

## **This is the last time you will TRY to lose weight in your life**

What if you finally look as snatched as you wish, feel lighter, less bloated, and more confident, FOREVER???

**If you answered YES to that, this is the most important website you would ever read.**

I am very sure you found your way here from one of my content on social media, but if you didn't and don't know me, I am Ojay the Nutritionist; a Certified Nutritionist experienced with reversing metabolic issues like overweight, hypertension, diabetes, hyperlipidemia, to mention a few.

It is my life's burden to simplify nutrition and empower individuals to sustain healthier lifestyles without extreme dieting or confusion. **This is the reason I designed 30DAM (30 Days and More).**

I understand:

- Real-life eating struggles
- Busy schedules
- Budget limitations

And have designed this program not for fancy living, but with **what actually works in real life**, for the average Nigerian.

**If any of these sound like you...**

You've tried to "eat healthy"... but:

- You still feel bloated and uncomfortable
- You lose weight... then gain it back
- You're constantly tired, even after eating

- You don't know what to eat anymore

And then you've felt or even concluded that

“Your body just doesn't respond”

**Then 30DAM is FOR YOU.... for one simple factual reason**

It's not your efforts. **Your metabolism just needs to be reset the *right way*.**

### **30DAM (30 Days and More)**

Is a simple, structured nutrition program designed for anyone who is tired of trying and retrying several methods, products or other unsustainable and un-enjoyable dieting to meet their health goals. ***It is a program designed for lifestyle and practicality.***

**In 30 days, you will:**

- ✓ Feel **lighter** and less bloated
- ✓ Have **stable energy** throughout the day
- ✓ Stop constant **cravings**
- ✓ Understand exactly how to eat **for your body**
- ✓ **Lose weight** in a way you can maintain

### **Inside the 30DAM program**

You will receive:

- Complete 30DAM Program Guide
- Budget-Friendly Nigerian foods shopping list
- Buddy Pairing with an accountability partner
- Weekly Check-In and habit tracker

## **Other BONUSes include:**

- Giveaways and Prizes to be won.
- FREE Access to a Private Support Community

## **Here's how it works**

This program is designed to move you through three distinct phases of metabolic healing. By using Nigerian staples in the right combinations, you will lose at least 10kg in 30 Days, stabilize your blood sugar and even your blood pressure.

## **DISCLAIMER- This is NOT a meal plan**

This is an accountability-focused program for the people who wrote or said to themselves that they would LOSE WEIGHT and LIVE HEALTHIER, this year.

**If you ever need to get a bariatric surgery, at the moment, it will cost you nothing less than 2.5 Million Naira**

**OR**

**if your blood sugar level God forbids, needs to be maintained artificially, you will spend nothing less than 100,000 naira EVERY MONTH**

However, you will not be paying up to 100,000 naira because I have designed 30DAMto be affordable for the average Nigerian. You will be paying a **one time fee of 28,990 Naira.**

**With LIMITED SLOTS for just 20 people.**

**If you follow EVERY process in our 30DAM program and you DON'T lose weight, you will GET YOUR MONEY BACK**

**IN FULL, **AND** there is also a **N100,000 prize to be won (N50,000 cash, N50,000 worth of gifts) by the most committed participant of the program.****

**IN CASE YOU ARE THINKING...**

**“What if I don’t have time?”**

30DAM is intentionally designed for busy people. Simple, flexible, realistic.

**“What if I can’t afford expensive healthy food?”**

We prioritize everyday, affordable Nigerian foods.

**“What if I’ve tried dieting/meal plans and they didn’t work”**

This isn’t another diet or meal plan. It’s a combination of meal guides, accountability systems, fun and lots more that can be included in your already existing lifestyle and bring you results.

**To SECURE your slot: click on the link [here](#)**

**OR**

**Make a transfer of the exact amount N28,990 to**

**BANK NAME:** Kuda MFB

**ACCOUNT NUMBER:** 2062162788

**ACCOUNT NAME:** Otache Grace Ojima

**[Then click here to send me the receipts on WhatsApp](#)**

**P.S: This is the most rewarding decision you will take to reach your health goal this year. You will leave with a snatched, lighter, and an even more confident version of yourself.**

**[Secure your slot NOW](#)**