

Instead of...

 Soft drinks

Choose...

 Water or unsweetened zobo

 Fried chicken

 Grilled chicken

 Large plate of rice

 Moderate portion with vegetables

 Sweet biscuits

 Fruit

✗ Ice cream

✓ Greek yogurt

✗ Sugary cereal

✓ Oats

Eating Out Without Feeling Guilty

You don't have to avoid restaurants or family gatherings.

Use these simple rules:

- ✓ Fill half your plate with vegetables if available.
- ✓ Choose grilled instead of fried foods when possible.
- ✓ Drink water before ordering soft drinks.
- ✓ Eat until you're satisfied—not stuffed.
- ✓ Enjoy special occasions without guilt, then return to your routine at your next meal.

One celebration won't undo your progress.

Meal Prep Tips for Busy Mums

Spend one day each week preparing ahead.

You can:

- Boil eggs for quick breakfasts.

- Grill chicken and fish in batches.
- Wash and chop vegetables.
- Cook beans in advance and freeze portions.
- Slice fruit for easy snacks.
- Prepare overnight oats for busy mornings.

A little preparation makes healthy choices much easier during the week.

The Belly Switch™ Nutrition Checklist

At the end of each day, ask yourself:

- ☐ Did I eat enough protein?
- ☐ Did I drink enough water?
- ☐ Did I eat vegetables?
- ☐ Did I avoid skipping meals?
- ☐ Did I choose whole foods most of the time?
- ☐ Did I enjoy my meals without guilt?

If you can tick most of these boxes consistently, you're giving your body exactly what it needs to recover, rebuild, and become stronger.

Remember, this meal plan isn't about perfection. It's about creating healthy habits you can continue long after these 30 days are over.

One nourishing meal at a time—that's how The Belly Switch™ works.

BONUS #2: 90-Day Planner & Habit Tracker

Your Personal Recovery Journal

Congratulations on taking the next step in your postpartum recovery journey.

This planner is designed to help you stay consistent—not perfect.

Remember, **The Belly Switch™** isn't about doing everything right every single day. It's about making small, healthy choices that add up over time.

Use this planner every day for the next 90 days.

Some days you'll tick every box.

Some days you won't.

Both are part of the journey.

How to Use This Planner

Every day:

- ✓ Complete your habit tracker.
- ✓ Record your water intake.
- ✓ Log your exercise.
- ✓ Write one positive note about your day.

Every week:

- ✓ Record your measurements.
- ✓ Reflect on your progress.
- ✓ Set one goal for the following week.

Every month:

- ✓ Review your progress.
- ✓ Celebrate your wins.
- ✓ Adjust your goals if needed.

Before You Begin

My Starting Point

Start Date: _____

Current Weight (Optional): _____

Waist Measurement: _____

Hip Measurement: _____

Bust Measurement: _____

Energy Level (1–10): _____

Confidence Level (1–10): _____

How I Feel Today:

My Promise to Myself

I choose to be patient with my body.

I will celebrate progress instead of perfection.

I understand that recovery takes time.

I will show myself kindness every step of the way.

Signature

DAILY PLANNER

(Print 90 Copies or Reuse Digitally)

Date

Today's Water Tracker

☐ Glass 1

☐ Glass 2

☐ Glass 3

☐ Glass 4

☐ Glass 5

☐ Glass 6

☐ Glass 7

☐ Glass 8

Extra Glasses: _____

Today's Nutrition

☐ Ate breakfast

☐ Ate protein at every main meal

☐ Ate vegetables at least twice

☐ Ate fruit

☐ Avoided sugary drinks

☐ Didn't skip meals

Belly Switch™ Habits

- ☐ Completed breathing exercise
- ☐ Checked my posture
- ☐ Walked or stayed active
- ☐ Completed today's core workout
- ☐ Slept as well as possible
- ☐ Took time to relax

Today's Exercise Log

Exercise completed:

Duration:

_____ Minutes

How I felt afterwards:

Mood Check

How would you describe today?

😊 Excellent

😊 Good

😐 Okay

☹️ Difficult

One thing that went well today:

Daily Gratitude

Today I'm thankful for...

1. _____
2. _____
3. _____

WEEKLY REVIEW

Complete Every 7 Days

Week Number

Measurements

Weight (Optional):

Waist:

Hips:

Bust:

This Week I Successfully...

- ☐ Drank enough water
- ☐ Exercised consistently
- ☐ Ate balanced meals
- ☐ Stayed active
- ☐ Improved my posture
- ☐ Stayed positive

Biggest Win This Week

Biggest Challenge

Next Week I Will Focus On

Energy Level

1 2 3 4 5 6 7 8 9 10

Circle one.

Confidence Level

1 2 3 4 5 6 7 8 9 10

Circle one.

MONTHLY PROGRESS REVIEW

Month One

Weight (Optional):

Waist:

Hips:

Energy Level:

Confidence Level:

Three things I'm proud of:

1.

2.

3.

What improved the most?

Month Two

Weight (Optional):

Waist:

Hips:

Energy Level:

Confidence Level:

Three things I'm proud of:

1.

2.

3.

What healthy habits now feel easier?

Month Three

Weight (Optional):

Waist:

Hips:

Energy Level:

Confidence Level:

Three things I'm proud of:

1.

2.

3.

How has my life changed since Day One?

My Non-Scale Victories

Sometimes the best progress isn't measured by kilograms.

Tick every victory you've experienced.

- ☐ I have more energy.
- ☐ My clothes fit better.
- ☐ I sleep better.
- ☐ I stand taller.
- ☐ My back feels stronger.
- ☐ I snack less often.
- ☐ I feel more confident.
- ☐ I move more easily.
- ☐ My breathing feels better.
- ☐ I feel happier.
- ☐ I enjoy healthy food more.
- ☐ I feel proud of myself.

Colour or tick one box for every successful day.

Month 1

□ □ □ □ □ □ □ □ □ □

□ □ □ □ □ □ □ □ □ □

[illegible]

Emergency Reset Page

Life happens.

If you've missed several days, don't quit.

Use this page to reset.

Today is:

What caused me to lose momentum?

What's ONE healthy habit I'll restart today?

What support do I need?

Remember:

You are not starting over.

You are starting from experience.

My Motivation Board

Complete these sentences.

I started this journey because...

My biggest reason for staying healthy is...

When I feel like giving up, I'll remember...

Three words I want to describe myself in 90 days

1.

2.

3.

My Daily Affirmations

Read these every morning.

♥ I am stronger than I think.

- ♥ My body deserves patience and care.
- ♥ Every healthy choice matters.
- ♥ Progress is more important than perfection.
- ♥ I am becoming healthier every day.
- ♥ I choose consistency over quick fixes.
- ♥ My confidence grows with every small step.
- ♥ I celebrate every victory, no matter how small.

My 90-Day Celebration

Congratulations!

You've completed The Belly Switch™ 90-Day Planner.

Take a moment to celebrate how far you've come.

Look back at your first measurements, your journal entries, and your weekly reflections.

Notice how much you've grown—not just physically, but mentally and emotionally.

This isn't the end of your journey.

It's the beginning of a healthier lifestyle built on habits you can continue for years to come.

Remember...

The goal was never to become perfect.

The goal was to become consistent.

And every day you chose to care for yourself, you succeeded.

Keep going.

Your future self will thank you.

BONUS EXTRA

Frequently Asked Questions

1. Can I follow The Belly Switch™ if I had a C-section?

Yes, but only after you've been cleared by your healthcare provider. Recovery after a C-section varies from person to person, so always follow your doctor's advice before beginning new exercises.

2. I'm breastfeeding. Can I still follow this guide?

Absolutely. The Belly Switch™ focuses on balanced nutrition, gentle movement, and sustainable habits—not crash diets or extreme exercise. If you're breastfeeding, make sure you're eating enough to support both your health and milk production.

3. How soon will I see results?

Everyone's recovery is different. Some women notice improved energy, better posture, or reduced bloating within a few weeks. Changes in body shape and strength may take longer. Focus on consistency rather than comparing your progress with others.

4. Do I need to buy supplements?

Not necessarily. Most people can meet their nutritional needs through a balanced diet. If you're considering supplements, speak with your healthcare provider for advice that's right for you.

5. Can I still eat rice and swallow?

Yes. You don't need to remove your favourite Nigerian foods. The Belly Switch™ encourages balanced portions, more vegetables, and adequate protein rather than strict food rules.

6. What if I miss a week?

Don't give up.

Life happens.

Simply pick up where you left off.

One missed week doesn't erase your progress.

7. Is this a weight-loss program?

No.

The Belly Switch™ is a postpartum recovery system designed to help you nourish your body, rebuild your core, develop healthy habits, and support your overall well-being. Weight changes may happen over time, but the primary goal is recovery and long-term health.

8. What if I don't have time to exercise every day?

That's okay.

Even 10–15 minutes of movement is valuable.

Consistency matters much more than long workouts.

A Letter to Every Mother

Dear Beautiful Mum,

If you've reached this page, I want you to know how proud I am of you.

Not because you've finished reading a guide.

But because you've chosen to invest in yourself.

As mothers, we often put everyone else first.

Our children.

Our partners.

Our families.

Our jobs.

Somewhere along the way, we forget that we matter too.

The truth is, taking care of yourself isn't selfish.

It's one of the greatest gifts you can give the people who love you.

A healthier, stronger, happier version of you benefits everyone around you.

There will be days when your routine goes perfectly.

There will also be days when nothing goes according to plan.

On those difficult days, remember this:

You haven't failed.

You're simply living a real life.

Take one healthy step.

Then another.

And another.

Those small steps are how lasting change is built.

Thank you for allowing me to be part of your journey.

I'm cheering you on every step of the way.

With love,

Jennifer

Certified Nutrition Coach & Mother of Two

Disclaimer

This guide is intended for educational purposes only and should not replace professional medical advice, diagnosis, or treatment. Every postpartum recovery journey is unique. Always consult your doctor, physiotherapist, or another qualified healthcare professional before making significant changes to your diet or starting a new exercise program, especially if you recently gave birth, had a C-section, or have ongoing health concerns.

The Belly Switch™ is designed to support healthy postpartum recovery through nutrition, movement, and sustainable lifestyle habits. Individual results will vary depending on personal circumstances, consistency, and overall health.