

FAMILY MEAL PLAN

DAY	BREAKFAST (7AM - 8AM)	LUNCH (1PM -2PM)	DINNER (6PM – 7PM)
MON.	Fried yam + Tea	Ugwu/okro soup + Eba	Apu + okro soup + chicken
TUE.	Akamu +moimoi/wheat bread	Boiled yam and bean pottage + watermelon	Amala + Okro + fish stew
WED.	Pap + moimoi/Akara/okpa	Vegetable soup with swallow	Beans + garri
THUR.	Golden morn con flakes + fruit salad	Spaghetti jollof with meat and fish	Pepper soup
FRI.	Boiled yam + vegetable stew	Rice + vegetable stew	Stewed yam
SAT.	Moimoi/Akara and pap	Pounded yam + vegetable soup / okro soup	Okro soup + fufu + fish
SUN.	Tea + bread +boiled egg	Jollof rice + beef/chicken + fried plantain	Snacks + zobo drink / blended fruits