

Food Tech

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EAT BALANCE DIET

stay save

EAT BALANCE DIET

LOAN FOOD OUT

HOME

DIET

SHOP

CHAT

WHERE TO GET GOOD FOOD

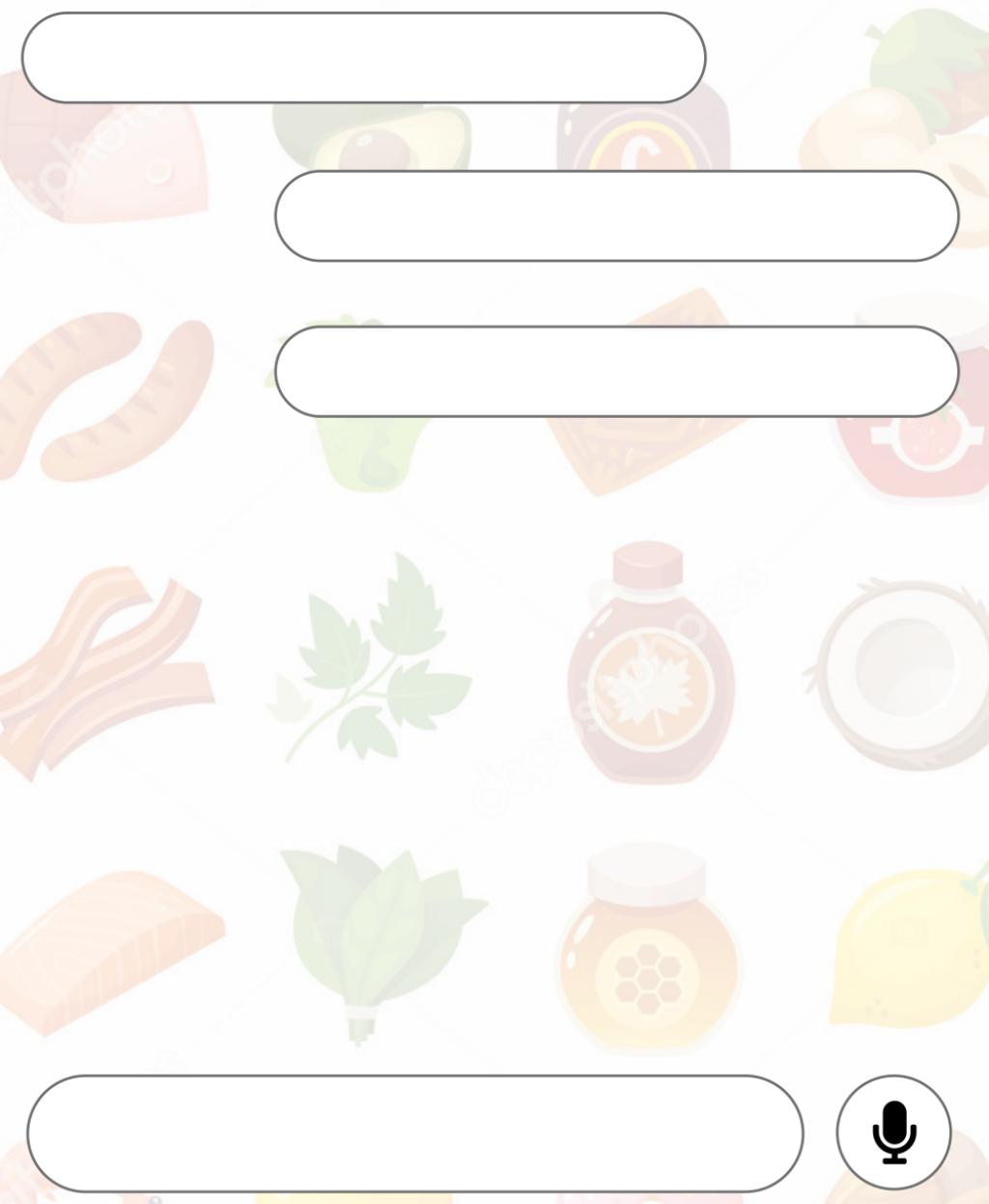
To Continue.
Turn On Device Location.
Which Uses
Google's
Location Service

YES

NO



Bedlam



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COMPANY NAME

[HOME](#)[DIET](#)[SHOP](#)[CHAT](#)



COMPANY NAME



ADDRESS

No. 9 Lagos Iband Express Road,
Ogbomoso, Oyo State.

HOME

DIET

SHOP

CHAT

DIET RECOMMENDATION

BALANCE DIET
RECOMMENDATION

CONSULTATION

DIET RECOMMENDATION

Days	Breakfast	Lunch	Early Dinner/After school	Dinner
Monday	Bread, Tea & Egg	White rice & Chicken stew	Fruit Salad: water melon, paw paw, pineapple (or as you like it)	Noodles & Egg
Tuesday	Rice krispies & Egg	Beans with flaked fish & diced plantain	Smoothie: Orange, Pineapple, Mango, Carrot, Banana, Yogurt	French fries with hot dog and ketchup
Wednesday	Pap (Brown) & Milk	Pasta with minced meat sauce	Strawberries & Nutella	Boiled plantain with Liver & Egg sauce
Thursday	Cornflakes	Amala /Semovita & Ewedu/Ogbonno/Okro with fish stew	Steamed veggies	Moi-moi (steamed beans pudding)
Friday	Oat meal with Milk	Jollof rice with Egg & Beef	Peanut butter & Fruits (Banana & Apple)	Boiled sweet potatoes & Stew
Saturday	Pap (Brown) & Milk	French fries with Chicken & ketchup	Water melon or Any fruit in season	Akara
Sunday	Bread, Egg & Tea	Jollof spaghetti with Beef	Fruit salad	Fried plantain & Egg