15 DAYS TO STRONGER, HEALTHIER HAIR

Whole Foods. Whole Strands. Whole Glow.

DOWNLOAD FREE



ABI FANIRAN

A CURATED 15-DAY MEAL PLAN TO NOURISH YOUR HAIR FROM THE INSIDE OUT

© 2025 Abi Faniran

All rights reserved. No part of this e-book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording or by any information storage and retrieval system without permission in writing from the author.

www.adeorihaircare.com

TABLE OF *contents*



04	Introduction	37	Smart Shopping Tips for Hair Growth
07	15-Day Meal Plan Schedule	39	Progress Reflection
23	Hair Boosting Smoothie Recipes	43	What's Next on Your Healthy Hair Journey?
31	Quick FAQs About the Meal Plan	46	Share Your Creations & Hair Growth Check-Ins
33	Hair Growth Grocery Shopping List	47	About the Author



INTRODUCTION

Nourish Your Crown. Feed Your Follicles. Love Your Hair from Within.

Beautiful hair starts on your plate. What you eat directly impacts the strength, length, and vibrancy of the hair that grows tomorrow. Your scalp is soil, your strands are seeds, and nutrition is water, sunshine, and root care.

This quick 15-day plan was created to help you build a healthy foundation for natural, optimal, and stronger hair growth from the inside out.

It is packed with meals rich in biotin, protein, collagen-boosters, iron, zinc, and hair-loving antioxidants that feed your hair's full growth cycle.

The meal plans in this guide have your back (and scalp) at whatever stage you're on, growing out your curls, recovering from breakage, or just wanting that natural glow in your locks. Simple, delicious, whole foods that work in harmony with your body!

You won't see 3 inches of growth overnight, and that's not the goal. But you may notice less shedding, improved moisture retention, a happier scalp, and subtle shifts that reflect a body and crown that's being nourished. This is the beginning of a longer, more sustainable journey. One that honors your health, habits, and natural hair's rhythm.

Over the next 15 days, you'll feel more energized, empowered, and connected to your crown. So, grab your grocery list, fire up your blender, and get ready to grow.

Your healthiest, happiest hair starts here!

P.S. Complete the full 15-day plan and unlock 20% off the complementary resources on Ade Ori Hair Care that are a good follow-up to this plan.

HOW NUTRITION AFFECTS HAIR GROWTH

Below is a quick overview of how specific nutrients relate to hair growth and promote healthy and strong growth.

NUTRIENT	ROLE	FOUND IN
Biotin	Supports keratin production	Eggs, nuts, seeds
Iron	Strengthens roots, prevents shedding	Spinach, lentils, lean meats
Zinc and Selenium	Helps scalp healing, hair repair	Seeds and nuts
Omega-3s	Reduces inflammation and adds shine	Salmon, chia seeds
Vitamin A	Helps skin (scalp) produce healthy sebum	Carrots, sweet potato
Collagen	Improves strand strength and elasticity	Bone broth, berries, citrus fruits
Protein	Hair = protein! Supports structure and growth	Eggs, tofu, meats, legumes



15-DAY MEAL PLAN

DAY 1 – BIOTIN AND PROTEIN POWER

Welcome to Day 1! We're kicking off your hair growth journey with foods rich in biotin and protein, the two building blocks your hair thrives on.

Today's meals are designed to nourish your follicles at the root level and kickstart keratin production. Think of this as your foundation day; strong roots, strong strands.

BREAKFAST:

Scrambled eggs with spinach, mushrooms and avocado on whole grain toast.



LUNCH:

Grilled salmon quinoa bowl with kale and plain pumpkin seeds.



SNACK:

Almonds and kiwi slices.



DINNER:

Teriyaki chicken stir-fry with bell peppers and brown rice



Prep your quinoa ahead in bulk. Quinoa stores beautifully for 3 - 5 days.

DAY 2 – COLLAGEN AND IRON BOOST

Let's strengthen from within! Today, we focus on collagen-boosting nutrients and iron-rich ingredients to help reduce hair shedding and boost blood flow to the scalp.

Collagen supports strand elasticity, while iron fuels your follicles with the oxygen they need to grow. This is internal hair therapy; delicious and effective.

BREAKFAST:

Greek yogurt parfait with berries, chia seeds, and flax.



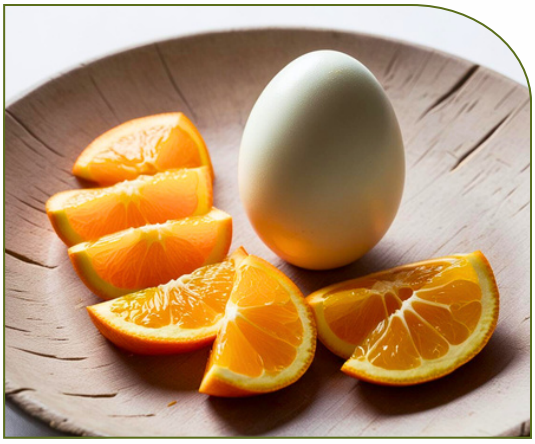
LUNCH:

Lentil and chickpea kale salad with lemon vinaigrette.



SNACK:

Hard-boiled egg and an orange.



DINNER:

Bone broth soup with shredded chicken, carrots, and sweet potatoes.



Add lemon to your lentils. Vitamin C helps absorb more iron.

DAY 3 – ZINC AND HEALTHY FATS

It's time to give your scalp some love. Zinc and healthy fats work together to support a nourished, irritation-free scalp and healthy oil production.

A balanced, moisturized scalp is the perfect environment for strong, sustained hair growth. Today's meals include foods that support cell repair and strengthen the hair shaft.

BREAKFAST:

Chia pudding with coconut milk, strawberries, and crushed walnuts.



LUNCH:

Tuna wrap with arugula, avocado, and tomato.



SNACK:

Brazil nuts and apple slices.



DINNER:

Baked cod with garlic spinach and roasted beets.





Brazil nuts are rich in selenium, a secret hero for healthy scalp.

DAY 4 – VITAMIN C AND ZINC BOOST

Today is all about antioxidants, which protect hair follicles from damage and aging. Vitamin C-rich fruits and deeply pigmented veggies help the body produce collagen and support scalp circulation.

You'll glow from the inside out after today's colorful, hair-loving meals.

BREAKFAST:

Smoothie with spinach, banana, pineapple, chia seeds, and collagen powder.



LUNCH:

Turkey quinoa salad with red bell peppers, sunflower seeds, and olive oil.



SNACK:

Yogurt and a cup of pomegranate seeds.



DINNER:

Shrimp and veggie stir-fry with sesame seeds and soba noodles.



Pomegranate is a potent follicle stimulator and perfect for midday snacking!

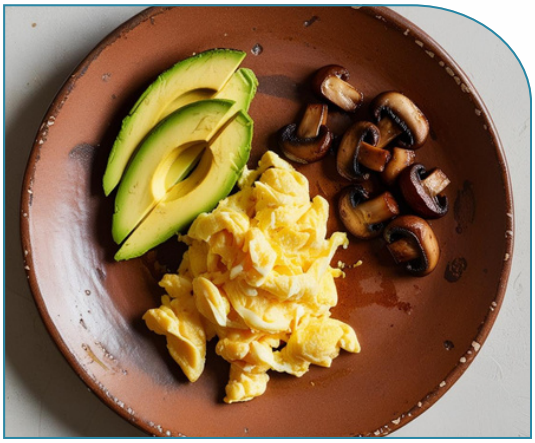
DAY 5 – BIOTIN AND KERATIN SUPPORT

You've made it to Day 5, and your strands are ready for some serious shine. Today, we're loading up on omega-3 fatty acids to reduce scalp inflammation, add natural luster, and support hair density.

These healthy fats also nourish the scalp barrier, making it easier for new growth to flourish.

BREAKFAST:

Scrambled eggs, sliced avocado, and mushrooms.



LUNCH:

Beef liver (or lean beef) with sautéed kale and mashed sweet potatoes.



SNACK:

Brazil nuts and apple slices.



DINNER:

Baked tempeh with quinoa and asparagus.



Sweet potatoes are rich in beta-carotene, which is excellent for scalp nourishment.

DAY 6 – HEALTHY FATS AND FIBER

A mini-reset for your body and your hair! Day 6 includes cleansing, fiber-rich foods and B vitamins that help detox your system and rev up nutrient absorption.

You'll also get a dose of sulfur-containing veggies to support keratin formation which is essential for long-lasting strength.

BREAKFAST:

Chia pudding with coconut milk, raspberries, and a drizzle of honey.



LUNCH:

Tuna salad on whole grain bread with arugula and olive oil.



SNACK:

Carrot and cucumber sticks with hummus.



DINNER:

Grilled chicken or tofu, roasted brussels sprouts, and wild rice.



Double up on your Brussels sprouts. They store well for snacking!

DAY 7 – ALL-ROUND NUTRIENT RECHARGE

Yay! One whole week down! Today, we celebrate with meals combining everything you've focused on: protein, vitamins, minerals, and hydration.

Think of this as your "growth & glow" day. You're nourishing the entire hair growth cycle, from scalp health to strand shine. Don't forget to use your tracker today!

BREAKFAST:

Protein smoothie with berries, Greek yogurt, oats, spinach, and flaxseeds.



LUNCH:

Salmon and avocado poke bowl with cucumber, edamame, and sesame oil.



SNACK:

Cottage cheese and mango slices.



DINNER:

Roasted turkey breast with quinoa-stuffed bell peppers.



Don't forget to use your hair journal and planner today for progress updates!

DAY 8 – MINERAL-RICH RECHARGE

Today is about zinc, iron, and biotin, a powerhouse trio for strong roots and faster growth. These nutrients work to nourish hair follicles, regulate oil production, and support cellular repair.

You're recharging your hair health with meals that do more than just taste good, but also heal from the inside.

BREAKFAST:

Greek yogurt with sliced almonds and honey.



LUNCH:

Bulgur salad with chickpeas, cucumbers, parsley, lemon.



SNACK:

Pear slices and chia seeds.



DINNER:

Lamb or lean beef with steamed carrots and mashed cauliflower.



Iron boosts oxygen to follicles, so don't skip your greens! Add extra if you can!

DAY 9 – DEEP NOURISHMENT DAY

You've been feeding your follicles well. Now, let's go deeper. Day 9 brings meals that support scalp health, blood circulation, and hydration, all key to thick, vibrant hair.

With ingredients rich in omega-3s, collagen boosters, and Vitamin D, your strands are in for a treat.

BREAKFAST:

Smoothie bowl with mixed berries, flax, and granola.



LUNCH:

Turkey and spinach wrap with avocado mayo.



SNACK:

Pumpkin seeds and apple slices.



DINNER:

Cod with lemon, sautéed kale, sweet potato mash.



Kale supports blood flow, which means more fuel for your follicles.

DAY 10 – ROOT REVIVAL AND DETOX

It's time to detox and strengthen your roots. Today's meals help flush out toxins and reduce internal inflammation that could be slowing down growth.

With ingredients like leafy greens, seeds, and lean proteins, your body (and hair) get a refreshing boost of clarity.

BREAKFAST:

Overnight oats with banana, peanut butter and chia.



LUNCH:

Lentil taco salad with corn, tomatoes, avocado.



SNACK:

Boiled egg and a handful of pistachios



DINNER:

Grilled shrimp with couscous and roasted zucchini.



You can pre-cook lentils to save time on busy days!

DAY 11 – ELASTICITY AND SHINE DAY

Your hair's elasticity and shine start with what's on your plate. This day focuses on Vitamin E, protein, and healthy fats.

These nutrients smooth your strands, protect from breakage, and promote a natural gloss. Let your meals today double as your beauty treatment.

BREAKFAST:

Avocado toast with poached eggs.



LUNCH:

Quinoa tabbouleh with black beans and cucumber.



SNACK:

Strawberries and sunflower seeds.



DINNER:

Herb roasted chicken with roasted carrots and brown rice.



Sunflower seeds = shine and scalp repair in one snack, but snack in moderation!

DAY 12 – BREAKAGE PROTECTION BOOST

Thin, brittle strands? Not on Day 12. We're fueling up with keratin-building proteins, zinc-rich foods, and hydrating plant-based nutrients that help reduce breakage and split ends.

These meals support stronger, more resilient hair that grows and holds its length.

BREAKFAST:

Chia and flax pudding with blueberries.



LUNCH:

Tofu stir-fry with mixed vegetables.



SNACK:

Almond butter on a few slices of brown rice cakes.



DINNER:

Grilled turkey burger with spinach salad.



Add a drizzle of tahini (sesame seed paste) to the stir-fry for extra zinc.

DAY 13 – STIMULATE AND STRENGTHEN

This is your follicle wake-up call. With Vitamin C, magnesium, and anti-inflammatory nutrients, Day 13 is all about scalp stimulation and strengthening the hair strands from root to tip.

You're actively feeding the cycle of healthy growth with every bite.

BREAKFAST:

Smoothie with kale, mango, ginger and collagen.



LUNCH:

Egg salad lettuce wraps with avocado.



SNACK:

Pumpkin seeds and pear slices.



DINNER:

Baked trout with quinoa and sautéed green beans.



Ginger boosts circulation. Go ahead and add a little extra to your blend!

DAY 14 – GLOW-UP RESET

You're nearing the end, but we're not slowing down. Day 14 features deeply pigmented, antioxidant-rich foods to detox your scalp, reduce dullness, and prep your body for long-term hair health.

This is your *"reset and radiate"* day, inside and out.

BREAKFAST:

Yogurt with granola and sliced kiwi.



LUNCH:

Roasted chickpeas, couscous, and beetroot salad.



SNACK

A handful of dates and walnuts.



DINNER:

Zucchini noodles with turkey meatballs.



Beets support blood flow, add some extra to your lunch!

DAY 15 – HAIR CELEBRATION DAY

You did it! 15 days of intentional nourishment for natural hair growth! Today's meals combine protein, collagen, iron, fiber, and antioxidants.

It celebrates progress, healthy habits, and honoring your crown. You've laid the foundation, now let your hair do what it was meant to: grow.

BREAKFAST:

Protein pancakes with flax and strawberries.



LUNCH:

Salmon poke bowl with edamame, avocado and cucumber.



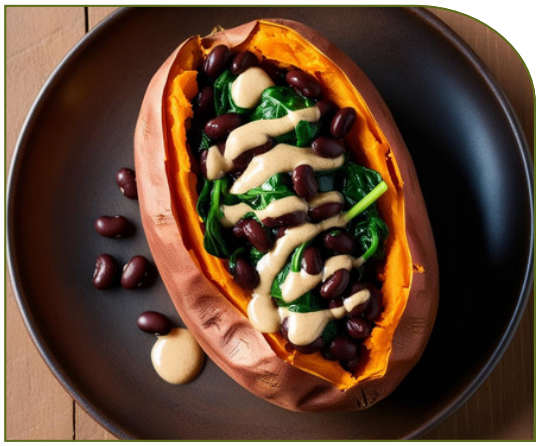
SNACK

A handful of grapes and almonds.



DINNER:

Stuffed sweet potato with black beans, spinach and tahini.



Time to take progress pics and share. You're glowing inside and out!



HAIR-BOOST SMOOTHIE RECIPES

Sip Your Way to Stronger, Shinier, Healthier Hair!

Beautiful hair doesn't just come from only products; it starts with nourishment. The smoothie recipes featured in this chapter are functional blends filled with the nutrients your strands crave.

I've whipped up these recipes to help you hit your hair goals, one sip at a time. Here's what they bring to the table:-

- Biotin and collagen boosters to fuel growth and strength.
- Antioxidants and healthy fats to protect and keep your hair hydrated.
- Scalp-loving ingredients that boost circulation and calm inflammation.
- Protein and fiber to keep you energized and satisfied.

You can enjoy these smoothies in a way that fits naturally into the 15-day Meal Plan in the following ways:-

- Swap them in as a light, nutrient-packed breakfast when rushing out the door.
- Use them as a mid-morning or afternoon snack upgrade.
- Blend one post-workout or post-wash day to replenish and support your glow. Tip: The "Strand Strong Smoothie" is excellent after a sweat sesh because it's loaded with protein, collagen, and fiber!

Choose what feels best and aim to enjoy at least 4 to 5 smoothies across the 15 days. That's enough to keep the hair-nourishing magic flowing without overthinking it.

These smoothies make it easy to stay consistent with your hair-focused nutrition, whether it's breakfast on the go, a midday pick-me-up, or a post-workout treat.

No need for complicated ingredients or expensive powders. Just real, whole foods blended into delicious, glow-boosting blends.

Ready to drink your way to healthier, happier hair? Let's blend!

GLOW UP SMOOTHIE

FOR SHINE, HYDRATION AND SCALP HEALTH

INGREDIENTS

- 1 cup of coconut water
- ½ an avocado
- 1 handful of spinach
- 1 banana
- 1 tablespoon of chia seeds
- 1 tablespoon of honey or agave nectar (optional)
- Ice

BENEFITS

Healthy fats plus hydration = radiant strands.

TIP: ADD ½ TEASPOON OF SPIRULINA FOR A PLANT-BASED BOOST OF IRON AND B VITAMINS.

STRAND STRONG SMOOTHIE

FOR STRENGTH, REPAIR AND ELASTICITY



INGREDIENTS

- 1 scoop of collagen powder
- 1 cup of almond milk
- ½ cup of fresh or frozen blueberries
- 2 tablespoons of oats
- 1 tablespoon of ground flaxseed
- Dash of cinnamon powder

BENEFITS

Collagen + antioxidants support breakage prevention and bounce.

TIP: ADD A FEW DROPS OF VANILLA EXTRACT FOR FLAVOR AND ANTIOXIDANT POWER.

TROPIC GROW FLOW SMOOTHIE

FOR SCALP STIMULATION AND DETOX



INGREDIENTS

- 1 cup of pineapple chunks
- ½ a cucumber
- 1 tablespoon of fresh ginger (grated)
- 1 handful of kale
- Juice of ½ lemon
- 1 cup cold water or coconut water
- 1 handful of mint leaves (optional)

BENEFITS

Vitamin C + enzymes help detox and stimulate the scalp.

TIP: ADD A SPRINKLE OF TURMERIC POWDER FOR ADDITIONAL ANTI-INFLAMMATORY BENEFITS.

FOLLICLE FUEL SMOOTHIE

FOR BOOSTING FOLLICLE HEALTH AND CIRCULATION

INGREDIENTS

- 1 cup of mango (cubed)
- ½ carrot (peeled and cubed)
- 1 tablespoon of hemp seeds
- 1 handful of spinach
- ½ cup of orange juice
- ½ cup of cold water or ice

BENEFITS

Beta-carotene + healthy fats = stronger roots.

TIP: ADD A PINCH OF CAYENNE PEPPER TO IMPROVE BLOOD FLOW TO THE SCALP.

CHOCOLATE CROWN BOOSTER SMOOTHIE

FOR SCALP STIMULATION AND DETOX

INGREDIENTS

- 1 scoop of chocolate protein powder
- 1 frozen banana (chopped)
- 1 tablespoon of almond butter
- 1 tablespoon of ground flaxseed
- 1 cup of oat milk
- Dash of cinnamon powder

BENEFITS

Protein-rich indulgence that supports keratin and strand strength.

TIP: USE COCONUT MILK INSTEAD OF OAT FOR EXTRA HEALTHY FATS AND SHINE SUPPORT.

TRACK YOUR SIPS, STRENGTHEN YOUR STRANDS

Use this 15-day tracker to log your smoothies, stay consistent, and notice what works best for your body and hair.

DAY	SMOOTHIE NAME	MEAL TIME	NOTES
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

QUICK FAQS ABOUT THE MEAL PLAN

Do I have to follow the plan perfectly?

Not at all. This guide is flexible. You can adjust ingredients to your needs and schedule. Progress over perfection. If you miss a day, get back to it the next day.

What if I'm allergic to something listed?

You can swap in similar nutrient-rich alternatives. For example, use chia instead of flax, or tofu/flax instead of eggs. Always honor your body.

Can I repeat the 15-day plan?

Yes! Many people repeat it monthly or rotate meals they love into their regular routine.

Will this help with hair loss or thinning?

Nutrition plays a major role in hair health. This plan supports your growth from within, but for specific medical concerns, consult a licensed provider.

Can I use frozen fruits and veggies instead of fresh?

Absolutely. Frozen produce is often just as nutritious and more convenient, especially for smoothies. Just watch for added sugars in frozen blends.

Will I lose weight on this meal plan?

This isn't designed as a weight loss program, but many users notice less bloating and more energy. Any changes to your weight are a bonus, but not the purpose of the plan.

I follow a vegan/vegetarian lifestyle. Can I still use this plan?

Yes, with a few tweaks. Most meals can be adapted using plant-based proteins like lentils, tofu, or tempeh. The smoothie recipes are naturally vegan-friendly.

Do I need to buy any other resources?

Not at all, but the recommended resources help you stay consistent and intentional. They're a great next step if you want to stay on track long-term.





HAIR GROWTH GROCERY SHOPPING LIST

These shopping lists are organized by category, so it's easier while shopping. There are also blank spaces to add anything else you want to the list.

	PRODUCE
○	Spinach
○	Kale
○	Carrots
○	Bell Peppers
○	Broccoli
○	Sweet Potatoes
○	Zucchini
○	Beets
○	Avocados
○	Tomatoes
○	Brussels Sprouts
○	Cucumbers
○	Green Beans
○	Mangoes
○	Kiwis
○	Oranges
○	Lemons
○	Berries
○	Bananas
○	Apples
○	Grapes
○	Ginger
○	
○	
○	
○	
○	
○	

	PROTEINS
○	Eggs
○	Chicken breast
○	Salmon
○	Tuna
○	Shrimp
○	Turkey
○	Cod
○	Tofu
○	Tempeh
○	Greek Yogurt
○	Cottage Cheese
○	Bone Broth
○	Lentils
○	Chickpeas
○	Black Beans
○	Oranges
○	Edamame
○	Seitan
○	Pork
○	Beef
○	Duck
○	Bison
○	
○	
○	
○	
○	
○	

	GRAINS & STARCHES
○	Quinoa
○	Brown Rice
○	Whole Grain Bread
○	Oats / rolled oats
○	Couscous
○	Rice Noodles
○	
○	
○	
○	
○	
○	

	FRUITS
○	Berries
○	Citrus Fruits
○	Mango
○	Papaya
○	Bananas
○	Pomegranates
○	Avocado
○	
○	
○	
○	
○	

	NUTS & SEEDS
○	Almonds
○	Walnuts
○	Brazil Nuts
○	Chia Seeds
○	Flaxseeds
○	Pumpkin Seeds
○	Sunflower Seeds
○	
○	
○	
○	
○	

	OTHER ESSENTIALS
○	Olive Oil
○	Coconut Oil
○	Nut Butter (Almond, Soy, etc)
○	Apple Cider Vinegar
○	Spices
○	Collage Powder
○	Protein Powder
○	
○	
○	
○	
○	

NOTES





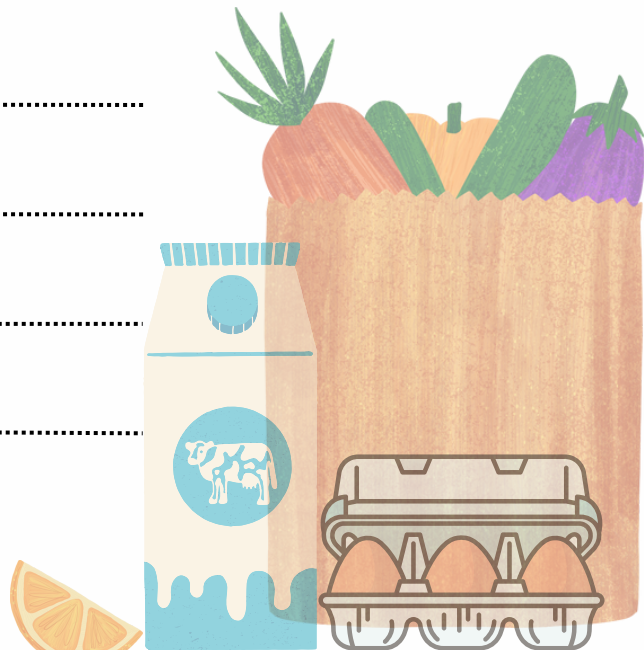












SMART SHOPPING FOR HAIR GROWTH

Make every bite count and keep your kitchen (and wallet) happy. You've got the grocery list. Now let's make it work smarter, not harder.

This section is all about shopping with intention and flexibility so you can nourish your hair without wasting food, overbuying ingredients, or stressing about how to make it all work.

These tips will help you get the most out of your ingredients and your investment in your crown.

SHOP FOR OVERLAP, NOT PERFECTION

You don't need every item listed in the plan.

Focus on ingredients that feature multiple times, such as spinach, avocados, oats, sweet potatoes, bananas, seeds and nuts, eggs, and Greek yogurt.

These power players stretch across multiple meals and smoothies.

PREP ONCE, EAT TWICE

Batch-roast veggies and cook extra quinoa for a hassle-free meal prep strategy. These last well in the fridge for 3 to 5 days.

Freeze chopped fruit in batches. You'll save time and always have nutrient-dense, hair-nourishing meals ready when you need them.

BUILD YOUR PLATE AROUND WHAT YOU HAVE

Can't find salmon this week? No worries! You can easily substitute with tuna, lentils, or even other types of fish.

If you can't find spinach, try kale, arugula, or any leafy green you like.

Hair nutrition is about the right balance of vitamins, minerals, and proteins, not about making the perfect recipe every time.

FREEZE WHAT YOU CAN

Keep smoothie ingredients like bananas, berries, spinach, and chopped carrots in the freezer so they stay fresh and ready to blend whenever you need them.

Freezing these ingredients not only helps preserve their nutrients but also gives your smoothies a thicker, creamier texture.

Simply grab, blend, and enjoy!

USE YOUR PANTRY CHECKLIST WISELY

That list isn't just for one-time use. These are your essential hair nourishment staples.

Keep them stocked so you're always prepared to support healthy hair growth from within.

DON'T FORGET THE BASICS

Plan for snacks, hydration, and seasoning such as turmeric, ginger, and cumin, which offer anti-inflammatory and antioxidant benefits.

Lemon water and herbal teas also make your meals more enjoyable and effective.

When you shop with intention, you don't just save time and money, you create space to actually follow through. Let your kitchen be part of your hair care routine!





PROGRESS REFLECTION

You've just completed 15 days of intentional nourishment, feeding your hair, body, and energy with real food and mindful choices. Take a moment to celebrate and reflect on how far you've come.

HOW DID YOUR HAIR FEEL BY DAY 15?

WHAT HABITS CAME EASILY FOR YOU?

WHICH MEALS OR SMOOTHIES DID YOU ENJOY MOST?

WHAT DID YOU NOTICE ABOUT YOUR ENERGY, MOOD, OR SKIN?

WHAT WOULD YOU DO DIFFERENTLY IF YOU REPEATED THIS PLAN?





WHAT'S NEXT ON YOUR HEALTHY HAIR JOURNEY?

Track. Learn. Grow. Repeat.



Congratulations! You've just completed the 15-Day Hair-Boosting Meal Plan, and that's a powerful first step. By now, you've nourished your scalp, strengthened your strands, and set the foundation for long-term, natural hair growth.

But remember, the real lasting results happen with consistency. That's where these next tools come in...

READY FOR REAL GROWTH? YOUR HAIR JOURNEY CONTINUES BELOW...

The Healthy Hair Foundations Bundle is your all-in-one companion to creating a well-structured hair care routine. A well-structured hair care routine ensures you use the right products and understand your hair's unique characteristics and needs.

Irrespective of your hair type, having a solid foundation will set you up for long-term success. The bundle includes the following resources: -



- The Ultimate Hair Growth Guide: Recover from Hair Loss, Bald Spots & Thinning Hair (Healthy Hair Care Series 2).
- 365 Days of Moisture for Dry & Parched Hair: Best Practices, Products & Recipes for Perfectly Moisturized Hair (Healthy Hair Care Series 4).
- Curls, Coils & Kinks Journal and Planner 2025.

For a limited period, you can grab the Healthy Hair Foundations Bundle for 20% off. Scan the QR code below to grab your copies now.



You're doing the work. Now, let your habits, nutrition, and tracking come together to create the healthy, growing hair you deserve. Your hair is a garden. Let's keep feeding it with love, intention, and consistency!

Share Your Creations!



We’d love to see what you’re creating! Tag @adeorihaircare on TikTok and Instagram with your favorite meals, smoothies, and hair growth check-ins. #AdeoriCurlsClub #HairGrowthMeals

About the Author



Abi Faniran is passionate about curly hair care and founded Ade Ori Hair Care as a comprehensive site for healthy hair care tools and resources, motivation, hair swag, and more.

The vision started with the popular **Healthy Hair Care Series**, natural hair care information books. The series has now grown to include six books, with more in the research and development stage. More than hair, Ade Ori Hair Care is about empowering black women to embrace beauty, healing, and softness through natural hair care, DIY rituals, and everyday self-care and celebration.

When Abi is not developing new product ideas, she's working on the next book in the Healthy Hair Care Series or tools and resources to make your lifestyle easier and more holistic. Let's embrace and transform your curls together!