

FREE BONUS #1

THE AFRICAN MAN'S POWER FOOD PLAN



A 14-Day Meal Plan Built Entirely From

Nigerian Market Foods

- ✓ Boosts Blood Flow & Erection Strength
 - ✓ Raises Testosterone Naturally
 - ✓ Restores Stamina & Energy
- ✓ Simple, Affordable, No Imported Supplements

VALUE: ~~₦8,000~~ — YOURS FREE

Included with The African Man's Sexual Performance Bible

Male Power Africa · Men's Health & Wellness

For informational purposes only. Not a substitute for medical advice.

THE AFRICAN MAN'S POWER FOOD PLAN

A 14-Day Testosterone & Stamina Restoration Protocol Using Nigerian Market Foods

A Message to You Before You Begin

What you hold in your hands is not a foreign diet imported from the West. This is a 14-day meal plan built entirely from foods you can find in any Nigerian open market — foods your grandmother cooked with, ingredients that have nourished African men for generations.

The difference is that this plan is organised around a specific purpose: **restoring your testosterone, strengthening blood flow to where it matters, and rebuilding your physical stamina** — all through food, not pills.

Science confirms what our ancestors already knew. The right combination of zinc-rich seeds, nitric-oxide-producing vegetables, healthy fats from palm produce, and hormone-supporting proteins can meaningfully shift a man's hormonal and vascular health within 14 to 21 days of consistent eating.

How to Use This Plan: Follow the meals as closely as possible for 14 days. Substitutions are allowed within the same food group. Drink at least 2 litres of water daily. Avoid sugar-sweetened drinks, alcohol, and deep-fried processed snacks during this period. Results compound — the longer you eat this way, the stronger the benefits.

The Three Pillars of This Plan

PILLAR 1 — Blood Flow

An erection is a blood flow event. Every meal in this plan includes at least one ingredient proven to support nitric oxide production — the molecule that relaxes blood vessels and drives blood into the penis. Garlic, watermelon, onions, leafy greens, and tomatoes are your frontline foods.

PILLAR 2 — Testosterone

Testosterone is built from zinc, healthy fats, and specific amino acids. Egusi seeds, tiger nuts, eggs, goat meat, and palm produce supply exactly these building blocks. No imported supplements required.

PILLAR 3 — Stamina & Energy

Fatigue kills performance. Complex carbohydrates from yam, plantain, and oats provide sustained energy without blood sugar spikes. B-vitamins from fish and beans fuel your nervous system and keep your drive alive all day.

Your 14 Power Foods — The Science Behind Each One

Each food below is available in Nigerian markets. Beside each one is the key mechanism that makes it valuable for male sexual health.

FOOD	KEY BENEFIT	WHY IT WORKS
Egusi (Melon Seeds)	Testosterone & Zinc	High zinc content supports testosterone production and sperm health. Rich in healthy fats and protein.
Tiger Nuts (Ofio)	Blood Flow & Libido	Arginine raises nitric oxide. Zinc supports testosterone. Used for generations in Nigeria for ED and libido.
Garlic	Nitric Oxide	Allicin stimulates nitric oxide synthase, relaxing blood vessels and increasing penile blood flow.
Watermelon	L-Citrulline	Converts to L-arginine in the body, producing nitric oxide. Studied for mild-to-moderate erectile support.
Eggs	Hormone Precursors	Cholesterol in eggs is the raw material for testosterone. B6, choline, and zinc balance hormones.
Bitter Leaf (Onugbu)	Detox & Blood Flow	Reduces cortisol (stress hormone that destroys testosterone). Improves circulation and liver function.
Ugu (Pumpkin Leaves)	Iron & Nitrates	High nitrate content boosts NO production. Iron improves oxygenation and stamina.
Oily Fish (Titus/Mackerel)	Omega-3 & Vitamin D	Omega-3 reduces inflammation. Vitamin D is a direct precursor to testosterone production.
Plantain (Unripe)	Potassium & Energy	Sustains energy without sugar crashes. Potassium supports cardiovascular health and blood pressure.
Onions	Antioxidants	Quercetin reduces oxidative stress on blood vessels. Research shows onion juice raises testosterone in men.
Goat Meat / Lean Beef	Zinc & L-Carnitine	Complete protein with zinc. L-carnitine in red meat improves sperm quality and energy production.
Tomatoes	Lycopene	Lycopene protects testosterone-producing cells from oxidative damage. Supports prostate health.
Ginger	Circulation & T-Levels	Improves blood circulation and has been shown in studies to raise testosterone and LH levels.
Sesame / Egusi Oil	Healthy Fats	Monounsaturated and polyunsaturated fats are essential for hormone synthesis including testosterone.

Note: These foods support general hormonal and cardiovascular health. They are not medications and do not replace medical treatment. If you have a diagnosed condition, consult your doctor.

Foods That Work Against You — Remove These Now

The foods below actively suppress testosterone, inflame blood vessels, or impair the nerve signals needed for strong erections. Cutting them out is as important as adding the power foods in.

✗ Refined Sugar & Sugary Drinks

e.g. Soda, malt, sugary zobo, sweet biscuits

Raises insulin and cortisol, both of which directly suppress testosterone production.

✗ Processed / Instant Noodles

e.g. Indomie, all instant noodles

Trans fats and excessive sodium damage blood vessel lining, reducing nitric oxide availability.

✗ Alcohol

e.g. Beer, spirits, palm wine in excess

Converts testosterone to oestrogen in the liver. Even moderate regular drinking measurably lowers T.

✗ Cigarettes & Tobacco

e.g. Smoking of any kind

Damages endothelial cells (the lining of blood vessels) — critical for erection blood flow.

✗ Fried Fast Food

e.g. Suya in excess, fried chicken daily, puff-puff, chin-chin

Oxidised fats promote inflammation that degrades testosterone and clogs penile arteries.

✗ Soy Products in Excess

e.g. Soy milk, tofu in large amounts

Contains phytoestrogens that can blunt testosterone signalling in high quantities.

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A 14-Day Testosterone & Stamina Restoration Protocol Using Nigerian Market Foods

Your Market Shopping List

Everything below can be found at any Nigerian open market or neighbourhood shop. Prices are approximate and will vary by location. Buy fresh where possible.

ITEM	QUANTITY (2 WEEKS)	WHERE TO BUY	APPROX. COST
Egusi seeds (ground)	400g	Market / provisions store	~₦800
Tiger nuts (dry)	500g	Market / Mallam vendor	~₦600
Garlic bulbs	4 bulbs	Any market / supermarket	~₦400
Watermelon	2 medium	Fruit vendor	~₦1,800
Eggs (large)	28 eggs (2 trays)	Provisions store	~₦3,500
Bitter leaf (dried)	200g	Herb vendor / market	~₦300
Ugu (pumpkin leaves)	Fresh, weekly	Market / farm	~₦400
Mackerel (titus) fish	8–10 pieces	Fish market	~₦3,000
Unripe plantain	6–8 fingers	Market / roadside	~₦600
Onions	1 bag (1kg)	Any market	~₦400
Goat meat / lean beef	1kg per week	Butcher / market	~₦6,000
Tomatoes (fresh)	1kg per week	Any market	~₦600
Ginger (fresh root)	300g	Any market / spice vendor	~₦300
Oats (plain, no sugar)	500g pack	Supermarket / provisions	~₦1,200
Palm oil (unrefined red)	500ml	Market / provisions store	~₦700
Crayfish (ground)	200g	Any market	~₦500
Honey (raw/natural)	250ml jar	Supermarket / vendor	~₦1,500
Pounded yam / yam tuber	1 medium tuber/week	Market	~₦1,500

Total estimated cost for 2 weeks: approximately ₦23,000–₦28,000 (less than a single restaurant meal for two).

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WEEK 1 — DAYS 1 TO 7

Week 1 focuses on **clearing inflammation and activating blood flow pathways**. You will notice improved energy, better morning erections, and reduced fatigue by Day 5–7 if you follow this consistently.

DAY 1 — Monday

BREAKFAST	Oats cooked in water with 1 tbsp honey, 1 sliced banana, handful of tiger nuts
LUNCH	Egusi soup with ugu leaves, served with pounded yam (medium portion)
DINNER	Grilled mackerel (2 pieces) + sliced tomatoes + onion salad with fresh lemon
SNACK	Tiger nut drink (soak 100g tiger nuts overnight, blend, strain)

DAY 2 — Tuesday

BREAKFAST	3 boiled eggs + sliced tomatoes + 1 cup warm ginger tea (fresh ginger + water)
LUNCH	Goat meat pepper soup with bitter leaf — 2 large bowls
DINNER	Unripe plantain porridge with mackerel and ground crayfish
SNACK	Watermelon (2–3 large slices) + handful roasted egusi seeds

DAY 3 — Wednesday

BREAKFAST	Oats with ground egusi stirred in (2 tbsp), honey, tiger nuts
LUNCH	Bitter leaf soup with goat meat + eba (small portion)
DINNER	Ugu leaf stir-fry with eggs (3 eggs), garlic, onions + boiled yam
SNACK	Tiger nut drink + 1 boiled egg

DAY 4 — Thursday

BREAKFAST	Ginger-garlic tea (3 cloves garlic, 1-inch ginger, boiled 10 mins) + 2 boiled eggs
LUNCH	Egusi soup with mackerel + semovita (small-medium portion)
DINNER	Tomato-based goat meat stew with onions + unripe plantain (boiled)
SNACK	Watermelon slices + raw honey (1 tsp)

DAY 5 — Friday

BREAKFAST	Oats with sliced banana, tiger nuts, 1 tsp honey
LUNCH	Pounded yam + egusi soup (ugu & bitter leaf blend) + smoked fish
DINNER	Grilled tilapia/mackerel + onion-tomato sauce + boiled yam
SNACK	Tiger nut drink

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DAY 6 — Saturday

BREAKFAST	Yam porridge (unripe plantain + yam blend) with mackerel and ugu
LUNCH	Goat meat pepper soup (large pot, eat freely) + garden eggs on the side
DINNER	Ugu leaf omelette (3 eggs) + sliced tomatoes + ginger tea
SNACK	Watermelon + boiled groundnuts (small handful)

DAY 7 — Sunday

BREAKFAST	Ginger-garlic-honey tonic (3 garlic cloves + ginger blended + 1 tbsp honey + warm water) + 2 eggs
LUNCH	Jollof rice made with tomatoes, onions, and palm oil (no processed seasoning) + goat meat
DINNER	Egusi soup with bitter leaf + pounded yam
SNACK	Tiger nut drink + 1 small watermelon slice

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WEEK 2 — DAYS 8 TO 14

Week 2 intensifies the protocol. With your inflammation reduced and blood flow improving, this week's meals build on those foundations to **maximise testosterone output and restore your full physical confidence**. Most men report noticeable changes in erection quality and morning drive by Day 10–12.

DAY 8 — Monday	
BREAKFAST	Tiger nut milk (blend 150g soaked tiger nuts + water + honey) + 3 boiled eggs
LUNCH	Egusi soup with ugu + stockfish + pounded yam (medium portion)
DINNER	Grilled mackerel (2–3 pieces) + steamed ugu greens with garlic + boiled unripe plantain
SNACK	Watermelon slices + handful roasted egusi seeds

DAY 9 — Tuesday	
BREAKFAST	Oats + 2 tbsp ground egusi + honey + tiger nuts + banana
LUNCH	Goat meat nsala (white soup) with achi or ofor thickener — protein-heavy
DINNER	Tomato-onion-garlic stew over boiled yam + fried mackerel
SNACK	Ginger-honey tea + 1 boiled egg

DAY 10 — Wednesday	
BREAKFAST	Garlic-ginger-honey tonic + oats with tiger nuts
LUNCH	Bitter leaf soup with assorted meat (goat + offal) + semovita
DINNER	3-egg omelette with ugu, tomatoes, onions, garlic + unripe plantain (boiled)
SNACK	Tiger nut drink + watermelon

DAY 11 — Thursday	
BREAKFAST	2 boiled eggs + sliced tomatoes + onions + fresh orange juice (no sugar)
LUNCH	Egusi soup with smoked mackerel + ugu leaves + pounded yam
DINNER	Goat meat pepper soup (double serving) + garden eggs + ginger tea
SNACK	Watermelon + raw honey (1 tsp)

DAY 12 — Friday	
BREAKFAST	Tiger nut milk + banana + 2 hard-boiled eggs
LUNCH	Fisherman soup (catfish/tilapia + vegetables + crayfish) + eba
DINNER	Yam porridge with ugu, mackerel, onions, tomatoes
SNACK	Roasted egusi seeds + ginger tea

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DAY 13 — Saturday

BREAKFAST	Ginger-garlic-onion tonic + oats with honey + tiger nuts
LUNCH	Pepper soup (goat head or full goat meat) — eat as much as you want
DINNER	Jollof rice with palm oil base + grilled mackerel + side of bitter leaf
SNACK	Tiger nut drink + watermelon

DAY 14 — Sunday — Completion Day

BREAKFAST	Full power breakfast: tiger nut milk + 3 boiled eggs + sliced tomatoes + banana + ginger tea
LUNCH	Egusi soup (extra thick, ugu + bitter leaf blend) + pounded yam + goat meat
DINNER	Grilled fish celebration dinner + boiled unripe plantain + onion tomato salad
SNACK	Watermelon + raw honey + handful of egusi seeds — your reward meal

Daily Tonics & Drinks — Your Secret Weapons

These three drinks should become daily habits even after the 14-day plan ends. Each one targets a specific mechanism that supports male sexual health.

TONIC 1: The Morning Fire Tonic

Ingredients: 3 garlic cloves (crushed) + 1-inch fresh ginger (grated) + 1 tbsp raw honey + 250ml warm water

How to Prepare: How to make: Crush garlic and ginger together. Add to warm (not boiling) water. Stir in honey. Drink on an empty stomach every morning.

Science: Why it works: Garlic's allicin activates nitric oxide synthase — the enzyme that makes nitric oxide. Ginger has been shown in studies to raise testosterone and luteinising hormone (LH). Honey provides natural energy without insulin spikes.

TONIC 2: Tiger Nut Power Drink

Ingredients: 150g dried tiger nuts (soaked overnight) + 500ml water + 1 tbsp honey + 3 dates (optional)

How to Prepare: How to make: Drain soaked tiger nuts. Blend with fresh water for 2–3 minutes. Strain through a cloth or fine sieve. Add honey. Drink one glass each morning or evening.

Science: Why it works: Tiger nuts are rich in arginine (→ nitric oxide), zinc (→ testosterone), and vitamin E (→ sperm health). They have been used in Nigerian folk medicine for generations specifically for erectile function and libido.

TONIC 3: The Watermelon Blast

Ingredients: 2 cups fresh watermelon (seeds included) + juice of half a lime + pinch of ginger

How to Prepare: How to make: Blend all ingredients. Drink immediately. Seeds are not a problem — they contain citrulline too. Drink as morning juice or afternoon snack.

Science: Why it works: Watermelon flesh and seeds are among the richest food sources of L-citrulline, which the kidneys convert to L-arginine, raising nitric oxide and relaxing blood vessels. Studies support its use for mild-to-moderate erectile support.

3 Quick Power Recipes You Can Make Tonight

RECIPE 1: Power Egusi Soup (Testosterone Builder)

Ingredients: <ul style="list-style-type: none"> • 400g ground egusi seeds • 500g goat meat (washed and seasoned) • 200g smoked mackerel • 1 bunch ugu leaves (sliced) • 1 handful bitter leaf (washed) • 3 tbsp red palm oil (unrefined) • 2 large onions, 3 tomatoes, 4 garlic cloves • Ground crayfish (3 tbsp), salt and pepper to taste 	Method: <ol style="list-style-type: none"> 1. Boil goat meat with onion and seasoning until tender. Reserve stock. 2. Heat palm oil. Sauté chopped onion, tomatoes, garlic for 3 minutes. 3. Add ground egusi mixed with a little water. Fry in the oil for 8–10 minutes, stirring. 4. Add meat stock (2 cups). Stir, add goat meat, smoked mackerel, crayfish. 5. Simmer 10 minutes. Add ugu and bitter leaf. Cook 3 more minutes. Serve with pounded yam.
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Why this works: Egusi seeds deliver zinc and healthy fats for testosterone. Garlic activates nitric oxide. Ugu provides nitrates for blood flow. Palm oil delivers fat-soluble nutrients for hormone synthesis.

RECIPE 2: Tiger Nut & Ginger Morning Smoothie

Ingredients: <ul style="list-style-type: none"> • 150g tiger nuts (soaked overnight) • 1 ripe banana • 1 tsp fresh grated ginger • 1 tbsp raw honey • 300ml cold water 	Method: <ol style="list-style-type: none"> 1. Drain soaked tiger nuts. 2. Add all ingredients to a blender. Blend on high for 2–3 minutes. 3. Strain through a fine cloth or sieve. 4. Drink immediately or refrigerate for up to 24 hours.
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Why this works: Ready in 5 minutes. Provides arginine, zinc, ginger's LH-boosting compounds, and potassium from banana — a complete morning hormonal kickstart.

RECIPE 3: Garlic-Tomato Mackerel (Blood Flow Dinner)

Ingredients: <ul style="list-style-type: none"> • 3 mackerel (titus) fish, cleaned • 6 garlic cloves (minced) • 3 ripe tomatoes (blended) • 2 onions (sliced) • Fresh ginger (1 inch, grated) • Red pepper, salt to taste • 2 tbsp palm oil 	Method: <ol style="list-style-type: none"> 1. Score fish with a knife. Rub with garlic, ginger, salt, and pepper. 2. Grill or bake fish at medium heat for 15–20 minutes. 3. In a pan, heat palm oil. Sauté onions and garlic until golden. 4. Add blended tomatoes and cook down to a thick sauce (10 mins). 5. Pour sauce over grilled fish. Serve with boiled unripe plantain.
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Why this works: Mackerel omega-3s reduce vascular inflammation. Garlic activates NO pathways. Tomatoes supply lycopene to protect testosterone-producing cells. One of the most powerful meals in this plan.

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Your Daily Nutrient Timing Guide

Timing matters. Your body absorbs and uses different nutrients at different times of day. Follow this guide to maximise the effect of every meal.

TIME	WHAT TO TAKE	PURPOSE
6:00 – 7:00 AM (On empty stomach)	Garlic-ginger-honey tonic OR Tiger nut drink	Activates nitric oxide pathways before any food enters. Ginger boosts LH (testosterone production).
7:00 – 8:00 AM (Breakfast)	Oats + tiger nuts + banana + honey OR Eggs + tomatoes + ginger tea	Steady energy. Zinc from tiger nuts. B-vitamins for hormone production. No sugar spike.
12:00 – 1:00 PM (Lunch)	Heavy meal: egusi/bitter leaf soup + swallow + grilled fish or goat meat	High protein, healthy fats, zinc, protein, healthy fats for testosterone synthesis during most active part of day.
4:00 – 5:00 PM (Snack)	Watermelon slices OR Tiger nut drink OR Roasted egusi seeds	L-citrulline from watermelon → nitric oxide. Bridges gap between lunch and dinner with sustained energy.
7:00 – 8:00 PM (Dinner)	Grilled fish + leafy greens (ugu/bitter leaf) OR ugu + plantain + yam	Omega-3s from fish + antioxidants from greens. Supports testosterone production peak.
Before Bed (Optional)	1 tsp raw honey in warm water	Stabilises blood sugar overnight. Prevents cortisol surge that suppresses testosterone.

Important Hydration Rule

Drink at least **2 litres of clean water** daily throughout this plan. Dehydration thickens the blood and reduces nitric oxide production. Start every morning with a full glass of water before your tonic. Avoid replacing water with carbonated drinks, malt, or juice during this 14-day period.

Lifestyle Habits That Double Your Results

Diet alone is powerful, but these four free habits — when combined with the Power Food Plan — will significantly accelerate your results. You do not need a gym membership for any of these.

1. WALK 30 MINUTES EVERY DAY

Walking is one of the most effective cardiovascular exercises for improving penile blood flow. A 30-minute brisk walk each morning raises nitric oxide, lowers cortisol, and keeps your testosterone elevated. You do not need to run. Just walk — consistently.

2. SLEEP 7–8 HOURS WITHOUT COMPROMISE

90% of your daily testosterone is produced between 10pm and 2am during deep sleep. Cutting sleep short by even 2 hours drops testosterone by 10–15% according to research. Switch off your phone by 10pm, eat your last meal 2 hours before bed, and protect your sleep like it is medicine — because it is.

3. REDUCE STRESS ACTIVELY

Cortisol (the stress hormone) directly suppresses testosterone. When you are under chronic stress — work pressure, financial worry, relationship conflict — your body prioritises survival over reproduction. Set aside 15 minutes daily for silence, prayer, or slow breathing. Bitter leaf in your soup also helps reduce cortisol. This is not soft — it is strategy.

4. SUNLIGHT EVERY MORNING

Vitamin D — synthesised through sunlight on the skin — is a direct precursor to testosterone. 20 minutes of morning sunlight on your arms or torso (without sunscreen) can raise your vitamin D and testosterone meaningfully over weeks. Most Nigerian men already have this available — use it.

Troubleshooting — What to Do If You Don't See Results

No change after 7 days: Check if you are still drinking alcohol or eating processed food. One bad day can wipe out 3 days of progress. Also confirm you are drinking enough water.

Energy has improved but erections have not: This is normal in week 1. Blood flow changes take 10–14 days. Continue the plan. Make sure you are drinking the watermelon blast and garlic tonic daily.

Digestive discomfort (bloating): Tiger nuts and egusi seeds are high in fibre. Start with half the amounts in week 1 and increase gradually. Drink plenty of water.

Cannot find a specific ingredient: Substitutions are fine. Replace tiger nuts with groundnuts (peanuts). Replace bitter leaf with scent leaf (efirin). Replace ugu with spinach or waterleaf. The principle matters more than the exact ingredient.

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Your 14-Day Progress Tracker

Fill this in each evening. Small improvements compound into big changes. Most men notice the clearest jump between Day 7 and Day 12.

DAY	MORNING ENERGY (1–10)	ERECTION QUALITY (1–10)	OVERALL MOOD (1–10)	DID YOU FOLLOW THE PLAN?
1	—	—	—	YES / NO
2	—	—	—	YES / NO
3	—	—	—	YES / NO
4	—	—	—	YES / NO
5	—	—	—	YES / NO
6	—	—	—	YES / NO
7	—	—	—	YES / NO
8	—	—	—	YES / NO
9	—	—	—	YES / NO
10	—	—	—	YES / NO
11	—	—	—	YES / NO
12	—	—	—	YES / NO
13	—	—	—	YES / NO
14	—	—	—	YES / NO

A Final Word From the Author

The foods in this plan are not exotic imports or expensive health-store products. They are the foods your grandfather ate. The foods your mother cooked. The foods that built the bodies of African men for generations before imported diets, processed sugar, and instant noodles entered our homes.

What has changed is not the food — it is how consistently and purposefully you eat it. This plan gives your body what it needs to restore its natural testosterone, its blood flow, and its stamina — all from your own market, at a price anyone can afford.

Follow this plan for 14 days. Track your results. You will feel the difference.

“The man who eats with purpose eats with power.” — Male Power Africa

MEDICAL DISCLAIMER: This document is for informational and educational purposes only. It is not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information in this guide does not replace professional medical advice. If you have a diagnosed health condition — including cardiovascular disease, diabetes, hormonal disorders, or any other condition — please consult your doctor before changing your diet. Results vary by individual.