



Day 1



BREAKFAST:

PORRIDGE



TIPS

Replace sugar and honey with artificial sweeteners

LUNCH:

EGUSI SOUP



TIPS

Reduce oil to 1-2 table spoon per dish

SNACKS:

PAPAYA



TIPS

100g portion

DINNER:

CHICKEN STEW & JOLLOF RICE



TIPS

Serve with 3-4 spoon of plantain , and side salad. Reduce oil to 1-2 table spoon per dish.



Day 2



BREAKFAST:

BOILED EGGS WITH VEGETABLES



TIPS

Boiled eggs 100g Cucumber, tomatoes, mushrooms 150g

LUNCH:

FISH STEW



TIPS

Serve with 3-4 spoon of rice and green beans

SNACKS:

BERRIES



TIPS

100g portion

DINNER:

CHICKEN STEW



TIPS

Serve with 3-4 spoon of rice, and side salad. Reduce oil to 1-2 table spoon per dish.



Day 3



BREAKFAST:

POACHED EGGS



TIPS

Add mushroom and avocados 160g

LUNCH:

COATED FISH



TIPS

Serve with 2-3 spoons of Fufu and side salad

SNACKS:

PEACHES AND CREAM



TIPS

Use single cream

DINNER:

CHICKEN STEW



TIPS

Serve with 3-4 spoon of pap, and green vegetables. Reduce oil to 1-2 table spoon per dish.



Day 4



BREAKFAST:

FRIED EGG



TIPS

serve with 1 slide of seeded bread and add grilled tomatoes.

LUNCH:

OKRA SOUP



TIPS

Reduce oil to 1-2 table spoon per dish. Serve side salad.

SNACKS:

MANGO



TIPS

2 mango slices

DINNER:

SIDE SALAD



TIPS

Add a side salad – 50g
50g White rice (3 tablespoons)



Day 5



BREAKFAST:

BOILED EGGS



Serve with with beans 200g and one slice of seeded bread 35g

LUNCH:

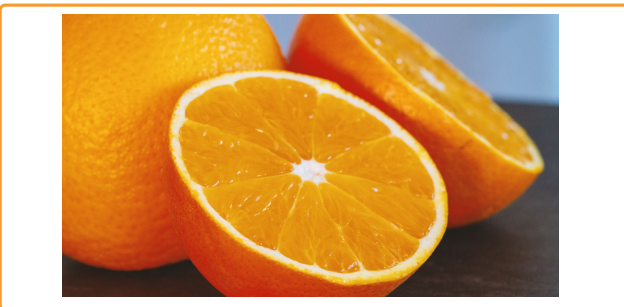
OGBONO SOUP



Add plenty of vegetables to stew, reduce oil to 2 tablespoon of oil.

SNACKS:

ORANGE



100g potion.

DINNER:

BLACK EYE BEAN SOUP



Serve with small portion of amala and green vegetables.



Day 6



BREAKFAST:

POACHED EGGS WITH SALMON



TIPS

Add asparagus 200g

LUNCH:

PEPPER GOAT SOUP



TIPS

Reduce oil in soup to 2 tablespoon and serve with a small serving of fufu.

SNACKS:

NUTS



TIPS

Handful of Nuts

DINNER:

MUSHROOM OMELETTE



TIPS

Serve with 1 slice of seeded bread 35g



Day 7



BREAKFAST:

CORNMEAL PORRIDGE



TIPS

Use semi skimmed milk

LUNCH:

TILAPIA FISH



TIPS

Pan fry fish, serve with side salad and a small portion of plantain.

SNACKS:

MELON



TIPS

Two slices

DINNER:

SPINACH STEW



TIPS

Add plenty of vegetables and reduce oil to 1-2 table spoon to stew