

Your Customized Meal Plan

Dear solomon,

I'm super excited that you've chosen to take charge of your body and health. Throughout this journey with me, I'd like you to remember why you decided to join this program. What pushed you? What made you finally decide you needed a change, keep this reason(s) close to heart, because you'll need to remember them frequently.

This program is targeted towards helping you drop a dress size every 4 – 6 weeks. I implore you to be patient with the process, try to enjoy every phase of the journey and celebrate every milestone both big and small. In the coming weeks you are sure to see your body changing and your energy levels increasing, and I hope this encourages you to keep going!

Below is a breakdown of what I hope to achieve with you in the next **3 months**.

Month 1: Your plan will provide you **1700cal per day**, to ensure you are continually burning fat. Your target weight at the end of this month will be **73kg**.

Month 2: Your plan will provide you **1600cal per day**, to ensure you are continually burning fat. Your target weight at the end of this month will be **66kg**.

Month 3: Your plan will provide you **1500cal per day**, to ensure you are continually burning fat. Your target weight at the end of this month will be **59kg**.

After you reach your goal, I'll be helping you create a well-rounded meal plan that will help you maintain your results without feeling deprived.

Note that the weight goals are just guidelines. Sometimes the number on the scale doesn't do a good job of reflecting your progress, and so, your body measurements, size and photos will be better metrics.

To help you track visual progress, ensure you take the following photos. It's very important to so you can have a baseline to compare with when you start making progress.

Take the following photos:

- A recent full photo of yourself (you can find and send one you already have on your phone)
- A photo of your belly from the side and front
- A photo of your back

It won't be easy, but it'll be worth it. Whenever you want to cheat or give up please remember why you made the decision to do this, picture your end result and stay focused. You won't be perfect, but so long as you stay on the path most of the time, you are definitely going to succeed! I'm rooting for you!

Guidelines (PLEASE READ!!!)

- Follow this plan as strictly as you can. Do not eat anything outside what is stipulated per day, even if you feel it is healthy. Check in with me if you want to swap any food for another. Your success is very dependent on how well you follow this plan.
- Be very strict with how you measure your oil. Oil is not your friend, never “use your eyes” to measure, use your spoons to measure all the time. It is very easy to overestimate. Don't get me wrong, oil isn't bad, but your body needs only little.
- Drink one cup of green tea two times daily, at morning and at night, sweetened with low calorie sweeteners, NOT SUGAR, HONEY OR DATE SYRUP
- Common examples of low-calorie sweeteners include: Stevia, Tropicana Slim, Splenda, Canderel, Sweet N' Low
- Sugar free chewing gums like Orbit, Extra, Juicy Fruit, and Trident are also allowed.
- All salads should be eaten with a tablespoon of regular salad dressing OR ½ tablespoon mayonnaise OR 1 tablespoon low fat mayonnaise OR 2 teaspoons 1000 Island dressing OR two tablespoons of low-fat dressing (example is Italian dressing)
- You will require measuring cups to measure food portions. Please stick to the portions stated.
- Please to stick to the snack options stated in your plan. If you are still hungry, your other options are carrots, cucumbers or garden eggs.
- You can switch one breakfast for another, lunch for lunch and dinner for dinner. However, do not, cross switch, that is, don't eat lunch for breakfast for example.
- Follow your exercise plan as prepared, and try to increase your performance as you gain stamina, this would help you reach your goals sooner.

How to Stay Full

- Drink a glass of water before and after each meal, to keep you full. This is very important! Target at least three 75cl bottles a day.
- Zero calorie drinks such as Zero coke, Pepsi light, Cream soda are allowed, if you badly crave a soft drink.
- Eat as much vegetables as you like with your meals to keep you full. It should be a lot more than your carbs, fill your plate with them.
- You can have extra portions of vegetables like garden eggs, carrots and cucumbers. They are low calorie.

When to Eat

Firstly, the idea that you need to eat breakfast or eat your last meal by 7pm are simply untrue. Throw that idea out the window. When it comes to timing of your meals here's what's really important:

- Eat before you actually get hungry
- Try to stay consistent with your eating schedule on a day-to-day basis.
- As for when to “stop eating”, have your last meal at least 2hrs before you lay down to sleep. This is NOT because your food stores as fat at night, that's not true. I'm asking you to give the 2hr gap to prevent gastrointestinal issues like reflux or heart burns. So if you sleep around 12am for example, you can delay your dinner till around 10pm.
- What happens if you decide to skip breakfast? Nothing! It's fine. You can also choose to add some elements of the breakfast you missed into the next meal. For example, let's assume you were supposed to have fruits with some chicken, you could choose to add the chicken from the breakfast to your lunch.

Meal Preparation

- Your oil options include: olive oil, sesame oil, soya oil, sunflower oil, canola oil, corn oil, safflower oil
- Please do not fry your chicken, fish, snails, prawns and so on.. You can boil, grill, roast or smoke.
- Try to get all your groceries during the weekend, in preparation for the week.
- I advise making meals in bulk and pre-packing them in your fridge. Cook your protein and vegetables in bulk and keep in the freezer.
- I also advise chopping vegetables needed for certain meals and shredding your coleslaw over the weekend. Chopping or shredding helps keep them fresh and saves plenty of time during the week. Keep them in freezer bags in your REFRIGERATOR
- You'll need the food measuring cups to measure certain foods, as outlined in your meal plan. Here's what they look like below.

Recording your Result

- Take your weight and measurements every Saturday morning. Take your readings first thing in the morning, before eating or drinking anything. If you feel like moving your bowel, do so before taking your measurements.
- Record your readings side-by side similar to the photo below. Please note that your weight might not move on some weeks, but as long as your inches are shrinking, then you are sure you are making progress!
- Don't forget to also celebrate your non-scale victories, success is more than just numbers!
- [Click HERE to download your progress worksheet](#), you can directly fill in the soft copy or print it and fill in the hardcopy. See a sample below.
- In 4 weeks, you'll be taking pictures to compare with those you took at the start, to visually appreciate the progress made. Please feel free to share them with me via WhatsApp by clicking [HERE](#)

PLEASE READ THE INDEX BELOW TO UNDERSTAND THE MEANING OF SOME OF THE TERMS YOU'LL FIND IN THE TABLE. VERY IMPORTANT!

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- Veggies= any combination of any of the following: carrots/cabbage/onions/spring onions/green, yellow, red pepper/tomatoes/spinach/lettuce and so on.
- Coleslaw= shredded carrots + cabbage
- 1 fruit= 1 small apple or pear or orange or 1 cup diced watermelon or pawpaw or golden melon or 2/3 cup diced pineapple or ½ cup of grapes or 2/3 cup diced mango or 2 large agbalumo or 1 kiwi or 1 cup of halved strawberries or ½ cup of blueberries or 1 tangerine
- 1 milk= 1/3 cup (or 2 heaped tablespoons) of skimmed milk powder OR 1 cup of liquid skimmed milk OR 1 cup of sweetened almond milk OR 1 cup of soy milk
- 1 piece of chicken is half of a quarter chicken WITHOUT SKIN. For example, a drumstick or one thigh or 1 small chicken breast. See below.
- 1 medium piece of beef = the size of a deck of cards (see below)
- 1 serving of any swallow, the size should look something like the picture below.
- 1 piece of fish is the tail or mid-piece of a medium croaker, tilapia, cote or titus fish
- 1 dressing = ½ tablespoon mayonnaise or 1 tablespoon regular salad dressing or 2 tablespoons of low-fat dressing

Meal Plan (Week 1 and 2)

Day	1st Meal	2nd Meal	3rd Meal	4th Meal
Monday	2 cups cooked rice or spaghetti + 1 serving of chicken stir-fry (see recipe)	Snack meal	Parfait - 1 cup Greek yoghurt + 1/2 cup blue berries + 1/2 cup blue berries + 5 cashew nuts + 3 level tablespoons of granola. Then have 1 piece of skinless chicken	Snack meal
Tuesday	1 large sized plantain boiled, roasted or air-fried (or 2 cups of potato) + 1 serving fish sauce (see recipe) + 2 oranges	Snack meal	1 cup cooked pounded yam + 1 serving efo-riro (see recipe) + 1 medium piece of lean beef (see index for size)	Cheat meal

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Snack Options

You can pick any of the following options:

Follow these Rules for Cheat Meals🍴🍴🍴🍴:

- You are allowed one cheat meal per week. It can be any day you choose within the week.
- They are PLANNED! This is something you've thought about all week. This delayed gratification is making you stronger, building your willpower and proving to yourself that you are transforming into a naturally healthier and fitter person.
- Think about something you've craved all week, if it's more than one, pick the one you crave the most!
- It's ONE 🍽️🍽️ meal, on one 🍽️🍽️ plate! Enjoy it. Celebrate you 🍴🍴🍴🍴
- Continue to eat your regular meals. You will swap out one of your 3 meals today for this, but you'll stay on plan by keeping the other 2 meals healthy choices from your meal plan.

Recipes

Ingredients

Instructions

- Remove the bones of the smoked titus fish and shred into small pieces.
- Roughly blend tomatoes, pepper and scotch bonnet
- Chop the onions and set aside
- Chop enough veggies to measure 2 to 3 cups. If using frozen veggies, simply measure 3 cups.
- Heat 30mls (two tablespoons) of cooking oil, in a non-stick pan and add the chopped onions. Heat till onions are transparent looking.
- Add the roughly blended pepper, and heat for about a minute on low to medium fire.
- Crush in a seasoning cube, add the curry, thyme and garlic powder
- Stir well, and allow to heat for another 2 minutes.
- Now, pour in fish and stir in
- Add all the chopped vegetables and sweet corn, stir-well, then allow to cook on low heat for about 5 minutes.
- Split content of the pan into 3 equal portions and store in your fridge
- Each portion is one serving