



Foods That Help You *Last*

Simple Ghanaian Foods for Strong
Manhood and Energy

— Afini Preye —

Welcome, My Brother

I am happy you are here. This book is short and simple. Read it slowly, and keep it close to your kitchen.

You do not need costly drugs to be strong. You do not need things from far away lands. The best help is already here, in our Ghanaian markets and homes.

Good food gives a man three things. Strong blood flow. Good energy. And a healthy body. When you eat well, you feel well. And when you feel well, you last longer and stand stronger.

In this book I will show you foods you can find in any market. Kaneshie, Makola, Kejetia, or your small local one. Cheap, simple, and powerful. For each food, I will tell you why it helps and how to use it.

Eat well, my brother. Live strong.

How Food Helps You Last

To be strong as a man, your body needs three things. The right food gives you all three, every day.

1. GOOD BLOOD FLOW

A strong man needs strong blood flow. When blood moves well and fast, you stay hard and ready. Some foods open your blood roads so the blood can reach where it is needed.

2. REAL ENERGY

You cannot last if you are tired. Good food gives you long, steady power that carries you through the night. Not the quick sugar that rises fast and dies fast.

3. A HEALTHY BODY

Foods with zinc and good fat keep a man's body working right. They feed your strength from deep inside, and help your body make what it needs to stay strong.

Tiger Nuts

ENERGY & VITALITY

Atadwe

This is the king of them all. Our elders have trusted atadwe for men for many, many years. It is small, but it carries big power.

WHY IT HELPS YOU

Tiger nuts are full of good fat and natural sugar that give strong, lasting energy. They also help feed a man's strength and keep his drive alive. This is why old men still call it a man's food.

HOW TO USE IT

Soak a handful overnight, then chew them each morning. Or blend them into atadwe milk (the sweet atadwe drink) and enjoy a cup before bed.

QUICK TIP

Take it every day for two weeks. Small, but do not miss a day. Slow and steady builds strength.

Groundnuts & Seeds

ZINC POWER

Nkate & Agushie (Egusi)

Groundnuts and melon seeds are simple, cheap, and found in every market. But do not look down on them. They are full of good things for a man.

WHY IT HELPS YOU

They carry plenty of zinc and healthy fat. Zinc is one of the most important things for a man's strength and drive. Without enough zinc, a man feels weak and tired.

HOW TO USE IT

Eat groundnut soup with your fufu or rice. Snack on roasted groundnuts in the day. Use agushie seeds in your stew, egusi soup, and sauces.

QUICK TIP

A small bag of roasted groundnuts in your pocket is a strong man's snack. Cheap and powerful.

Watermelon & Banana

BLOOD FLOW

Anaanu & Kwadu

These two sweet fruits are more than a treat. They quietly help your body do the work of a strong man.

WHY IT HELPS YOU

Watermelon helps open your blood roads so blood flows better. Better blood flow helps you stay hard. Banana gives clean energy and helps your body and muscles work well.

HOW TO USE IT

Eat fresh watermelon two or three times a week. Eat one or two bananas a day. A banana about one hour before you are with your woman is a wise move.

QUICK TIP

Eat the watermelon fresh, not as bottled juice full of sugar. Fresh is best.

Ginger & Garlic

BLOOD MOVERS

Akakaduro & Galik

These two are strong in taste and strong in power. Together they are the blood movers of the kitchen.

WHY IT HELPS YOU

Ginger warms the body and pushes blood to move well. Garlic keeps your blood roads clean and open, so blood is not blocked. Clean, open roads mean strong flow where a man needs it.

HOW TO USE IT

Add fresh ginger and garlic to your soups and stews every day. You can also boil ginger with a little lemon into a warm tea and sip it in the evening.

QUICK TIP

Use them fresh, not old powder. Fresh ginger and garlic carry the real power.

Green Leaves

STRONG BLOOD

Kontomire & Moringa

Do not pass over the green leaves. They are cheap, they grow all around us, and they build the blood of a strong man.

WHY IT HELPS YOU

Dark green leaves are full of iron and good things that build rich, strong blood. Strong blood carries more power through your body. Moringa is a small leaf with very big goodness inside.

HOW TO USE IT

Eat kontomire stew (palava sauce) with your meal often. Add fresh moringa leaves or a spoon of moringa powder into your soup, tea, or hot water.

QUICK TIP

Do not overcook your greens. Cook them light so the goodness stays inside.

Beans & Eggs

BODY BUILDER

Red Red & Nkosua

To be strong, a man must build his body. Beans and eggs are the simple, cheap way to do it.

WHY IT HELPS YOU

Beans and eggs give your body clean protein. Protein builds a strong body and keeps your energy up all day. Eggs also carry good fat and things that support a man's strength and drive.

HOW TO USE IT

Enjoy red red (beans and ripe plantain) as a full, strong meal. Eat one or two boiled eggs in the morning to start your day with power.

QUICK TIP

Boiled eggs are better than too much fried egg in heavy oil. Keep it simple.

Cocoa

GHANA GOLD

Our Own Pride

This one is ours. Ghana is a cocoa land, and real cocoa is a gift for a man's body. Sadly, many men throw it away and buy sweet milk chocolate instead.

WHY IT HELPS YOU

Real cocoa helps your blood flow and lifts your mood. A calm, happy man performs better than a stressed, worried one. Cocoa gives both the body and the mind a small, good push.

HOW TO USE IT

Drink a warm cup of pure, natural cocoa a few times a week. Use only a little sugar, or a spoon of honey. Skip the sweet, milky chocolate bars.

QUICK TIP

The darker and more pure the cocoa, the better it is for you.

Fish & Lean Meat

CLEAN PROTEIN

Nam & Akrantie (Grasscutter)

A strong man needs good meat and fish, but the right kind and cooked the right way.

WHY IT HELPS YOU

Fresh fish like tilapia and lean meat like grasscutter give strong, clean protein to build a fit body. Fish also carries good oil that helps your blood, your heart, and your flow.

HOW TO USE IT

Eat grilled or boiled fish often. Choose lean meat and grill it instead of deep frying. Enjoy your light soup with fresh fish.

GO EASY ON

Too much heavy fried and oily meat. Deep oil slows your blood and steals your strength.

Pear & Plantain

GOOD FAT & FUEL

Paya & Bodee

These two are filling, cheap, and easy to find on any day. They keep a man strong and full of fuel.

WHY IT HELPS YOU

Avocado pear is full of good fat that feeds a man's strength and drive. Plantain gives strong, slow-burning energy that lasts. Together they keep your power steady, not sudden and gone.

HOW TO USE IT

Eat ripe pear with your kenkey, bread, or rice. Enjoy boiled or roasted plantain. A small kelewele in light oil is a fine treat too.

QUICK TIP

Boiled or roasted plantain is better for you than plenty of deep-fried plantain chips.

Prekese

WELLNESS SPICE

Aidan Fruit

This long brown pod is a true Ghanaian wellness food. Our mothers boil it for the body, and it is good for a man too.

WHY IT HELPS YOU

Prekese helps clean the body, warm the blood, and keep you fresh inside. A clean, warm body flows better and feels stronger. Many use it to feel new energy and good health.

HOW TO USE IT

Break one pod and boil it in water. Drink the warm prekese water two or three times a week. You can add a little ginger to make it stronger.

QUICK TIP

Do not use too many pods at once. One pod in a pot of water is enough.

Bitter Kola

STAMINA

Orogbo

It is bitter, yes. But our elders have chewed bitter kola for a man's strength and long stamina for generations.

WHY IT HELPS YOU

Bitter kola helps the body stay strong and awake. Many men chew it to feel more ready and to keep their power up. It also helps the blood move and keeps the body clean inside.

HOW TO USE IT

Chew one small piece of bitter kola in the day. Take it slowly. A little each day is better than plenty at once.

QUICK TIP

One piece a day is plenty. It is strong, so do not eat too many at a time.

Okra

BODY CLEANER

Nkruma (Okro)

Our everyday okro soup is more than sweet and slippery. It quietly helps keep a man's body working well.

WHY IT HELPS YOU

Okra is full of good things and helps clean the body and keep the belly right. A clean body has more strength to give. It also carries goodness that supports a man's health.

HOW TO USE IT

Enjoy fresh okro soup or okro stew with your banku, fufu, or rice. Cook it light and fresh, not too long.

QUICK TIP

Fresh okro is better than dried okro powder. Use fresh when you can find it.

Coconut

CLEAN FUEL

Kube

The coconut man on the street is selling you strength. Both the water and the white flesh are good for a man.

WHY IT HELPS YOU

Coconut water gives clean energy and keeps the body cool and full of water. Good water in the body keeps blood moving well. The white flesh gives good fat that feeds a man's strength.

HOW TO USE IT

Drink fresh coconut water a few times a week. Chew the soft white flesh after. It is cheap and easy to find on the roadside.

QUICK TIP

Drink it fresh from the coconut, not the sweet bottled kind full of sugar.

Shellfish

ZINC KING

Oysters & Periwinkle (Adode)

From our coast, the sea gives a man some of the best food for his strength. If you live near the water, do not miss this.

WHY IT HELPS YOU

Oysters and periwinkle are the kings of zinc. Zinc is the most important thing for a man's drive and strength. Few foods carry as much of it as these small sea foods.

HOW TO USE IT

Add periwinkle to your light soup, palm nut soup, or stew. Eat fresh, well-cooked oysters when you can find them at the market.

QUICK TIP

Cook shellfish well and eat it fresh. Never eat it old or half-cooked.

Yam & Sweet Potato

LASTING POWER

Bayere & Santom

These strong root foods have fed hard-working men for many years. They give the slow, deep energy a man needs to last.

WHY IT HELPS YOU

Yam and sweet potato give strong, slow-burning energy that stays with you. This is the kind of power that does not die quickly. They keep a man full, fueled, and ready.

HOW TO USE IT

Eat boiled or roasted yam with garden egg stew or palava sauce. Enjoy boiled sweet potato as a filling, strong meal.

QUICK TIP

Boiled or roasted is best. Go easy on plenty of deep-fried yam chips.

Honey & What To Avoid

End your list with pure honey, and learn the few things that quietly rob a man of his strength.

PURE HONEY (ꞱWOꝬ)

Real honey gives clean, quick energy and helps you feel strong and warm. It is a wise, natural booster used for many years. Take one spoon in the morning, or before the night.

GO EASY ON THESE

Too much alcohol, too much sugar, and too much heavy oily food. These slow your blood, tire your body, and weaken your flow. Small small is fine. Too much is the enemy of a strong man.

QUICK TIP

Drink plenty of clean water every day too. Water keeps your blood moving well.

Your Strong Man Plate

You do not need to eat all of these in one day. Just mix them into your week. Here is a simple guide to follow.

EVERY MORNING

One spoon of honey, or a warm cup of pure cocoa. One or two boiled eggs. A handful of soaked tiger nuts.

WITH YOUR MEALS

Add fresh ginger and garlic. Eat your green stew (kontomire). Choose grilled fish or lean meat over heavy fried food.

SNACKS & FRUITS

Groundnuts, banana, fresh pear, or roasted plantain. Fresh watermelon two or three times a week.

Simple food, eaten often. That is how a man builds real, lasting strength.

SMART LIFE GUIDES

Your Strength Is On Your Plate

You do not need to look far. The foods of our land are strong and true. Eat them well, and your body will thank you, night after night.

“Good food today. Strong man tonight.”

WITH RESPECT,

Afini Preye