
The BUST-LIFT Ritual™
The 15-Minute Blueprint for Building Better Breast-Care Habits — Even If You Don't Have a Gym or Expensive Products
Nourishing Foods
Natural Breast Care
Simple Exercises
Better Support & Bra Choices
More Confidence Every Day
3 BONUSES INCLUDED
7-Day BUST-LIFT Daily Routine
Nigerian Breast-Friendly MEAL PLANNER
Perky-Bust Confidence & Dressing Guide
ADAEZE OKAFOR
The BUST-LIFT Ritual™
The 15-Minute Blueprint for Building Better Breast-Care Even If You Don't Have a Gym or Expensive Products
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Chapter 1

Understanding Your Breasts

My sister, let's start from the beginning.

Your breasts are part of you, and they are beautiful no matter the size or shape.

But have you ever looked in the mirror and thought, *"Hmm, my breasts don change small o?"* Don't worry, you're not alone.

Almost every woman will notice some changes as she grows.

Why Breasts Change Shape Over Time

Breasts are not like stone; they are soft because they are made of fat, skin, and tissue.

That is why they can go up, down, or even sideways depending on how we treat them.

As we get older, the skin loses strength, and the breast may not stand as firm as before.

For example, remember how a balloon looks when you just blow it? It is firm and round.

But if you leave it for some days, it becomes soft and weak. That is almost the same thing that happens to our skin as we age.

Pregnancy and breastfeeding also play their part.

When a woman is pregnant, her breasts become fuller because of milk.

But after breastfeeding, the fullness goes down, and sometimes the breasts may look softer than before.

Weight gain and loss too affect the breast.

If you add weight, the breast becomes bigger. If you lose weight, the breast may shrink and sag a little.

Even the kind of bra you wear every day matters.

A poor bra cannot give your breast proper support, especially when moving around, bending, or even running after children.

Simple Explanation of Sagging

Sagging simply means when the breast is no longer standing firm like before.

It happens because the skin and tissue are stretched and tired. This does not mean you are no longer beautiful.

It only means your body is changing, and it needs more care.

Think about plantain. When it is fresh, it is strong and straight. But if you leave it too long in the sun, it starts to bend.

That's how breasts can act if we don't take care of them well.

Busting Common Nigerian Myths

Now, let me tell you the truth about some things we hear every day:

- "Pressing breast too much makes it sag." My sister, this one na lie. Sagging is not about pressing. It is about age, pregnancy, weight, and support. Don't blame your husband or baby for that.

- "Small breast does not sag." Another lie. Both small and big breasts can sag if you don't care for them.

- "Only old women's breasts sag." Not true. Even young girls can experience sagging if they don't wear the right bra or if they lose weight suddenly.

So my sister, don’t let anybody deceive you with stories. The power is in your hands. With the right care, you can slow down sagging and keep your breasts firm for many years.

Chapter 2

Everyday Habits That Cause Sagging

Now that you understand why breasts change…

Let us talk about the small-small things we do every day that make them sag faster.

Sometimes, it is not big sickness or age that causes the problem. It is the daily habits we don't even notice.

Not Wearing the Right Bra

Many women in Nigeria wear the wrong bra size.

Some wear bra that is too tight, making the breast squeeze and feel uncomfortable.

Some wear bra that is too loose, so the breast is just moving up and down anyhow.

Both of these can make the breast lose strength over time.

For example, imagine carrying pap in nylon that has no strong support. If you carry it up and down, it will stretch and even pour away.

That is how breast acts when you don’t give it the right support with good bra.

Bad Posture

Another big problem is posture.

Many women bend their back or hunch their shoulders, especially when cooking, carrying babies, or working in the office.

If you are always bending forward, your breast too will start to drop forward.

Think of a yam tuber when you stand it upright versus when you leave it lying on the side for long.

The one lying will start to flatten small-small. Posture works the same way.

Skipping Exercise

My sister, exercise is not only for people who want to lose weight.

It is also for your breasts. When the chest muscles are weak, the breast cannot stand firm.

Simple things like push-ups, lifting small water bottles like dumbbells, or even wall pressing can make a big difference.

But many women skip it because they think, “Ah, I no get time.”

Meanwhile, the same time you use for gist, you can use 10 minutes to do small exercise.

Carrying Heavy Load on the Chest

You know how some women carry big basins of water, firewood, or goods on their chest when climbing okada or trekking?

This puts too much pressure on the breast and makes it drop faster.

Our mothers did it because there was no choice, but now that we know better, we can avoid it when we can.

Poor Diet

What you eat shows on your skin and breasts.

Too much fried food, sugary drinks, or alcohol weakens the skin and makes it less firm.

On the other hand, eating beans, fish, vegetables, and fruits like pawpaw or watermelon keeps the skin and breast strong.

If your skin is weak, your breast too cannot stand well.

The truth is this: it’s not only age or pregnancy that makes breasts sag.

Sometimes, it is the small habits we ignore every day.

The good news is, once you change these habits, you can slow down sagging and keep your breasts looking perky and confident.

Chapter 3

Foods for Firm & Healthy Breasts

My sister, let me tell you something important: what you eat shows on your body.

If you always eat anyhow, your skin will look weak and your breast will not stand firm.

But if you eat the right foods, your skin will glow, and your breasts will stay strong for many years.

You don’t need foreign food from supermarket.

Our Nigerian meals already have everything your body needs.

Beans – Strength for Skin and Muscle

Beans is one of the best foods you can eat.

It has protein that helps to build muscle under your breast and keep it firm.

Think of it like the cement that holds a house together. If you don’t have cement, the house will collapse.

So, instead of saying “I don’t like beans,” try moi-moi, akara, or beans with bread.

You see? You are eating good food without stress.

Fish – Food for Firmness

Fish is full of oil that makes the skin smooth and strong.

When the skin is strong, it can hold the breast better.

Especially fish like Titus, catfish, or even dry fish in your soup.

These are not expensive, and they work wonders for your body.

Nuts – Small but Powerful

Groundnut, cashew nut, and even tiger nut (aya) are very good for breast health.

They give the body healthy oil that keeps the skin elastic, so it does not sag quickly.

If you can, snack on roasted groundnut instead of biscuit or puff-puff.

Vegetables – Your Body’s Best Friend

Efo, ugu, waterleaf, bitterleaf — all these greens are rich in vitamins that tighten the skin and make it fresh.

A woman who eats vegetables often will notice her body feels lighter, her skin glows, and her breasts stay firmer.

Don’t ignore your vegetables, my sister.

Papaya (Pawpaw) – The Breast Fruit

This one deserves special talk o.

Pawpaw is like natural medicine for the breast.

It helps to keep the skin tight and fresh. Some women even mash it with milk and eat it as a snack.

You can also add pawpaw to smoothies or eat it plain.

Easy Diet Tips for Every Woman

- Drink plenty of water. Water is the cheapest beauty secret.

- Replace sugary drinks with zobo, kunu, or fresh fruit juice.

- Eat more fresh food and less fried food.

- Add fruits like watermelon, orange, and banana to your diet.

The truth is this: if you want firm breasts, start from your kitchen.

Every spoon of beans, every handful of nuts, every plate of vegetable soup is not just food — it is also a gift to your skin and breasts.

Chapter 4

Breast Care at Home (Natural Ways)

My dear sister, you don’t always need expensive creams from abroad to care for your breasts.

Most of the things you need are already in your kitchen or your room.

With small-small natural remedies and a little massage, you can make your breasts firmer and healthier.

Olive Oil Massage

Olive oil is very good for breast care.

It has vitamins that make the skin strong and soft.

When you rub it on your breast and massage gently, it helps the blood flow and makes the breast stand better.

How to use it: Pour small olive oil in your palm, rub it together, then massage your breast in a round, upward motion for 5–10 minutes before you sleep.

Do this 3–4 times in a week.

Shea Butter (Ori)

Almost every Nigerian home has ori (shea butter).

It is cheap, natural, and powerful. Shea butter keeps the skin tight and prevents dryness.

If you use it well, it can help your breasts stay firm for long.

How to use it: Warm the shea butter between your palms, then massage it on your breast just like with olive oil.

You can also mix shea butter with coconut oil for extra effect.

Aloe Vera Gel

Aloe vera is that plant with thick green leaves that people use for hair and skin.

It is also great for breast care.

Aloe vera tightens the skin and gives it elasticity, which helps the breast to look lifted.

How to use it: Cut aloe vera leaf, scoop out the gel inside, and rub it on your breast. Leave it for 10–15 minutes, then wash it off with lukewarm water.

Do this 2–3 times a week.

How to Massage Properly for Firmness

Many women think massage means pressing the breast anyhow.

No, my sister. There is a right way to do it:

1. Always move your hands in a circular motion around the breast.

2. Start from the side and move upwards, not down.

3. Be gentle. Don’t squeeze too hard.

4. Use natural oil or butter so your hands glide smoothly.

Massage helps because it makes blood flow better, and that keeps the breast tissue alive and strong.

The truth is this: your breasts do not need chemical creams or surgery before they can look better.

With olive oil, ori, aloe vera, and your own two hands, you can already start a ritual at home that works wonders.

Chapter 5

Daily Breast Firming Exercises

My sister, exercise is not only for weight loss. Small-small movements can also make your breasts stand well.

This is because under the breast, there are chest muscles.

If those muscles are weak, the breast will fall faster.

But if they are strong, the breast will sit up and look perky.

The good news is, you don’t need to pay for gym or buy big equipment.

With just your body, wall, or even small water bottles, you can do these exercises at home.

1. Push-Ups

This one is simple and powerful. It strengthens your chest muscles and arms.

How to do it:

- Lie face-down on the floor.

- Place your hands on the ground, shoulder-width apart.

- Push your body up, then slowly go down again.

- Start with 5–10 times every morning.

If normal push-up feels too hard, bend your knees and do the “ladies’ version.”

2. Wall Press

This one is for women who say “push-up is too hard.”

Wall press works the same chest muscles but is easier.

How to do it:

- Stand facing the wall.

- Place your palms flat on the wall at chest level.

- Bend your elbows and lean forward like you want to kiss the wall.

- Push back slowly.

- Do this 10–15 times.

You can even do it while waiting for your rice to boil.

3. Dumbbell Lift (or Water Bottle Lift)

You don’t need fancy gym weights. Just use two filled water bottles.

How to do it:

- Sit or stand straight.

- Hold one bottle in each hand.

- Raise both hands up to shoulder level, then slowly lift them above your head.

- Bring them down again.

- Repeat 10–12 times.

This makes the muscles under your breast stronger and keeps them lifted.

4. Chest Stretch

This one helps with posture and firmness.

How to do it:

- Stand tall with feet apart.

- Stretch both arms wide open like you want to hug someone

- Push your chest forward.

- Hold for 10 seconds, then relax.

- Do it 5 times.

Tip: Try to do these exercises at least 3–4 times a week.

It won’t even take you more than 10 minutes, but the results will show if you are consistent.

The truth is this: firm breasts are not only about creams or massage.

Movement is medicine.

When you train your chest muscles, your breasts will thank you by standing tall.

Chapter 6

Choosing the Right Bra for Support

My sister, let me talk true: one of the biggest reasons breasts sag fast is wearing the wrong bra.

Many women just buy any bra they see in the market, without checking if it fits well.

Some even buy only because it is fine or cheap.

But the wrong bra can spoil your breast faster than age.

Why the Wrong Bra Size is a Problem

- If the bra is too tight: It squeezes your breast, stops blood from flowing well, and makes you uncomfortable.

- If the bra is too loose: Your breast will be jumping up and down when you walk or run, and that stretches the skin.

- If the straps are weak: The bra cannot carry the weight of your breast, so everything drops.

Think about it this way: if you carry water in a nylon bag that has small tear, the nylon will stretch and break.

That’s what happens to your breast when your bra does not support it well.

How to Pick the Right Bra in Nigerian Markets

When you go to places like Balogun in Lagos, Dugbe in Ibadan, or Wuse in Abuja, the market women will show you plenty bras.

Don’t just buy anyhow — here’s how to choose:

1. Check Your Band Size (the round part of the bra):
    - It should sit firmly under your breast, not ride up your back.
    - If it moves up when you raise your hands, it’s too loose.

2. Check Your Cup Size (where your breast sits):
    - Your breast should fill the cup properly, not pour out or leave space.
    - If the breast is spilling from the side, the cup is too small.

3. Check the Straps:
    - They should not dig into your shoulders.
    - They should also not fall down every 5 minutes.

4. Lift Test:
    - Wear the bra and look in the mirror. Do your breasts look lifted and comfortable? If yes, buy it. If not, leave it.

Quick Bra Tips for Nigerian Women

- Don’t buy only “fashion bra” — buy support bra too.
- Replace old bras every 6–12 months.
- Sports bra is important for exercise or even when doing house chores.
- Avoid second-hand bras (okrika) if you can — many have weak elastic already.

The truth is this: a good bra is not just for beauty, it is for health.

When you wear the right bra, your breast stays firm, your back feels better, and you look more confident in your clothes.

Chapter 7

Pregnancy, Breastfeeding & Sagging

My sister, let’s talk truth.

Pregnancy and breastfeeding change the breast more than anything else.

Many women complain that after childbirth, their breasts are not as firm as before.

But don’t worry — it is normal, and there are simple ways to care for yourself during this season.

What Really Happens During Pregnancy and Breastfeeding

When a woman is pregnant, her body prepares to feed the baby.

The breasts grow bigger because of milk, and the skin stretches.

That is why some women notice stretch marks around the breast area.

After breastfeeding, the milk goes down and the breasts may look softer or even smaller.

This is why some women say their breasts “fall” after nursing.

But my sister, this does not mean breastfeeding spoils the breast. It is just a natural change in the body.

How to Care for Breasts Before and After Breastfeeding

1. Wear Good Support Bras
    - During pregnancy, use maternity bras that are soft but supportive.
    - After childbirth, nursing bras are best because they allow you to feed your baby easily without pulling the breast roughly.

2. Moisturize the Skin
    - Rub natural oils like olive oil, coconut oil, or shea butter (ori) around your breasts to keep the skin soft and prevent stretch marks.

3. Don’t Rush to Stop Breastfeeding
    - When you stop, reduce gradually so your breasts can adjust slowly. If you stop suddenly, your breasts may feel heavy and painful.

4. Watch Your Posture While Breastfeeding

    - Many mothers bend forward when nursing their baby. Instead, sit upright and bring the baby close to you. This helps your back and keeps your breasts from pulling downward too much.

Gentle Exercises for Nursing Mothers

Even if you just had a baby, you can do small exercises to keep your breasts firm:

- Wall Press: Stand by the wall and press gently (like in Chapter 5). This strengthens your chest without stress.

- Arm Raises: Lift your arms up and down slowly. Do this 10 times to keep the chest muscles active.

- Shoulder Rolls: Roll your shoulders backward and forward to improve posture.

You don’t need to overdo it. Just 5–10 minutes a day can help.

The truth is this: pregnancy and breastfeeding are a blessing, not a curse to your body.

With the right care, your breasts can stay healthy, firm, and beautiful even after nursing your baby.

Chapter 8

Confidence & Loving Your Body

My sister, after everything we have discussed — food, exercise, massage, bras, and even pregnancy — the most important thing is how you see yourself.

Confidence is the real beauty. Whether your breast is big, small, firm, or soft, you are still a woman, and you are still beautiful.

Building Self-Confidence No Matter Your Breast Size

Some women with small breasts feel shy.

Some women with big breasts feel uncomfortable.

And some women who have sagging feel less attractive.

But hear me well: confidence is not about size. It is about how you carry yourself.

Think of two women walking into a party. One is very shy, looking down, trying to hide her chest.

The other one walks tall, smiling, with her shoulders back.

Which one will people admire more? The second woman — not because of her breasts, but because of her confidence.

How to Dress to Look Lifted

- Wear the right bra: A good bra can change your whole look. Even a simple T-shirt looks better when your breasts are well-supported.

- Choose clothes with structure: Dresses or blouses with firm fabric, gathers, or V-necks make the chest area look lifted.

- Avoid very loose tops all the time: They can make your chest look droopy.

- Scarves and accessories: A simple necklace or scarf draws attention upward, not downward.

Perky is Not Just About Breasts

Perky does not only mean firm breasts.

Perky means lively, confident, and full of energy.

When you laugh freely, walk boldly, and carry yourself with pride, you are already perky.

So even as you do your home rituals — the food, the exercises, the massages — remember that the way you feel inside shows on the outside.

The truth is this: self-love is the best beauty secret.

Your breasts are part of you, but they do not define all of you.

What makes you truly beautiful is your confidence, your smile, and the way you carry yourself.

Conclusion:

My sister, sagging is not the end of beauty. It is natural for the body to change with age, pregnancy, or even stress.

But the good news is this: with the right daily care, your breasts can stay firm, healthy, and beautiful — without surgery or expensive creams.

This book has shown you simple habits, foods, home remedies, and easy exercises that you yourself can practice right in your own home.

No need for foreign products that are hard to find.

With what you already have in your kitchen, market, and living room, you can keep your breasts perky and your confidence shining.

Remember, this is more than just about breasts.

It is about how you feel as a woman.

When you take care of yourself, you walk tall, you dress well, and you feel proud of your body.

That is true confidence, and no one can take it from you.

So start today. Choose one ritual, practice it daily, and watch the changes.

In a few weeks, you will look in the mirror and smile at the strong, beautiful woman looking back at you.

You deserve to feel perky, firm, and full of life — always.

BONUS 1

The 7-Day BUST-LIFT™ Daily Routine

Your simple 15-minute weekly routine for better breast-care habits, chest strength, support and confidence

THE 7-DAY BUST-LIFT™ DAILY ROUTINE

Your simple weekly routine for better breast-care habits, chest strength, support and confidence

You already know *what* can help you take better care of your breasts.

Now the question is:

“How do I actually put everything together without feeling overwhelmed?”

That's exactly why I created the 7-Day BUST-LIFT™ Daily Routine.

Instead of trying to remember everything in the main guide, you can use this simple 7-day routine to turn your breast-care habits into something you can actually stick with.

The routine combines five simple areas:

BUILD → UNLOAD → SUPPORT → TONE → CARE

You don't need a gym.

You don't need expensive products.

And you don't need to spend hours every day.

Just commit to a few minutes each day and focus on consistency.

YOUR BUST-LIFT™ 5-PART SYSTEM

1. BUILD

Give your body the nourishment and hydration it needs through sensible everyday food choices.

2. UNLOAD

Reduce habits that may work against your breast-care goals, such as poor posture and inadequate support.

3. SUPPORT

Pay attention to your bra fit, posture and the way you support your breasts throughout the day.

4. TONE

Use simple chest and upper-body exercises to strengthen the muscles underneath and around the breasts.

5. CARE

Make gentle breast and skin care part of your regular self-care routine.

DAY 1 — START FRESH

Morning

☐ Drink a glass of water after waking.

☐ Check your posture: shoulders relaxed, chest open and back straight.

☐ Choose a nourishing breakfast containing a source of protein.

During the day

☐ Wear a comfortable, properly fitting bra.

☐ Pay attention to how you sit and stand.

☐ Avoid spending the entire day hunched over your phone.

Evening — 10–15 minutes

Complete:

- Wall push-ups
- Chest presses
- Gentle upper-body stretches

Finish with your normal gentle breast-care routine from the main guide.

Today's reminder:

Don't try to change everything in one day. Start by becoming consistent.

DAY 2 — SUPPORT

Today is all about support.

Morning

Before leaving home, check your bra.

Ask yourself:

Does it actually fit comfortably?

Look for:

☐ Comfortable straps

☐ A supportive band

☐ No painful digging

☐ No excessive spillage

☐ No uncomfortable gaps

During the day

Practice this simple posture check whenever you remember:

Shoulders back → chest open → neck relaxed.

Don't force your shoulders backward. The goal is simply to avoid constantly slouching.

Evening

Spend 5–10 minutes doing your chest exercises from the main guide.

Then gently stretch your chest and shoulders.

Today's reminder:

Good support isn't only about your bra. Your posture matters too.

DAY 3 — TONE

Today is your chest-strengthening day.

Your mini-workout

Complete 2–3 rounds:

Wall Push-Ups — 10 reps

Stand facing a wall, place your hands against it and slowly bend your elbows to bring your chest closer to the wall. Push yourself back.

Chest Press — 10 reps

Use light dumbbells or suitable household weights if appropriate.

Arm Raises — 10 reps

Raise your arms slowly and with control.

Chest Stretch — 20–30 seconds

Gently stretch your chest and shoulders afterward.

Important

You don't need to push yourself until you're exhausted.

Focus on:

Good form + controlled movement + consistency.

If an exercise causes pain, stop.

Today's reminder:

A few consistent minutes are better than one exhausting workout you never repeat.

DAY 4 — CARE

Today is your gentle breast-care day.

Evening ritual

Set aside 5–10 quiet minutes.

After bathing:

1. Make sure your hands are clean.
2. Apply your preferred skin-care product from the main guide.
3. Use gentle, comfortable movements.
4. Avoid aggressive rubbing, pulling or squeezing.

5. Stop if anything feels painful or uncomfortable.

Remember:

Massage is a self-care practice—not a magic overnight fix.

The goal is to make caring for your body something you do consistently.

Today's reminder:

Your breasts deserve care, not punishment.

DAY 5 — BUILD

Today, focus on what you're putting into your body.

Today's simple food challenge

Try to include:

☐ A protein source

☐ Vegetables or fruit

☐ Healthy fats

☐ Enough water throughout the day

You don't need expensive “beauty foods.”

Use foods that are already familiar and accessible to you.

For example:

- Beans
- Eggs
- Fish
- Vegetables
- Groundnuts
- Fruits
- Pap
- Other balanced Nigerian meals

Simple rule:

Don't look for one magical food that will transform your breasts.

Think about your overall eating pattern.

Today's reminder:

Healthy breast care starts with caring for your whole body.

DAY 6 — UNLOAD

Today, look at the habits that may be working against your goals.

Ask yourself:

How was my posture this week?

☐ Mostly upright

☐ Sometimes slouched

☐ I need to improve it

How was my bra support?

☐ Comfortable and supportive

☐ Sometimes uncomfortable

☐ I need to check my size/fit

How consistent was I?

☐ Very consistent

☐ Somewhat consistent

☐ I need to get back on track

Now choose ONE habit to improve next week.

Don't choose five.

Choose one.

Today's reminder:

Progress becomes easier when you fix one small habit at a time.

DAY 7 — THE BUST-LIFT™ RESET

Congratulations.

You've completed your first week.

Today isn't about doing more.

It's about reviewing what you've learned.

Your 10-minute reset

2 minutes: Gentle stretching

5 minutes: Your favourite chest exercises

3 minutes: Your normal breast-care routine

Then answer these questions:

1. Which part of the routine was easiest for me?

2. Which part was hardest?

3. Which habit do I want to continue?

4. What will I improve next week?

5. How do I feel about my body today?

YOUR WEEKLY BUST-LIFT™ CHECKLIST

At the end of each week, check your consistency.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Good posture	☐	☐	☐	☐	☐	☐	☐
Proper support	☐	☐	☐	☐	☐	☐	☐
Chest exercises	☐	☐	☐	☐	☐	☐	☐
Breast-care routine	☐	☐	☐	☐	☐	☐	☐
Healthy food choices	☐	☐	☐	☐	☐	☐	☐
Hydration	☐	☐	☐	☐	☐	☐	☐

THE 15-MINUTE BUST-LIFT™ FORMULA

When life gets busy, don't abandon the routine completely.

Use this quick version:

3 MINUTES — CARE

Gentle breast/skin-care routine.

7 MINUTES — TONE

Your selected chest and upper-body exercises.

3 MINUTES — SUPPORT

Check your posture and bra support.

2 MINUTES — BUILD

Drink water and make your next food choice a nourishing one.

Total: 15 minutes.

That's it.

You don't have to be perfect.

You simply have to keep showing up.

YOUR 7-DAY COMMITMENT

Write down the date you are starting:

START DATE:

MY MAIN GOAL:

THE HABIT I MOST WANT TO IMPROVE:

MY 7-DAY PROMISE TO MYSELF:

“I don't need to change everything overnight. For the next 7 days, I will focus on taking better care of my body, supporting my breasts, strengthening my upper body and becoming more consistent with my routine.”

SIGNATURE:

DATE:

ONE LAST THING...

Don't measure your progress only by looking in the mirror every morning.

Some changes take time.

What matters first is building the habits that support your goal.

You are not trying to become a different woman.

You're simply learning to care for the body you already have with more intention.

Build it.

Unload it.

Support it.

Tone it.

Care for it.

That's the BUST-LIFT™ way.

BONUS 2

THE NIGERIAN BREAST-FRIENDLY MEAL PLANNER

A simple 7-day food guide for women who want to support healthy skin, strength and overall body wellness

You don't need expensive imported “beauty foods” to take better care of your body.

You don't need to completely change the way you eat either.

The goal of this meal planner is simple:

Help you make more nourishing food choices using foods you can actually find in Nigeria.

This is not a “breast-firming diet.”

No single food can magically lift or firm breasts.

Instead, this planner focuses on a balanced eating pattern that provides protein, healthy fats, fruits, vegetables and other nutrients your body needs for general health and healthy skin.

Use it alongside your BUST-LIFT™ Daily Routine.

THE SIMPLE PLATE FORMULA

When planning your meals, think:

PROTEIN + CARBOHYDRATE + VEGETABLES/FRUIT + HEALTHY FAT

You don't have to get the proportions perfect at every meal.

Just aim for variety throughout your day.

GOOD NIGERIAN PROTEIN OPTIONS

- Eggs
- Beans
- Fish
- Chicken
- Turkey
- Lean meat
- Moi moi
- Akara
- Greek/plain yoghurt where available

- Milk

CARBOHYDRATE OPTIONS

- Rice
- Yam
- Sweet potatoes
- Plantain
- Oats
- Pap
- Garri
- Potatoes
- Whole-grain bread

FRUIT & VEGETABLE OPTIONS

- Pawpaw
- Oranges
- Watermelon
- Bananas
- Apples
- Carrots
- Spinach
- Ugu
- Okra
- Tomatoes
- Cucumber
- Garden eggs

HEALTHY FAT OPTIONS

- Groundnuts
- Avocado
- Sesame seeds
- Nuts
- Seeds
- Moderate amounts of healthy cooking oils

YOUR 7-DAY MEAL PLAN

DAY 1

Breakfast

Pap + boiled eggs + a small serving of fruit

Lunch

Rice + beans + grilled fish + vegetables

Snack

Pawpaw or watermelon

Dinner

Boiled yam + vegetable sauce + fish

Water reminder

Keep water close to you throughout the day instead of waiting until you're extremely thirsty.

DAY 2

Breakfast

Oats + milk + banana + groundnuts

Lunch

Beans + plantain + vegetables

Snack

Orange + a handful of groundnuts

Dinner

Rice + vegetable stew + chicken or fish

Today's focus

Don't skip meals simply because you're busy.

Plan ahead where possible.

DAY 3

Breakfast

Moi moi + pap

Lunch

Yam + egg or fish sauce + vegetables

Snack

Watermelon or pawpaw

Dinner

Beans + rice + vegetables

Today's focus

Include a protein source in your main meals.

DAY 4

Breakfast

Boiled eggs + whole-grain bread + fruit

Lunch

Jollof rice + grilled chicken/fish + vegetables

Snack

Groundnuts + fruit

Dinner

Sweet potato + vegetable sauce + fish

Today's focus

Don't think you have to stop eating your favourite Nigerian foods.

Think balance and portions, not punishment.

DAY 5

Breakfast

Oats + milk + fruit

Lunch

Beans + boiled plantain + vegetables

Snack

Pawpaw or orange

Dinner

Rice + fish + vegetable sauce

Today's focus

Add something nutritious before simply removing something from your diet.

DAY 6

Breakfast

Pap + moi moi + fruit

Lunch

Yam porridge with vegetables + fish

Snack

Banana + groundnuts

Dinner

Rice + beans + vegetables + egg

Today's focus

Try to include at least one fruit or vegetable with your meals today.

DAY 7

Breakfast

Eggs + bread + fruit

Lunch

Rice + beans + chicken/fish + vegetables

Snack

Watermelon + groundnuts

Dinner

Boiled plantain + vegetable sauce + fish

Today's focus

Review your week.

Ask yourself:

Which meals were easiest for me to prepare?

Which foods did I enjoy most?

Which healthy choices can I realistically continue?

YOUR NIGERIAN SHOPPING LIST

Use this list when preparing for the week.

PROTEINS

☐ Eggs
☐ Beans

☐ Fish

☐ Chicken

☐ Turkey

☐ Moi moi ingredients

☐ Milk/yoghurt

CARBOHYDRATES

☐ Rice

☐ Yam

☐ Plantain

☐ Sweet potatoes

☐ Oats

☐ Pap

☐ Bread

FRUITS

☐ Pawpaw

☐ Banana

☐ Orange

☐ Watermelon

☐ Apple

VEGETABLES

☐ Ugu

☐ Spinach

☐ Carrots

☐ Tomatoes
☐ Cucumber
☐ Okra
☐ Garden eggs

HEALTHY FATS

☐ Groundnuts
☐ Avocado
☐ Sesame seeds
☐ Other nuts/seeds

EASY FOOD SWAPS

You don't need to eat perfectly.

Make small swaps when convenient.

Instead of:

Skipping breakfast

Try:

Pap + egg
or
Oats + banana

Instead of:

Eating only rice

Try:

Rice + beans + vegetables + fish/egg

Instead of:

Snacking only on biscuits

Try:

Fruit + groundnuts

Instead of:

Drinking sugary drinks all day

Try:

Water more often

Instead of:

Completely avoiding carbohydrates

Try:

Pairing your carbohydrate with protein and vegetables.

THE “I'M TOO BUSY TO COOK” PLAN

Some days will be chaotic.

You may have work.

You may have children to look after.

You may simply be tired.

That's normal.

On those days, keep things simple.

QUICK BREAKFAST

Boiled eggs + bread + fruit

QUICK LUNCH

Rice + beans + egg/fish

QUICK SNACK

Banana + groundnuts

QUICK DINNER

Boiled yam/plantain + egg or fish + vegetables

Simple doesn't mean useless.

Your goal is consistency, not a perfect Instagram meal.

THE 3 FOOD RULES

If you forget everything else in this planner, remember these three rules:

RULE 1: ADD PROTEIN

Try to include a protein source with your main meals.

RULE 2: ADD COLOUR

Include different fruits and vegetables across the week.

RULE 3: DRINK WATER

Make water your regular drink throughout the day.

YOUR 7-DAY FOOD TRACKER

Day	Protein	Fruit/Vegetable	Water	Balanced Meals
Monday	☐	☐	☐	☐

Tuesday	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐
Thursday	☐	☐	☐	☐
Friday	☐	☐	☐	☐
Saturday	☐	☐	☐	☐
Sunday	☐	☐	☐	☐

REMEMBER

Your breasts are part of your body.

So don't obsess over one body part while neglecting the rest of yourself.

Good nutrition, movement, hydration, adequate support, sleep and general self-care all contribute to your overall wellbeing.

There is no magic Nigerian food that will suddenly make your breasts perky.

But there *is* something powerful you can build:

a consistent habit of taking better care of yourself.

And that's what this meal planner is designed to help you do.

Eat well.
Stay consistent.
Take care of yourself.
And give your body time.

BONUS 3

THE PERKY-BUST CONFIDENCE & DRESSING GUIDE

Simple ways to feel more confident, look more supported and dress your bust beautifully — at any size

Let's be honest.

Sometimes, the issue isn't only how your breasts look.

It's how you feel when you look at yourself in the mirror.

Maybe you've noticed that your breasts don't sit the way they used to.

Maybe pregnancy, breastfeeding, weight changes or age have changed your shape.

Maybe you avoid certain clothes because you don't feel comfortable with how your bust looks in them.

But here's something important:

You don't have to wait for your body to change before you start feeling confident.

While you're building better breast-care habits with the BUST-LIFT™ system, you can also learn how to work with the body you have right now.

This guide will help you do exactly that.

PART 1: START WITH YOUR BRA

Before changing your wardrobe, look at the foundation.

Your bra can dramatically affect how your bust looks under clothing.

A bra that doesn't fit properly can create:

- Uncomfortable pressure
- Spillage
- Gaping cups
- Straps that constantly fall
- A band that rides up
- A less supported appearance

YOUR QUICK BRA CHECK

Put on your usual bra and check:

☐ Is the band comfortable?

☐ Does it stay reasonably level around your body?

☐ Are the cups comfortably containing your breasts?

☐ Are the straps comfortable?

☐ Does the bra provide the support you need for your activity?

☐ Can you move comfortably?

If several answers are “no,” it may be time to reassess your bra size or style.

PART 2: CHOOSE THE RIGHT SUPPORT FOR THE OCCASION

You don't necessarily need one bra for everything.

EVERYDAY BRA

Look for:

- Comfortable support
- A good fit
- Breathable material
- A style that works under your normal clothes

EXERCISE BRA

For workouts, choose a bra designed for physical activity.

The amount of support you need depends on the activity and your comfort.

SPECIAL-OCCASION BRA

For fitted or structured outfits, choose a bra that works with the neckline and shape of the clothing.

YOUR GOLDEN RULE

The best bra is one that fits your body comfortably and provides appropriate support for what you're doing.

PART 3: THE POSTURE BOOST

You don't need to force your shoulders backward all day.

Instead, practice a relaxed, upright posture.

Think:

HEAD UP

↓

SHOULDERS RELAXED

↓

CHEST OPEN

↓

BACK COMFORTABLY STRAIGHT

↓

CORE RELAXED

Try this simple reset several times throughout your day.

THE 30-SECOND POSTURE RESET

1. Put both feet comfortably on the floor.
2. Relax your shoulders.
3. Gently bring your shoulders back.
4. Lift your head so you're looking forward.
5. Take a slow breath.
6. Relax without collapsing forward.

That's it.

PART 4: DRESS FOR YOUR SHAPE

You don't need to hide your breasts.

You simply need to understand how different clothing choices affect the way your overall shape appears.

V-NECKS

A V-neck can create a longer, more open visual line through the upper body.

SQUARE NECKLINES

These can create a structured appearance around the chest and shoulders.

WRAP STYLES

Wrap-style tops and dresses can define the waist while creating shape around the bust.

STRUCTURED TOPS

Structured fabrics can sometimes create a more polished silhouette than extremely thin, clingy fabrics.

BUTTON-DOWN SHIRTS

If buttons pull or gape across the chest, consider trying a larger size and adjusting the fit elsewhere.

PART 5: DON'T LET YOUR CLOTHES WEAR YOU

A common mistake is buying clothes based only on the size written on the label.

But clothing sizes aren't universal.

One brand's medium may fit completely differently from another brand's medium.

Instead of asking:

“What size am I?”

Ask:

“Does this fit my body comfortably and flatter my shape?”

Check:

☐ The shoulders

☐ The bust

☐ The waist

☐ The length

☐ How the fabric sits when you move

Your body doesn't need to fit the label.

The clothes should fit your body.

PART 6: 5 QUICK WARDROBE FIXES

1. Your top feels too tight around your bust

Try a different cut or size rather than constantly pulling the fabric down.

2. Your neckline doesn't sit properly

Try a different bra style or neckline.

3. Your shirt keeps opening between buttons

Try sizing up and having the waist adjusted if necessary.

4. Your outfit makes you feel uncomfortable

Don't force yourself to wear it simply because it's fashionable.

5. Your bra lines show through everything

Experiment with seamless or smoother bra styles that work with the fabric you're wearing.

PART 7: THE “LOOK MORE LIFTED” CHECKLIST

Before leaving home, take 30 seconds.

BRA

☐ Comfortable

☐ Supportive

☐ Correct for the outfit

POSTURE

☐ Shoulders relaxed

☐ Head up

☐ Chest open

CLOTHING

☐ Fits comfortably

☐ Doesn't pull awkwardly across the bust

☐ Makes you feel good

CONFIDENCE

☐ I'm not hiding myself

☐ I'm comfortable in what I'm wearing

☐ I'm carrying myself confidently

PART 8: STOP COMPARING YOURSELF

One of the biggest confidence traps is comparing your body with someone else's.

Your breasts may be:

- Larger
- Smaller
- Fuller
- Less full
- Different sizes
- Different shapes

And that's normal.

Breast shape varies naturally from woman to woman.

Pregnancy, breastfeeding, age, weight changes and genetics can also change how your breasts look over time.

You don't need to have someone else's body to look beautiful.

PART 9: YOUR 5-MINUTE CONFIDENCE RITUAL

Before getting dressed:

MINUTE 1 — POSTURE

Stand upright and take a few relaxed breaths.

MINUTE 2 — BRA

Check your fit and support.

MINUTE 3 — OUTFIT

Choose something that fits your current body comfortably.

MINUTE 4 — MIRROR

Look at yourself without immediately searching for flaws.

MINUTE 5 — RESET

Tell yourself:

“I don't need a perfect body to carry myself with confidence.”

YOUR CONFIDENCE CARD

Take a screenshot of this page or write it somewhere you can see it.

TODAY I WILL:

☐ Wear something that makes me feel good.

☐ Stand tall without forcing my posture.

☐ Choose comfort over comparison.

☐ Take care of my body instead of criticizing it.

☐ Remember that my breast shape does not determine my worth.

THE FINAL REMINDER

The goal of the BUST-LIFT™ system isn't to make you spend every morning worrying about whether your breasts look “perfect.”

Quite the opposite.

The goal is to help you develop better habits around:

care → support → strength → nourishment → confidence.

And while you're working on those habits, you don't have to hide your body.

Dress it.

Care for it.

Support it.

Move it.

And most importantly—

carry it with confidence.

Because being confident isn't something you earn only after your body changes.

You can start carrying yourself confidently today.