

THE SILENT FIBROID FEAR™
COLLECTION



BONUS GUIDE

The Fibroid-Friendly Kitchen



Simple Food Choices to Support
Your Health While Living
with Fibroids

Nourish
Your Body
Support
Your Health
Empower
Your Future



Small Choices
Stronger Tomorrow

- ✓ Nourish
- ✓ Support
- ✓ Balance
- ✓ Heal
- ✓ Thrive



INCLUDES
EXCLUSIVE
BONUS GUIDE



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Educate. Empower. Encourage.

Introduction

Welcome to *The Fibroid-Friendly Kitchen*

If you've just finished reading **The Silent Fibroid Fear™**, you're probably asking yourself one of the most common questions women have after learning they have fibroids:

"So... what should I eat?"

It's a great question.

While no single food can cure fibroids or make them disappear overnight, the foods you choose every day can support your overall health, help you maintain a healthy weight, replace nutrients lost through heavy menstrual bleeding, and give your body the nourishment it needs to function at its best.

That's exactly why I created this bonus guide.

Think of it as a simple companion to the **FIBROID CLARITY™ Method**—one that helps you make confident food choices without following restrictive diets or believing every nutrition myth you see online.

Inside these pages, you'll discover foods to enjoy more often, foods to limit, key nutrients that matter, simple meal ideas using familiar ingredients, and a practical grocery checklist you can use on your next shopping trip.

Remember, healthy eating is **not about being perfect**. It's about making small, consistent choices that support your well-being over time.

Let's step into the kitchen and explore simple ways to nourish your body—one meal at a time.

Victoria Nedd

Women's Health Nurse Practitioner

Foods to Enjoy More Often

The goal isn't to follow a strict diet—it's to build a pattern of eating that supports your overall health. Focus on adding more nourishing foods to your plate rather than worrying about perfection.

Fill Your Plate with These Foods

☐ Leafy Green Vegetables

Vegetables like spinach, ugu (fluted pumpkin), kale, scent leaf, and moringa are rich in vitamins, minerals, and fibre. They can also help replenish nutrients lost through heavy menstrual bleeding.

☐ Beans and Legumes

Beans, lentils, and peas are excellent sources of plant-based protein, iron, and fibre. They're filling, nutritious, and easy to include in everyday meals.

☐ Vitamin C-Rich Fruits

Oranges, tangerines, guava, pineapple, strawberries, and pawpaw (papaya) provide vitamin C, which helps your body absorb iron more effectively.

☐ Lean Protein

Choose foods such as fish, skinless chicken, eggs, and beans to support tissue repair and overall health. Fatty fish like salmon, sardines, and mackerel also provide heart-healthy omega-3 fats.

☐ Whole Grains

Swap refined grains for healthier options like oats, brown rice, whole wheat bread, and unprocessed grains whenever possible. They provide lasting energy and help keep you feeling satisfied.

☐ Healthy Fats

Enjoy healthy fats in moderation from foods like avocados, nuts, seeds, olive oil, and groundnuts. These support overall wellness and are an important part of a balanced diet.

Simple Tip: Aim to fill half your plate with vegetables, include a source of lean protein, add whole grains, and enjoy fruit as a healthy snack throughout the day.

Foods to Limit (Not Fear)

No food needs to be completely off-limits unless your healthcare provider advises otherwise. The key is moderation and making healthier choices most of the time.

☐ Added Sugars

Soft drinks, sweets, pastries, cakes, and sugary snacks can contribute to excess calorie intake and may affect overall health when eaten frequently.

Choose instead: Fresh fruit, plain yoghurt, or homemade smoothies with no added sugar.

☐ Highly Processed Foods

Foods such as instant noodles, packaged snacks, fast food, and heavily processed meals are often high in unhealthy fats, salt, and preservatives.

Choose instead: Home-cooked meals made with fresh ingredients whenever possible.

☐ Processed Meats

Sausages, bacon, hot dogs, and similar processed meats should be eaten occasionally rather than every day as part of a balanced diet.

Choose instead: Fresh fish, chicken, turkey, beans, or eggs.

☐ Too Much Salt

Eating excessive salt may contribute to bloating and water retention.

Choose instead: Flavour your meals with herbs, garlic, ginger, onions, curry, thyme, and other natural seasonings.

☐ Alcohol

If you drink alcohol, do so in moderation and speak with your healthcare provider if you have concerns about how it may affect your overall health or medications.

Remember...

Healthy eating isn't about perfection—it's about balance. An occasional treat won't undo your progress. Focus on making nourishing choices most of the time, and don't let guilt take a seat at your table.

Nutrients Your Body Needs

When living with fibroids, eating a balanced diet can help support your overall health and replace nutrients that may be lost through heavy menstrual bleeding. Here are a few key nutrients to include in your meals.

☐ Iron

Heavy periods can increase the risk of iron deficiency.

Good sources:

- Lean beef
- Liver (in moderation)
- Beans
- Lentils
- Spinach
- Ugu (fluted pumpkin)

Tip: Pair iron-rich foods with vitamin C-rich fruits to improve absorption.

☐ Vitamin C

Vitamin C helps your body absorb iron more effectively and supports your immune system.

Good sources:

- Oranges
- Guava
- Pineapple
- Strawberries
- Tomatoes
- Bell peppers

☐ Vitamin D

Vitamin D plays an important role in overall health. Many people have low vitamin D levels without realizing it.

Sources include:

- Safe sunlight exposure
- Eggs

- Fortified dairy products
- Fatty fish

Speak with your healthcare provider before taking supplements.

☐ **Fibre**

Fibre supports healthy digestion and helps you feel full longer.

Good sources:

- Whole grains
- Fruits
- Vegetables
- Beans
- Oats

☐ **Omega-3 Healthy Fats**

Omega-3 fats support heart health and overall wellness.

Good sources:

- Salmon
- Sardines
- Mackerel
- Walnuts
- Flaxseeds
- Chia seeds

A Simple Reminder

No single nutrient or food can cure fibroids. The goal is to enjoy a **variety of nourishing foods** that work together to support your overall health. Small, consistent choices over time often make the biggest difference.

7-Day Meal Inspiration

Use these simple meal ideas as inspiration—not strict rules. Mix and match based on your preferences, budget, and any advice from your healthcare provider.

Day	Breakfast	Lunch	Dinner	Healthy Snack
Monday	Oatmeal with banana	Brown rice, grilled fish & steamed vegetables	Beans with boiled plantain	Orange slices
Tuesday	Boiled eggs & whole wheat toast	Moi moi with vegetable salad	Grilled chicken & sweet potatoes	A handful of groundnuts
Wednesday	Greek yoghurt with fresh fruit	Beans porridge	Vegetable soup with a moderate portion of swallow	Apple
Thursday	Smoothie (spinach, banana & pineapple)	Jollof brown rice & grilled turkey	Stir-fried vegetables with fish	Carrot sticks
Friday	Pap (ogi) with moi moi	Yam & vegetable sauce	Grilled fish with steamed vegetables	Watermelon
Saturday	Whole wheat bread & avocado	Ofada rice with fish stew	Beans and roasted sweet potatoes	Guava
Sunday	Vegetable omelette	Rice with vegetable stew & chicken	Okra soup with a moderate portion of swallow	Mixed fruit salad

Keep It Simple

- ✓ Drink plenty of water throughout the day.
- ✓ Fill half your plate with vegetables whenever possible.

✓Choose fresh, home-cooked meals more often than highly processed foods.

✓Remember, healthy eating is about consistency—not perfection.

Smart Grocery Checklist

Use this checklist as a guide when planning your weekly shopping. Focus on filling your cart with a variety of wholesome foods that support your overall health.

☐ **Vegetables**

- ☐ Spinach
- ☐ Ugu (Fluted Pumpkin)
- ☐ Kale
- ☐ Tomatoes
- ☐ Bell peppers
- ☐ Onions
- ☐ Carrots
- ☐ Cucumber

☐ **Fruits**

- ☐ Oranges
- ☐ Apples
- ☐ Bananas
- ☐ Guava
- ☐ Pineapple
- ☐ Pawpaw (Papaya)
- ☐ Watermelon
- ☐ Avocados

☐ **Protein**

- ☐ Beans
- ☐ Lentils
- ☐ Eggs
- ☐ Fish
- ☐ Skinless chicken
- ☐ Turkey

☐ **Whole Grains & Healthy Carbohydrates**

- ☐ Oats
- ☐ Brown rice
- ☐ Whole wheat bread

- ☐ Sweet potatoes
- ☐ Plantain

☐ **Healthy Fats**

- ☐ Groundnuts
- ☐ Walnuts (if available)
- ☐ Flaxseeds or Chia seeds (optional)
- ☐ Olive oil

☐ **Don't Forget**

- ☐ Drink enough water each day.
- ☐ Read food labels when buying packaged foods.
- ☐ Choose fresh ingredients whenever possible.
- ☐ Plan your meals before shopping to reduce waste and save money.

Remember

A healthy kitchen isn't about buying expensive foods—it's about making thoughtful choices with the foods available to you. Small changes in your shopping habits can make healthy eating easier every day.

A Final Word

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

Food is one of the many ways you can support your health—but it is not a cure for fibroids.

The choices you make each day can help nourish your body, support your overall well-being, and replace important nutrients, especially if you're experiencing heavy menstrual bleeding. However, healthy eating works best when combined with regular medical care, routine check-ups, and advice from a qualified healthcare professional.

Don't feel pressured to change everything overnight.

Start with one healthy meal. Add one more vegetable to your plate. Choose water instead of a sugary drink. Celebrate the small steps, because they add up over time.

Most importantly, remember what you learned in **The Silent Fibroid Fear™**. Continue using the **FIBROID CLARITY™ Method** whenever you feel uncertain:

- **C** – Clarify
- **L** – Learn
- **A** – Assess
- **R** – Respond
- **I** – Implement
- **T** – Trust
- **Y** – Your Health, Your Journey

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

I hope **The Fibroid-Friendly Kitchen** becomes a helpful companion in your everyday life and reminds you that caring for your health doesn't have to be complicated—it simply begins with informed choices, one meal at a time.

I wish you good health, confidence, and wellness.

With care,

Victoria Nedd

Women's Health Nurse Practitioner