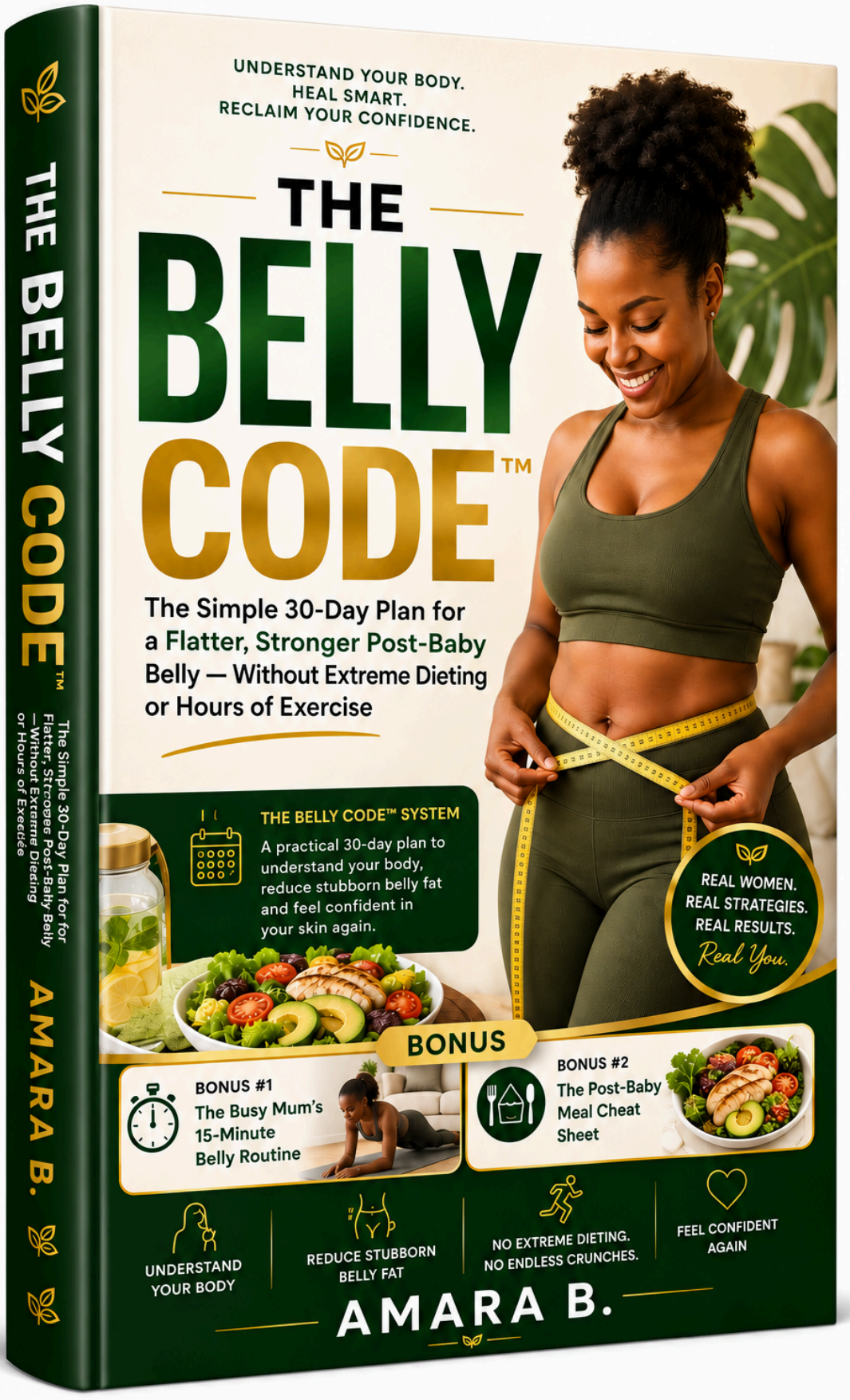

THE BELLY CODE™
The Simple 30-Day Plan for a Flatter, Stronger Post-Baby Belly — Without Extreme Dieting or Hours of Exercise
AMARA B.
UNDERSTAND YOUR BODY.
HEAL SMART.
RECLAIM YOUR CONFIDENCE.
THE
BELLY
CODE™
The Simple 30-Day Plan for a Flatter, Stronger Post-Baby Belly — Without Extreme Dieting or Hours of Exercise
THE BELLY CODE™ SYSTEM
A practical 30-day plan to understand your body, reduce stubborn belly fat and feel confident in your skin again.
REAL WOMEN.
REAL STRATEGIES.
REAL RESULTS.
Real You.
BONUS
BONUS #1
The Busy Mum's 15-Minute Belly Routine
BONUS #2
The Post-Baby Meal Cheat Sheet
UNDERSTAND YOUR BODY
REDUCE STUBBORN BELLY FAT
NO EXTREME DIETING. NO ENDLESS CRUNCHES.
FEEL CONFIDENT AGAIN
AMARA B.

DISCLAIMER

This guide is for **general educational and informational purposes only**. It is not medical advice and is not intended to diagnose, treat, cure, or prevent any medical condition.

Every woman's body and postpartum experience is different. Results can vary based on factors such as pregnancy history, recovery, genetics, nutrition, activity level, sleep, hormones, and other individual factors.

Before beginning a new exercise, nutrition, or lifestyle program after pregnancy, speak with your doctor, midwife, physiotherapist, or another qualified healthcare professional—especially if you recently gave birth, had a C-section, experience pain, have pelvic-floor symptoms, or have any medical concerns.

Do not use this guide as a replacement for personalised medical care.

Listen to your body. If an activity causes pain, unusual bleeding, dizziness, shortness of breath, or other concerning symptoms, stop and seek appropriate medical advice.

The information in **The Belly Code™** is intended to support informed, healthy habits—not to promise a specific body shape, weight, or timeline.

Your health comes first.

ABOUT THE AUTHOR

Amara B.

Amara B. is a mom of two who understands how much motherhood can change your body, your routine, and even the way you see yourself.

After having children, she learned that getting back to feeling comfortable and confident in your body is not about starving yourself or spending hours doing endless exercises.

It is about understanding your body, making practical changes, and building habits you can actually maintain while living a busy life.

That belief inspired **The Belly Code™** — a simple, practical approach created to help women understand their post-baby belly and take consistent steps toward improving it.

Amara's approach is warm, realistic, and focused on progress rather than perfection.

She believes you don't need to punish your body to care for it.

You simply need the right information, a plan that fits your life, and the patience to keep going.

Your body has changed. That doesn't mean you have to give up on it.

It means it's time to understand it differently.

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INTRODUCTION

Your Belly Isn't a Failure

Let's be honest.

You had your baby, and maybe you expected your belly to slowly return to how it looked before pregnancy.

But months later, you look in the mirror and think:

"Why is my belly still here?"

Your old clothes may not fit the same. You may find yourself pulling your top down, avoiding certain outfits, or holding your stomach in when someone brings out the camera.

And sometimes, it's not even the belly itself that hurts.

It's how you **feel about yourself**.

But here's something I want you to understand before we go any further:

Your belly isn't a failure.

Pregnancy and childbirth can change your body in many ways. Body fat may be part of it, but so can changes in your core, posture, movement, bloating, sleep, and daily routine.

That's why simply doing more crunches or eating less isn't always the answer.

You don't need another extreme challenge.

You need to understand what's going on and have a plan you can actually stick to.

This Is Where THE BELLY CODE™ Comes In

THE BELLY CODE™ is built around four simple areas:

1. Feed Your Body
Learn how to build satisfying meals without extreme dieting.

2. Wake Up the Body
Use simple movement and strength exercises that fit around real mum life.

3. Support Your Core
Go beyond endless crunches with gentle core work, breathing, posture, and controlled movement.

4. Make It Work for Real Life
Build habits that can survive busy mornings, tired evenings, missed workouts, and unexpected days.

Over the next 30 days, you'll work through these areas step by step.

You won't need to be perfect.

You won't need to spend hours in the gym.

And you won't need to give up every food you love.

You'll simply focus on small actions that you can repeat.

So forget comparing your body to another mum.

Forget punishing yourself for not "bouncing back."

Let's start by understanding your belly first.

Because before you can work on it, you need to know **why it's still there.**

CHAPTER 1

So… Why Is My Belly Still Here?

If you've ever looked in the mirror after having a baby and thought, **"Why is my belly still here?"**, you are not alone.

You love your baby. You're grateful for your little one. But that doesn't mean you have to pretend you don't miss feeling comfortable in your own body.

Maybe your old clothes don't fit the same way anymore.

Maybe you keep adjusting your top over your stomach.

Maybe you avoid certain outfits because you don't like how your belly looks.

And sometimes, you just look in the mirror and wonder, *"What am I doing wrong?"*

Here's the first thing I want you to know:

You are not doing something wrong just because your belly changed after having a baby.

Your Body Changed for a Reason

Pregnancy asks a lot from your body.

Your stomach stretches. Your muscles and tissues adapt. Your posture can change. Your activity, sleep, meals, and daily routine may all look completely different.

Then the baby arrives.

And suddenly, you're expected to care for someone else while finding time to care for yourself.

Let's be honest.

Some days, getting through breakfast without reheating your tea three times feels like a win.

So when someone says, **“Just exercise more,”** it isn't always that simple.

The better question is:

What is actually affecting the way my belly looks right now?

That's where we begin.

Your Belly Isn't Just One Thing

When you look at your stomach, you see one area.

But several things can affect how it looks.

Body fat can play a role.

Muscle strength can matter.

Posture can change your appearance.

Bloating can make your stomach look different from one day to another.

And pregnancy can bring physical changes that may need special attention.

This is why copying another woman's routine doesn't guarantee the same result.

Your body has its own story.

You need a plan that starts from where you are.

Why More Crunches Isn't Always the Answer

Maybe you've tried crunches.

You lie down.

You do 20.

Then 30.

Then 50.

And eventually you're wondering why your belly hasn't magically disappeared.

Here's the truth:

Crunches aren't a magic button for belly fat.

They can train certain muscles, but doing more and more of them doesn't automatically solve every reason your stomach may look different after pregnancy.

That's why **THE BELLY CODE™** doesn't begin with endless ab exercises.

It begins with understanding.

Stop Comparing Your Body

This is easier said than done.

You see another mum online looking amazing after having a baby.

Her stomach looks flat.

Her clothes fit.

She seems to have “bounced back.”

Then you look at yourself and feel behind.

But you don't know her full story.

You don't know her genetics, recovery, routine, or what happens outside the camera frame.

You don't need her body.

You need to understand yours.

Your First Belly Code Check-In

Before changing anything, take five minutes today.

Write down:

1. How long has it been since I had my baby?
2. What bothers me most about my belly?
3. What have I already tried?
4. What didn't work for me?
5. How much time can I realistically give myself each day?

Be honest.

Don't write what sounds good.

Write what is actually possible in your life.

Because **THE BELLY CODE™ starts with understanding your starting point.**

And one important reminder: if you've recently given birth, have pain, unusual abdominal bulging, pelvic-floor symptoms, or concerns about exercise, speak with a qualified healthcare professional before starting or progressing a routine.

You don't have to punish your body into changing.

You need to learn how to work with it.

And now that you understand that, we're ready to look at the things that may have been keeping you stuck.

Because some of the advice you've been following may be the very reason you've been going in circles.

CHAPTER 2

The Mistakes That Keep Sending You Back to Square One

Now that you know your post-baby belly isn't simply a matter of “I need to do more crunches,” let's talk about what may actually be keeping you stuck.

Because I made the same mistake many women make.

I thought if I just tried harder, the results would eventually come.

More exercise.

Less food.

More discipline.

But trying harder isn't always the answer.

Sometimes, **the strategy needs to change.**

Mistake #1: Eating as Little as Possible

You may have thought:

“If I eat less, my belly will go down faster.”

It sounds logical.

But extreme restriction can make your routine miserable and difficult to maintain.

You're hungry.

You're tired.

You're thinking about food all day.

Then one evening, you finally give in and eat everything you were trying so hard to avoid.

Now you feel guilty.

So you promise yourself you'll “start again tomorrow.”

And the cycle repeats.

You don't need a punishment plan. You need a plan you can actually live with.

Mistake #2: Doing Endless Crunches

Let's be honest.

If crunches alone gave every woman a flat stomach, we'd all have six-packs by now.

The problem isn't that core exercises are useless.

The problem is expecting one exercise to solve everything.

Your overall movement, nutrition, strength, recovery, and individual postpartum changes matter too.

That's why we'll use core work as **one piece of the puzzle**, not the entire puzzle.

Mistake #3: Trying to Be Perfect

This one catches almost everyone.

Monday: Perfect.

Tuesday: Perfect.

Wednesday: Perfect.

Thursday: Something happens.

Maybe the baby doesn't sleep.

Maybe work gets crazy.

Maybe you have a family event.

Maybe you simply don't feel like exercising.

Then you think:

“I've ruined everything.”

No.

You missed one day.

That's all.

Missing one day isn't failure. Turning one missed day into three weeks is the real problem.

THE BELLY CODE™ is built around getting back on track quickly.

Mistake #4: Expecting Your Body to Change Overnight

Your belly didn't change in one day.

So don't expect it to completely change in one week.

The goal of our 30-day plan isn't to promise a magical transformation.

It's to give you **30 days of clear, realistic actions** that help you build better habits and work on your body without extreme measures.

Some changes may show up in how you feel.

Some may show up in your strength or consistency.

And over time, physical changes may become easier to notice.

Here's What We're Doing Instead

We're going to keep things simple.

Eat in a way you can maintain.

Move your body consistently.

Train your core sensibly.

Give your body time to recover.

Get back on track when life interrupts your routine.

That's the difference.

You don't need another plan that makes you feel guilty.

You need a system that tells you what to do when life gets messy.

And that's exactly why we need to talk about **THE BELLY CODE™**.

Because once you understand the four simple areas that make up the system, you'll stop guessing and finally have a clear place to start.

That's where the real work begins in the next chapter.

CHAPTER 3

Meet THE BELLY CODE™

So now you know two important things.

Your post-baby belly isn't something you need to attack blindly, and doing more of the same thing isn't always going to help.

Now here's where it gets interesting.

THE BELLY CODE™ is your simple way of figuring out what to focus on first.

Instead of throwing everything at your body at once, we break the process into **four simple codes**.

Think of them as four pieces of the same puzzle.

The 4 Codes

CODE 1 — FUEL
How you eat and build satisfying meals without extreme restriction.

CODE 2 — MOVE
How you add realistic movement and strength to your day.

CODE 3 — CORE
How you work on your core without believing that endless crunches are the answer.

CODE 4 — CONSISTENCY
How you keep going when motherhood, work, tiredness, and real life get in the way.

That's it.

Four areas.

One system.

Why These Four?

Here's what I learned:

You don't need to completely change your life to start working on your belly.

You need to make a few important things work together.

Imagine trying to sit on a four-legged chair with one leg missing.

It doesn't matter how strong the other three legs are.

The chair still won't feel stable.

Your routine can be the same.

You might exercise every day, but your eating is chaotic.

Or you might eat well, but barely move.

Or you might do everything right for five days and then stop for two weeks.

THE BELLY CODE™ brings the pieces together.

Find Your Weakest Code

Before we start the 30-day plan, ask yourself:

Which area needs the most attention right now?

If your meals are all over the place, start with **FUEL**.

If you barely move during the day, focus on **MOVE**.

If you're only doing random ab exercises, focus on **CORE**.

If you constantly start and stop, focus on **CONSISTENCY**.

You don't have to fix everything on Day 1.

That's actually one of the biggest mistakes we make.

We try to become a completely different person overnight.

Instead, we're going to build one small win at a time.

Your First Belly Code Rule

Here's the rule I want you to carry through the entire guide:

Don't chase perfection. Chase repeatable actions.

A 15-minute workout you can repeat is better than a two-hour workout you do once.

A simple meal you can prepare again is better than a complicated meal plan you abandon.

A routine that works on a busy Tuesday is better than one that only works on your perfect day.

That's how we make the next 30 days count.

And now that you know the four codes, we're going to start with the one that gets misunderstood the most: **FUEL**.

Because you don't need to fear food to work on your belly.

You need to learn how to build meals that actually support you.

CHAPTER 4

Code #1 — Feed Your Body, Don't Fight It

Now you know the four parts of **THE BELLY CODE™**.

Let's start with **FUEL**.

And I want to make one thing clear from the beginning:

This is not a starvation plan.

You don't need to survive on lettuce and water.

You don't need to ban every food you enjoy.

And you don't need to feel guilty every time you eat something you like.

The goal is to make your everyday meals work better for you.

Build a Better Plate

Instead of obsessing over calories every minute, start by looking at what's on your plate.

A simple meal can include:

- **Protein** — eggs, fish, chicken, beans, Greek yogurt, or another protein you enjoy
- **Vegetables or fruit** — for fibre and nutrients
- **A filling carbohydrate** — rice, potatoes, oats, yam, plantain, whole grains, or similar foods
- **A source of healthy fat** — nuts, seeds, avocado, or suitable oils

You don't have to make every plate perfect.

You're simply creating a better pattern.

Don't Fear Carbs

This is where many belly plans go wrong.

They tell you that carbohydrates are the enemy.

But rice didn't personally decide to give you a belly.

Neither did yam.

Neither did bread.

The bigger picture is what you eat regularly, how much you eat, how active you are, and what your overall routine looks like.

So instead of saying:

“I can never eat rice again.”

Try:

“How can I make this meal more balanced?”

That small change can make your routine much easier to maintain.

Make Your Meals Easier

If you're a busy mum, complicated meal plans won't always survive real life.

So keep a few simple options available.

For example:

Breakfast: eggs + fruit + toast

Lunch: rice + beans + vegetables + fish or chicken

Dinner: potatoes or plantain + vegetables + protein

Snack: fruit + yoghurt or a small handful of nuts

These are examples, not strict rules.

Choose foods that fit your culture, budget, preferences, and needs.

Your FUEL Challenge

For the next few days, don't try to completely change your diet.

Instead, do this:

1. Add a protein source to your main meals.
2. Add fruit or vegetables where you can.
3. Drink water regularly.
4. Slow down when eating.
5. Notice which meals keep you satisfied for longer.

That's your first FUEL win.

No extreme diet. No guilt. No complicated menu.

Just better choices, repeated often.

And remember, if you're breastfeeding, pregnant again, recovering from a recent birth, or have a medical condition that affects your nutrition, get personalised advice from a qualified healthcare professional rather than following a generic eating plan.

Because food shouldn't be something you fight.

It should help you feel strong enough to handle your day.

And next, we're moving from the kitchen to the rest of your day.

Because you don't need to live in the gym to start moving your body more.

CHAPTER 5

Code #2 — Wake Up Your Body Without Living in the Gym

Now that we've covered **FUEL**, let's talk about movement.

And before you start imagining one-hour gym sessions, relax.

That is not the plan.

As a mum, your day may already be full.

You may be caring for your baby, working, cooking, cleaning, running errands, or simply trying to get five quiet minutes to yourself.

So we're not looking for the “perfect” workout.

We're looking for **movement you can actually repeat.**

Start Smaller Than You Think

One of the biggest mistakes I see is starting too big.

You decide:

“From Monday, I'll work out for one hour every single day.”

Monday goes well.

Tuesday is okay.

Then Wednesday happens.

The baby needs you. Work gets busy. You're exhausted.

And suddenly the whole plan disappears.

Instead, start with something you can handle.

Even **10–15 minutes** can be a useful starting point.

The goal is to prove to yourself:

“I can do this consistently.”

Your Three Movement Buckets

For THE BELLY CODE™, think about movement in three simple ways.

1. Everyday Movement

Walk when you can.

Take the stairs when practical.

Move around the house.

Play with your children.

Stand up regularly if you've been sitting for a long time.

It all counts toward being more active.

2. Strength

Strength work helps you build and maintain muscle.

You don't necessarily need fancy equipment.

Depending on your fitness level and postpartum recovery, simple movements such as squats to a chair, wall push-ups, or controlled lower-body exercises can be starting points.

3. Core Work

We'll deal with this properly in the next chapter.

For now, remember:

Core training is only one part of your routine.

You don't need to spend 30 minutes doing abdominal exercises every day.

Your 10-Minute Start

If you're cleared for exercise and ready to begin, try this simple structure:

2 minutes: easy walking or marching in place

3 minutes: gentle lower-body movements

2 minutes: simple upper-body movements

2 minutes: controlled core-focused work appropriate for your level

1 minute: easy movement and breathing

That's it.

Ten minutes.

If you have more time, you can gradually do more.

If you don't, you've still shown up.

And that matters.

Don't Punish Yourself With Exercise

This is important.

Exercise shouldn't be your punishment for eating.

You don't need to think:

“I ate cake, so now I have to exercise for an hour.”

No.

Movement is something you do to support your body.

Not something you use to punish it.

If you miss a workout, don't double your next workout.

Just continue with your next planned session.

That's how we build consistency without turning the process into another source of stress.

And now we've reached the part many women focus on first: **the core**.

But there's more to your core than trying to burn your belly with hundreds of crunches.

In the next chapter, I'll show you why your core deserves a smarter approach.

CHAPTER 6

Code #3 — Your Core Needs More Than Crunches

Remember what we talked about in the last chapter?

Movement doesn't have to mean spending hours in a gym.

Now let's bring that same idea to your core.

Because if you've ever searched for “flat belly exercises,” you've probably seen the same thing again and again:

Crunches.

Sit-ups.

More crunches.

And then even more crunches.

But your core is more than one muscle.

Your Core Has a Bigger Job

Your core helps support your body as you move.

It works with your back, hips, pelvis, and breathing muscles to help you bend, walk, lift, carry, and stay stable.

That's why **THE BELLY CODE™** doesn't treat your stomach like a problem that needs hundreds of repetitions.

We're thinking about the whole system.

Start With Control

When working on your core, don't rush.

Slow, controlled movements can be more useful than racing through 50 repetitions.

Focus on:

- Keeping your breathing steady
- Moving with control
- Keeping good form
- Stopping if something feels painful or unusual

You don't need to feel destroyed after every session.

Quality matters more than showing off.

A Simple Core Practice

If you've been cleared for exercise and these movements are appropriate for you, you can start with simple exercises such as:

Heel taps — performed slowly and with control.

Bird dogs — focusing on stability rather than speed.

Dead-bug variations — using a version that matches your current ability.

Gentle breathing and bracing practice — learning to coordinate your breathing with your core.

Start with a small number of controlled repetitions.

As you become stronger and more comfortable, you can gradually progress.

Listen to Your Body

This part is especially important after pregnancy.

If an exercise causes pain, unusual pressure, leaking, significant abdominal bulging, dizziness, or anything that feels wrong, **stop**.

Don't tell yourself, *“No pain, no gain.”*

That saying has no place here.

If you have concerns about your recovery or aren't sure which exercises are suitable for you, speak with a doctor or qualified pelvic-health or postpartum physiotherapist.

Your goal is to become stronger.

Not to prove how much discomfort you can tolerate.

What I Want You to Remember

Your core routine doesn't need to be complicated.

You don't need hundreds of crunches.

You don't need to exercise until you're exhausted.

You need **safe, sensible, consistent practice** that fits your current level.

That's what Code #3 is about.

And we've now covered **FUEL, MOVE, and CORE**.

But there's still one code left.

And honestly, it may be the one that determines whether everything you've learned actually lasts.

Because knowing what to do is one thing.

Doing it when you're tired, busy, and life gets messy is something completely different.

That's what we're tackling next.

CHAPTER 7

Code #4 — Make Your Routine Work on Real Mum Days

So now you have **FUEL, MOVE, and CORE**.

You know what to eat more mindfully.

You know how to add realistic movement.

And you know why your core needs more than endless crunches.

But there's one problem.

Real life.

Because no matter how good your plan looks on paper, motherhood can have other plans.

The Perfect-Day Trap

I used to think I needed the perfect day to stay consistent.

Enough sleep.

Enough time.

A quiet house.

A good mood.

No unexpected problems.

You already know how that story ends.

Those perfect days don't come very often.

So instead of building a routine for your perfect day, **build one for your normal day.**

That means having a smaller version of your routine ready.

Maybe you planned a 30-minute workout but only have 10 minutes.

Do the 10.

Maybe you planned to cook a full meal but the day got crazy.

Choose a simple meal that still fits your goals.

Maybe you miss a day completely.

Start again tomorrow.

Your “Busy Day” Rule

Here's a simple rule for THE BELLY CODE™:

Never let a busy day become a quitting day.

On difficult days, ask yourself:

> “What's the smallest useful thing I can do today?”

Maybe it's a short walk.

Maybe it's a balanced meal.

Maybe it's five minutes of movement.

Maybe it's simply getting enough rest so you can continue tomorrow.

Small actions may look insignificant, but they keep the habit alive.

Don't Start Over

This is something I really want you to remember.

You don't need to “start over” every time something goes wrong.

If you miss Monday, you don't need to wait until next Monday.

If you eat a meal that wasn't part of your plan, your day isn't ruined.

If you skip a workout, your progress hasn't disappeared.

Just continue.

One imperfect day is normal.

The goal isn't perfection.

The goal is learning how to return to your routine.

Your Simple Consistency Check

At the end of each day, ask yourself three questions:

1. Did I move my body today?

2. Did I make at least one meal choice that supported my goal?

3. Did I do something that helped me stay consistent?

You don't need three perfect answers every day.

You're simply looking for patterns.

Because when you repeat small actions, they eventually become easier.

And that's the heart of **THE BELLY CODE™**:

FUEL. MOVE. CORE. CONSISTENCY.

Four simple areas working together instead of one extreme solution doing all the work.

Now you've learned the system.

But knowing the system isn't enough.

It's time to put it into action.

Next, we're turning everything you've learned into your 30-Day BELLY CODE™ Plan — starting with exactly what to do on Day 1.

CHAPTER 8

The 30-Day BELLY CODE™ Plan

So now you know the four parts of **THE BELLY CODE™**: **FUEL, MOVE, CORE, and CONSISTENCY**.

You also know that the goal is not to punish your body or spend hours exercising. The goal is to build simple habits that fit into real life.

Now we're putting everything together.

For the next 30 days, don't chase perfection. **Follow the plan, learn what works for you, and keep coming back when life gets messy.**

And remember: this 30-day plan is not a guarantee that your belly will look a certain way by Day 30. Bodies change at different rates, especially after pregnancy. The win is building a routine you can continue.

Before Day 1: Your Starting Point

Take a few minutes before you begin.

If you want to track physical changes, record your waist measurement and take a private progress photo. You can also simply record how you feel.

Choose **one main goal** for the next 30 days:

- ☐ Eat more balanced meals
- ☐ Move more consistently
- ☐ Build core strength safely
- ☐ Stop starting and stopping
- ☐ Feel more comfortable and confident in my routine

Now complete your **Belly Code Check-In** from Chapter 3.

Don't worry about getting everything right.

You're simply finding your starting point.

WEEK 1 — UNDERSTAND & RESET

Days 1–7

This first week is about getting into the rhythm.

Day 1 — Know Your Starting Point

Complete your Belly Code Check-In.

Identify the code that needs the most attention:

FUEL / MOVE / CORE / CONSISTENCY

Day 2 — Build One Better Meal

Use the **Belly-Friendly Plate** from Chapter 4.

Build one satisfying meal using foods you already enjoy.

Day 3 — Get Moving

Do a simple 10–15 minute movement session.

You can use **Bonus 1: The Busy Mum's 15-Minute Belly Routine**.

Day 4 — Practise Your Core

Complete your appropriate core movements from Chapter 6.

Focus on slow, controlled movement and breathing.

Day 5 — Make One Food Swap

Choose one small change.

For example:

- Water instead of a sugary drink
- Fruit instead of a less filling snack
- Add eggs, fish, beans or another protein source to a meal

Day 6 — Repeat What Worked

Don't add five new habits.

Repeat one thing that felt realistic this week.

Day 7 — Check In

Ask yourself:

What felt easiest this week?

What felt difficult?

Which Belly Code needs more attention?

You can record your answers in your phone notes.

WEEK 2 — BUILD

Days 8–14

Now we're building consistency.

Day 8 — Plan One Easy Meal

Use **Bonus 2: The Post-Baby Meal Cheat Sheet** to choose one simple meal for your day.

Day 9 — Add Everyday Movement

Look for movement outside your formal routine.

Walk during a phone call. Take a short walk after a meal. Move around the house.

Day 10 — Strengthen

Complete your appropriate strength or movement routine.

Don't worry about doing the hardest version.

Day 11 — Improve Your Snack

Choose a simple, filling snack.

Try fruit and nuts, yogurt and fruit, an egg and fruit, or another combination from Bonus 2.

Day 12 — Remove One Obstacle

Ask:

"What keeps making this routine difficult?"

Then make one small change.

Prepare food earlier. Move your workout time. Keep an easy snack available.

Day 13 — Keep It Simple

Repeat your easiest successful habit.

Remember:

You don't need a new trick every day.

Day 14 — Weekly Check-In

Ask yourself:

- What am I doing more consistently?
- What still needs work?
- Which habit do I want to carry into Week 3?

WEEK 3 — STRENGTHEN

Days 15–21

You're halfway through.

This is where you may feel tempted to suddenly do much more.

Don't.

Instead, make the habits you're already doing more reliable.

Day 15 — Midpoint Check

Look back at your starting point.

Have you noticed any changes in your habits, energy, movement, confidence or awareness?

Record one win.

Day 16 — Make Food Easier

Prepare one thing that will make tomorrow easier.

Cook ahead. Prepare a snack. Keep simple ingredients available.

Day 17 — Progress Your Movement

If your current routine feels comfortable, you can gradually increase time, repetitions or difficulty.

If it doesn't, stay where you are.

Progress does not mean pushing through pain.

Day 18 — Core Practice

Complete your appropriate core routine.

Focus on control rather than speed.

Day 19 — Create Your Busy-Day Backup

Decide what your **minimum routine** will be on a chaotic day.

For example:

5 minutes of movement + one balanced meal + one small consistency win.

☐ My backup routine is clear

Day 20 — Show Up

Today, your only job is to keep the promise you made to yourself.

It doesn't have to be perfect.

It just has to happen.

Day 21 — Weekly Check-In

Ask:

What is getting easier?

What am I proud of?

What do I need to change before Week 4?

WEEK 4 — LOCK IT IN

Days 22–30

The final week is about turning the plan into something you can keep using.

Day 22 — Choose Your Four Habits

Choose one habit for each Belly Code.

FUEL: _____

MOVE: _____

CORE: _____

CONSISTENCY: _____

These become your foundation after Day 30.

Day 23 — Create Your Easy Meal

Choose one meal you can make when you're tired or busy.

Use Bonus 2 if you need ideas.

Day 24 — Move

Complete your normal movement routine.

If you only have 10–15 minutes, that's enough for today's planned session.

Day 25 — Core

Complete your appropriate core routine.

Stay focused on controlled movement and good form.

Day 26 — Review Your Routine

Ask:

What's working?

What's not working?

What can I make easier?

Don't be afraid to simplify.

Day 27 — Prepare for Real Life

Think about the things that usually throw you off.

A busy morning?

A tired evening?

Travel?

Family events?

Work?

Write down one simple backup for your biggest obstacle.

Day 28 — Weekly Check-In

Which Belly Code has improved the most?

☐ FUEL
☐ MOVE
☐ CORE
☐ CONSISTENCY

What habit do you want to keep?

DAY 29 — DON'T CHANGE EVERYTHING

You're almost there.

Today is not the day to suddenly start doing twice as much.

Keep following your normal routine.

Eat normally.

Move normally.

Rest when you need to.

The goal is to finish the 30 days feeling like these habits can fit into your real life.

DAY 30 — YOUR BELLY CODE™ CHECK-IN

You made it to Day 30.

Now pause and look back.

If you took measurements at the beginning, you can compare them now.

My Progress

Starting waist: _____

Day 30 waist: _____

Starting date: _____

Day 30 date: _____

But don't let the tape measure tell the whole story.

Ask yourself:

Am I more consistent with my meals?

☐ Yes ☐ A little ☐ Not yet

Am I moving more regularly?

☐ Yes ☐ A little ☐ Not yet

Do I feel stronger or more comfortable with movement?

☐ Yes ☐ A little ☐ Not yet

Do I understand my body and habits better?

☐ Yes ☐ A little ☐ Not yet

Do I know what I want to continue?

☐ Yes ☐ A little ☐ Not yet

My Biggest Win

Write it in your phone notes:

"One thing I'm proud of after 30 days is..."

YOUR 30-DAY DIGITAL HABIT TRACKER

You can print this page or copy the tracker into your phone notes. Then simply tick off each habit as you complete it.

Day	FUEL	MOVE	CORE	CONSISTENCY
1	☐	☐	☐	☐
2	☐	☐	☐	☐
3	☐	☐	☐	☐
4	☐	☐	☐	☐
5	☐	☐	☐	☐
6	☐	☐	☐	☐
7	☐	☐	☐	☐
8	☐	☐	☐	☐
9	☐	☐	☐	☐
10	☐	☐	☐	☐
11	☐	☐	☐	☐
12	☐	☐	☐	☐
13	☐	☐	☐	☐
14	☐	☐	☐	☐
15	☐	☐	☐	☐
16	☐	☐	☐	☐
17	☐	☐	☐	☐
18	☐	☐	☐	☐
19	☐	☐	☐	☐
20	☐	☐	☐	☐
21	☐	☐	☐	☐
22	☐	☐	☐	☐
23	☐	☐	☐	☐
24	☐	☐	☐	☐
25	☐	☐	☐	☐
26	☐	☐	☐	☐
27	☐	☐	☐	☐
28	☐	☐	☐	☐
29	☐	☐	☐	☐
30	☐	☐	☐	☐

MISSED A DAY? DON'T START OVER.

This part matters.

You will probably miss a day.

Maybe the baby had a rough night.

Maybe work became stressful.

Maybe you travelled.

Maybe you simply didn't feel like doing anything.

That does not erase your progress.

Don't try to punish yourself by doubling your workout the next day.

Don't skip meals because you think you "messed up."

Just continue.

Use this simple reset:

1. Stop judging yourself.

2. Identify what got in the way.

3. Choose one small action.

4. Continue with the next day.

If you miss Day 12, you don't need to go back to Day 1.

You simply continue with Day 13.

That's what **CONSISTENCY** means.

Not never missing.

Coming back.

And when these 30 days are over, you don't need to throw the plan away. Keep using the four Belly Codes to guide your choices:

FUEL. MOVE. CORE. CONSISTENCY.

Your goal was never to become perfect.

It was to build a routine you can actually live with.

BONUS 1

The Busy Mum's 15-Minute Belly Routine

Because 15 Minutes Is Better Than Waiting for the Perfect Time

Let's be honest.

After having a baby, finding one quiet hour to exercise can feel like trying to find money inside an old handbag.

Something always happens.

The baby wakes up.
Someone needs food.
Work calls.
The house needs attention.
Or you finally get a free moment and realize you are completely exhausted.

I get it.

That's why I don't want you thinking you need a long workout to make progress.

You need a routine that fits into your real life.

The Busy Mum's 15-Minute Belly Routine is designed for those days when time is tight but you still want to move your body.

No gym.

No complicated equipment.

No endless crunches.

Just **15 simple minutes**.

> **Important:** If you recently gave birth, had a C-section, have pain, pelvic-floor symptoms, abdominal separation concerns, or have been advised to limit exercise, speak with your doctor or qualified postpartum health professional before starting or increasing exercise.

Your 15-Minute Formula

Here's how we'll keep it simple:

2 minutes — Warm up
8 minutes — Main routine
3 minutes — Easy movement
2 minutes — Cool down

You don't need to race through it.

Move at a pace that feels comfortable.

And remember, this routine is not about "burning off" what you ate.

It's about **building movement into your day and becoming stronger over time.**

The 2-Minute Warm-Up

Before you start, give your body a little time to wake up.

30 Seconds — March in Place

Stand tall and gently march.

Let your arms move naturally.

Keep the pace easy.

30 Seconds — Shoulder Rolls

Roll your shoulders slowly backward.

Then roll them forward.

Keep your neck relaxed.

30 Seconds — Side Steps

Step gently to the right.

Then step to the left.

Keep your knees soft.

30 Seconds — Gentle Hip Movement

Move your hips gently from side to side.

Don't force the movement.

The goal is simply to get your body moving.

That's your warm-up done.

The 8-Minute Main Routine

For each exercise, work for about **40 seconds**, then take **20 seconds to rest or change position**.

If 40 seconds feels too long, start with 20–30 seconds.

There is nothing wrong with starting small.

1. Sit-to-Stands

Use a sturdy chair.

Sit down slowly.

Then stand up.

Repeat.

Keep your feet firmly on the floor and control the movement instead of dropping into the chair.

Easier: Use your hands for support.

Harder: Slow down the lowering part.

2. Standing Knee Lifts

Stand comfortably.

Lift one knee.

Lower it.

Then switch sides.

Keep your upper body relaxed.

You don't need to lift your knee very high.

Easier: Hold a chair.

Harder: Increase the pace slightly while staying in control.

3. Wall Push-Ups

Stand facing a wall.

Place your hands against the wall around chest height.

Bend your elbows and bring your body toward the wall.

Then push yourself away.

Repeat slowly.

Keep your body controlled throughout the movement.

4. Standing Side Leg Lifts

Hold onto a sturdy chair or wall if needed.

Lift one leg gently out to the side.

Bring it back down.

Repeat.

Then switch sides.

Don't swing your leg.

Small, controlled movements count.

5. Easy Glute Bridges

If floor exercises are comfortable for you, lie on your back with your knees bent and feet on the floor.

Gently lift your hips.

Pause.

Lower slowly.

Repeat.

If this position is uncomfortable or you have been advised to avoid this type of exercise, skip it.

The 3-Minute Finish

You're almost done.

Now simply keep moving for three minutes.

You can:

- Walk around the house
- March slowly
- Walk outside
- Step from side to side
- Move gently to music

This part should feel easier than the main routine.

You are simply keeping your body moving before you finish.

The 2-Minute Cool Down

Slow everything down.

Take comfortable breaths.

Walk slowly for a few moments.

Roll your shoulders gently.

Then stop.

Take a moment to notice how your body feels.

That's 15 minutes.

Not 60.

Not 90.

Just 15.

When You Only Have 5 Minutes

Some days, even 15 minutes will not happen.

Don't throw the whole day away.

Use the **5-Minute Backup Routine**:

1 minute: March in place
1 minute: Sit-to-stands
1 minute: Standing knee lifts
1 minute: Wall push-ups
1 minute: Easy walking

Done.

Don't underestimate small efforts.

A five-minute routine can help you keep the habit alive on a difficult day.

How to Make It Fit Your Day

You don't have to complete your movement at one specific time.

Try attaching it to something you already do.

After breakfast: 5-minute walk.

During baby's nap: 15-minute routine if you have the energy.

After lunch: Short walk.

While waiting for dinner: March or move around.

During a phone call: Walk if practical.

The trick is to stop waiting for a huge empty space in your schedule.

Use the small spaces.

Your 4-Week Progression

Week 1

Aim for **2–3 sessions**.

Focus on learning the movements.

Week 2

Aim for **3 sessions**.

Try to make your movements smoother.

Week 3

Aim for **3–4 sessions**, if your body feels ready.

Week 4

Keep building consistency.

You can gradually add time or repetitions if the routine feels comfortable.

You do **not** need to make every session harder.

Your Busy Mum Rule

Here's the rule I want you to remember:

Don't wait for the perfect day.

Some days you'll complete all 15 minutes.

Some days you'll only manage five.

Some days you won't manage anything.

That's life.

The goal is not perfection.

The goal is to keep coming back.

So if today is busy, do five minutes.

If tomorrow gives you more time, do the full routine.

Then keep building from there.

Fifteen minutes may look small on the clock, but repeated over weeks, those small choices can become a very big habit.

BONUS 2

The Post-Baby Meal Cheat Sheet

Simple Food Choices Without Extreme Dieting

Let's make food simple.

After having a baby, the last thing you need is a complicated diet with 27 ingredients, tiny portions, and a list of foods you are "never allowed" to eat again.

You have enough going on already.

The goal here is not to make you afraid of food.

It's to help you put together **simple, filling meals** that support your overall routine.

You don't need a perfect diet.

You need meals you can actually make, eat, and repeat.

The Simple Belly Code™ Plate

When you're deciding what to eat, start with four simple pieces:

1. Protein

Think:

- Eggs
- Chicken
- Fish
- Beans
- Lentils
- Greek yogurt

- Lean meat
- Tofu

Protein can help make meals more filling.

2. Vegetables or Fruit

Choose whatever is easy and available.

Examples:

- Spinach
- Tomatoes
- Carrots
- Cabbage
- Green beans
- Peppers
- Cucumber
- Oranges
- Apples
- Bananas
- Berries

Fresh, frozen, or cooked can all work.

3. Carbohydrate

You don't need to fear carbohydrates.

Try:

- Rice
- Potatoes
- Sweet potatoes
- Oats
- Yam
- Plantain
- Whole-grain bread
- Pasta
- Corn

The amount that works for you can vary.

4. Healthy Fat

Small amounts can add flavour and help make meals satisfying.

Examples include:

- Avocado
- Nuts
- Seeds
- Peanut butter
- Olive oil
- Other cooking oils

Think balance, not restriction.

Easy Breakfast Combinations

You don't need to eat the same breakfast every morning.

Try these combinations:

Option 1

Eggs + whole-grain toast + fruit

Option 2

Oats + banana + nuts or seeds

Option 3

Greek yogurt + fruit + oats

Option 4

Beans + boiled egg + fruit

Option 5

Akara + vegetables or fruit

Option 6

Boiled yam + egg sauce + vegetables

The point isn't to find a "magic" breakfast.

It's simply to build a meal that is satisfying and practical.

Easy Lunch Ideas

Nigerian-Friendly Options

Rice + grilled fish/chicken + vegetables

Beans + plantain + vegetables

Yam + egg sauce + vegetables

Moi moi + vegetables + fruit

Potatoes + fish + salad

You can enjoy familiar foods while still paying attention to portions and balance.

You don't need to throw away your normal meals.

Globally Familiar Options

If you're outside Nigeria, you can use the same idea with foods you already know.

Chicken + rice + vegetables

Tuna + potato + salad

Egg wrap + vegetables

Lentil bowl + rice + vegetables

Chicken sandwich + fruit

Tofu + noodles + vegetables

Different countries have different foods.

The principle stays the same:

Build a balanced meal from foods that are available to you.

Simple Snack Ideas

When hunger hits between meals, you don't need to panic.

Try:

- Fruit + nuts
- Greek yogurt + berries
- Apple + peanut butter
- Boiled egg + fruit
- Carrots + hummus
- Plain yogurt + banana
- A small handful of nuts
- Popcorn
- Toast + peanut butter

And yes, sometimes you may want something simply because you enjoy it.

That's okay.

One snack does not decide the outcome of your entire journey.

Easy Food Swaps

You don't have to change everything at once.

Try small swaps.

Instead of...	**Try...**
Sugary drink every day	Water more often
Fried food every meal	Grilled, baked or boiled options sometimes
Very little protein	Add eggs, fish, beans or chicken
Skipping breakfast then overeating later	Have a simple filling breakfast
Constantly eating biscuits as a meal	Pair a snack with protein or fruit
Huge portions	Start with a reasonable portion and see how you feel

These aren't "good food vs bad food" rules.

They're simply **easier choices you can use more often**.

The Busy-Day Meal Formula

Some days you will have no time.

So use this:

Protein + Carb + Fruit/Vegetable

For example:

Egg + toast + banana

Chicken + rice + vegetables

Beans + plantain + vegetables

Yogurt + oats + fruit

It doesn't need to look like something from a fancy restaurant.

It just needs to feed you well enough to get through your day.

What About Treats?

You don't need to ban them.

If you love chocolate, have some.

If you enjoy ice cream, you can have it.

If you want a piece of cake at a celebration, enjoy it.

The problem is not one food.

The bigger picture is what you do **most of the time**.

Extreme restriction can also make eating feel stressful.

Instead of thinking:

"I can never eat this again."

Try:

"I can enjoy this sometimes while still taking care of myself."

That mindset is much easier to live with.

Your Simple Shopping List

Keep these basics around when possible.

Protein

☐ Eggs
☐ Fish
☐ Chicken

☐ Beans
☐ Lentils
☐ Yogurt

Carbohydrates

☐ Rice
☐ Oats
☐ Potatoes
☐ Yam
☐ Plantain
☐ Whole-grain bread

Fruit & Vegetables

☐ Bananas
☐ Oranges
☐ Apples
☐ Tomatoes
☐ Carrots
☐ Spinach
☐ Cabbage
☐ Cucumber

Healthy Fats

☐ Nuts
☐ Seeds
☐ Peanut butter
☐ Avocado

You don't need every item.

Choose what fits your budget, location, culture, preferences, and availability.

The Golden Rule

Don't try to eat perfectly.

Try to eat **consistently and sensibly**.

Build meals that fill you.

Drink water regularly.

Include foods you enjoy.

Make small swaps when they make sense.

And remember what The Belly Code™ is really about:

You are not being punished for having a post-baby belly.

You are learning how to take better care of yourself.

Use this cheat sheet whenever you don't know what to eat.