

BONUS #1

THE SOFT STOOL SHOPPING LIST

A practical food guide for easier bowel movements, less toilet strain, and better hemorrhoid flare-up control



Part of The 7-Day Hemorrhoid Relief & Recovery Protocol
ResetProtocolHub.com

Before You Use This Bonus

This bonus was created for one reason: to remove food confusion. When hemorrhoid discomfort is connected to hard stool, constipation, or straining, the food routine matters. The goal is not to eat perfectly. The goal is to make stool easier to pass and reduce the pressure that keeps the cycle going.

Important health note

This PDF is educational and does not diagnose, treat, cure, or replace medical care. Rectal bleeding, severe pain, dizziness, unexplained weight loss, black stool, fever, or symptoms that keep worsening should be checked by a qualified healthcare professional.

What this bonus helps you do

- Know the foods that help support softer, easier stool.
- Choose Nigerian-friendly meals without guessing.
- Avoid the common low-fiber food traps that worsen constipation.
- Build a simple 3-day emergency meal plan for painful flare-up periods.
- Shop once and know exactly what to buy.

Inside This Bonus

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How to use this PDF

Read it once, then jump straight to the shopping lists and 3-day plan. This bonus is meant to be practical - something you can open on your phone while buying food or planning meals.

1. The Real Food Goal

Not fancy dieting - soft, regular stool with less strain

Why soft stool matters

Hemorrhoid discomfort often becomes worse when stool is hard and passing it requires pushing. The first food goal is to make stool softer and easier to pass, because less straining means less pressure around the anal area.

NIDDK explains that high-fiber foods can make stools softer and easier to pass, and that water and other liquids help fiber work better. NHS guidance also advises increasing fiber and drinking water so stools stay soft and regular.

Buyer belief shift

You are not trying to eat like a fitness model. You are trying to make tomorrow's toilet visit easier than today's.

The 3-part food formula

Goal	What it means	Examples
Add fiber	Fiber helps stool hold water and move more easily.	Beans, oats, vegetables, fruits, whole grains
Add fluid	Water helps fiber work instead of making stool bulky and dry.	Water, clear soups, unsweetened fluids
Reduce strain triggers	Low-fiber, dehydrating, or heavy foods can make stool harder for some people.	Too much processed food, low water, excess alcohol/caffeine

2. The Soft Stool Plate Formula

Use this formula for most meals during your 7-day protocol. It is simple enough for Nigerian meals and flexible enough for diaspora buyers in the UK, US, and Canada.

Plate formula Half plate vegetables + one quarter slow carbohydrate + one quarter protein + water beside the plate.

Build your plate like this

Plate part	Choose from these	Why it helps
Vegetables	Ugu, spinach, okra, ewedu, waterleaf, cabbage, carrots, broccoli	Adds fiber and bulk to support stool movement
Slow carbs	Oats, brown rice, beans, sweet potato, yam portion, wholegrain bread	More filling and usually more fiber than refined foods
Protein	Fish, egg, chicken, beans, moi-moi, lentils	Keeps meals satisfying so you do not depend on snacks
Fluid	Water, clear soup, light vegetable soup	Helps fiber work better

Simple rule: If your meal has no vegetables, fruit, beans, oats, or whole grains, it is probably too low in fiber for this recovery season.

3. Your Shopping List

Nigerian-friendly foods + diaspora alternatives

The Nigerian-Friendly Soft Stool Shopping List

Buy from each category. You do not need everything. Pick what is available, affordable, and easy for your home.

Category	Best options	How to use
Vegetables	Ugu, spinach, okra, ewedu, waterleaf, cabbage, carrots	Add to soups, rice, beans, yam, eggs, or stews
Fruits	Pawpaw, banana, apple, orange, pear, watermelon, avocado	1-2 servings daily; pawpaw is excellent when available
Legumes	Beans, moi-moi, akara in moderation, lentils, peas	Use beans/moi-moi as meals, not just side food
Whole grains	Oats, brown rice, whole wheat bread, pap/ogi with fiber add-ons	Use for breakfast or as rice swap
Root foods	Sweet potato, yam, plantain	Boiled is better than fried during flare-ups
Protein	Fish, egg, chicken, beans	Pair with vegetables and water
Fluids	Water, clear soups, light vegetable soups	Sip through the day, not only when thirsty

Diaspora Shopping List

For buyers in the UK, US, Canada, and Europe, use these equivalents. The same principle applies: fiber + fluid + gentle bowel habits.

Category	Best options	Fast meal idea
Fiber breakfast	Oats, bran cereal, wholegrain toast	Oats + banana + water
Beans/lentils	Black beans, kidney beans, chickpeas, lentils	Bean stew + brown rice + veg
Vegetables	Broccoli, spinach, kale, carrots, peas, salad greens	Add a big handful to lunch/dinner
Fruits	Apples, pears, oranges, berries, kiwi, prunes	Fruit snack instead of biscuits/chips
Carbs	Brown rice, quinoa, whole wheat pasta, sweet potatoes	Use in controlled portions with vegetables
Fluids	Water, herbal teas, clear soups	Keep a bottle visible

Gradual increase If you currently eat very little fiber, increase slowly. Jumping from very low fiber to very high fiber overnight can cause bloating or gas for some people.

4. Meal Ideas

Simple options buyers can actually follow

Breakfast Ideas

Breakfast	How to make it softer-stool friendly
Oats + banana/pawpaw	Cook oats soft. Add banana or pawpaw. Drink water after.
Moi-moi + vegetables	Pair moi-moi with sliced cucumber/cabbage or a small vegetable soup.
Pap/ogi + fruit	Keep sugar low. Add fruit on the side. Drink water.
Whole wheat bread + egg + fruit	Use whole wheat when possible. Add orange/apple/pear.
Boiled sweet potato + vegetable egg	Avoid frying. Add spinach/ugu to the egg.

Best first breakfast Oats + pawpaw/banana + water. It is simple, affordable, soft, and easy to repeat.

Lunch and Dinner Ideas

Meal	Upgrade it for stool support
Rice and stew	Use more vegetables in the stew. Add beans or fish. Keep rice portion moderate.
Beans porridge	Cook soft, add vegetables, avoid too much oil.
Yam/plantain	Boil instead of fry. Add vegetable sauce.
Swallow and soup	Use vegetable-rich soups like okra, ewedu, ogbono with vegetables, vegetable soup. Keep portion sensible.
Noodles	Not ideal as a main meal during flare-up. If eaten, add vegetables, egg, and drink water.
Chicken/fish meal	Pair with vegetables and sweet potato/brown rice instead of only white bread or fries.

The easiest rule: Add vegetables to food you already eat instead of trying to change your whole life overnight.

Fruits, Snacks, and Small Add-Ons

Small daily additions can make the food plan easier. These options are simple and do not require complicated cooking.

Good add-on	How to use it
Pawpaw	Take a bowl as a snack or after breakfast.
Banana	Easy breakfast add-on; choose ripe but not excessive.
Apple or pear	Good snack, especially with skin if tolerated.
Orange	Hydrating fruit option.
Watermelon	Hydrating, but do not rely on it alone for fiber.
Avocado	Add to meals for healthy fat and fullness.
Groundnuts/nuts	Small handful only; too much can become heavy.

Do not force foods If a food causes bloating, discomfort, diarrhea, or worsens your symptoms, pause it and choose another fiber option.

5. What to Reduce

Temporary changes that protect your bathroom comfort

Foods and Habits to Reduce During a Flare-Up

This does not mean these foods are banned forever. It means during a painful flare-up, the priority is easier stool and less irritation.

Reduce	Why	Swap
Very low-fiber meals	Can contribute to harder stool	Add vegetables, beans, oats, fruits
Fried foods	Can be heavy and crowd out fiber	Boiled/steamed/grilled options
Too much red meat	Can reduce fiber balance if it dominates meals	Fish, beans, chicken, vegetables
Alcohol	Can contribute to dehydration	Water, clear soups
Too much caffeine	May worsen dehydration for some people	Water first, moderate caffeine
Excess pepper/spice	May irritate some people during flare-ups	Milder seasoning temporarily

Key message The problem is not one forbidden food. The problem is repeatedly eating low-fiber meals with too little water while straining on the toilet.

6. The 3-Day Soft Stool Reset

For painful periods when you need a simple plan

How to Use the 3-Day Reset

Use this when toilet visits are painful, stool feels hard, or you are starting the 7-day hemorrhoid protocol and want an easy food structure.

Hydration rule		Keep water visible all day. Fiber works better when fluids are present. Do not suddenly overload fiber without fluids.		
Day	Breakfast	Lunch	Dinner	Snack
Day 1	Oats + banana/pawpaw	Beans porridge + vegetables	Vegetable soup + small swallow or sweet potato	Orange/apple + water
Day 2	Pap/ogi + fruit	Rice + vegetable stew + fish/beans	Okra/ewedu soup + moderate swallow	Pawpaw/watermelon
Day 3	Whole wheat bread + egg + fruit	Moi-moi + cabbage/cucumber + water	Boiled yam/plantain + vegetable sauce	Pear/apple

3-Day Reset Rules

- Drink water before you feel thirsty.
- Add vegetables to at least 2 meals daily.
- Choose boiled, cooked, steamed, or grilled over fried during flare-ups.
- Do not sit on the toilet scrolling your phone. Eat for soft stool, then use better toilet habits.
- If symptoms are severe, worsening, or bleeding persists, seek medical care.

Simple daily water rhythm

Time	Water habit
Morning	1-2 cups after waking
Midday	1 cup before lunch
Afternoon	1-2 cups between meals
Evening	1 cup with dinner; reduce close to bedtime if night urination is a problem

7. Shop Once, Eat Easier

A one-week checklist you can screenshot

One-Week Shopping Checklist

Pick 2-4 items from each category. You do not need to buy everything.

Category	Tick	Items
Vegetables	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Ugu, spinach, okra, ewedu, cabbage, carrots, waterleaf
Fruits	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Pawpaw, banana, apple, orange, pear, watermelon, avocado
Legumes	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Beans, moi-moi ingredients, lentils, peas
Whole grains	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Oats, brown rice, whole wheat bread, bran cereal
Soft carbs	<input type="checkbox"/> <input type="checkbox"/>	Sweet potato, yam, plantain
Protein	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fish, eggs, chicken, beans
Fluids	<input type="checkbox"/> <input type="checkbox"/>	Water, clear soups, light vegetable soups

Print or screenshot

Save this page on your phone before going to the market or supermarket.

Quick Meal Builder

When you are tired, build meals using this simple formula. It prevents overthinking.

Choose 1	Choose 1	Choose 1	Drink
Beans	Vegetable sauce	Fish/egg	Water
Oats	Banana/pawpaw	Nuts small amount	Water
Sweet potato	Spinach/ugu	Egg/fish	Water
Rice	Vegetable stew	Beans/fish	Water
Swallow	Okra/ewedu/veg soup	Fish/chicken	Water

Best lazy meal: beans porridge with vegetables + water. It is affordable, filling, and naturally higher in fiber than many fast meals.

8. When Food Is Not Enough

Safety signs and responsible next steps

Red Flags: Do Not Ignore These

Food can support bowel comfort, but it cannot replace medical evaluation. Hemorrhoid-like symptoms can sometimes be caused by other conditions. Seek medical care if you notice any of the following:

- Heavy bleeding or bleeding that keeps returning.
- Black, tar-like stool or blood mixed deeply into stool.
- Severe pain, fever, dizziness, weakness, or fainting.
- A lump that is very painful, worsening, or cannot be pushed back.
- Unexplained weight loss or major change in bowel habits.
- Symptoms that do not improve with basic self-care.

Professional care is not failure

The goal of this bundle is to help you take better daily action. But if symptoms are serious, persistent, or unusual, medical care is the wise next step.

Final Soft Stool Checklist

Use this every day during your 7-day protocol.

Daily habit	Done
I drank water throughout the day	<input type="checkbox"/>
I ate vegetables today	<input type="checkbox"/>
I ate fruit today	<input type="checkbox"/>
I included beans/oats/whole grains or another fiber food	<input type="checkbox"/>
I reduced fried/processed/low-fiber foods today	<input type="checkbox"/>
I avoided straining on the toilet	<input type="checkbox"/>
I did not sit on the toilet for too long	<input type="checkbox"/>

Your simple goal:

Do not chase perfection. Chase consistency. If your next toilet visit is easier than the last one, you are moving in the right direction.

References & Research Notes

This bonus was written using conservative self-care guidance from reputable medical sources. It avoids miracle-cure claims and focuses on diet, hydration, bowel habits, and knowing when to seek care.

- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK): Eating, Diet, & Nutrition for Hemorrhoids - high-fiber foods can make stools softer and easier to pass; fluids help fiber work better.
- Mayo Clinic: Hemorrhoids diagnosis and treatment - warm bath/sitz bath guidance and home-care symptom relief options.
- NHS Inform / NHS: Haemorrhoids self-care - keep stools soft and regular with fiber, water, and avoiding straining.
- Cleveland Clinic: Sitz bath guidance - warm water soaking may help relax the anal sphincter, improve blood flow, and reduce discomfort.
- American Academy of Family Physicians: conservative management of hemorrhoids includes fiber, water intake, sitz baths, and stool-softening approaches when appropriate.

Brand note: This bonus is part of the Reset Protocol Hub educational product series. It is designed for practical support and buyer clarity, not diagnosis or medical treatment.