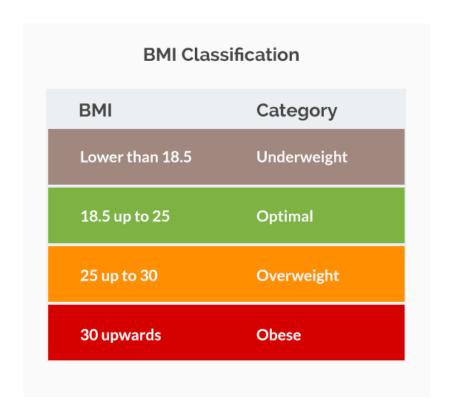
Your Fitness



Based on your BMI you are in Optimal

• Week 1 + Week2

DAYS	Breakfast	Lunch	Dinner
SUNDAY	Oats + Milk + Chips (Banana)	Jollof rice + Chicken + Steamed Vegetable (Dessert:lce cream)	Fruit salad (tomato + broccoli) + chicken
MONDAY	Bread + egg sauce/peanut butter + tea/green tea	Beans + corn (grape fruit)	Amala/Lafun + soup of choice + meat of choice (dessert + chocolate)
TUESDAY	Yamarita/boiled yam/ boiled potatoes + fish sauce/vegetable stew	Semovita/semolina/tuwo shikafa + soup of choice + meat of choice	Beans + garri (grape fruit)
WEDNESDAY	Cereal (golden morn/corn flakes, etc.) + Pine apple fruit salad)	Wheatmeal + soup of choice + meat of choice	Boiled corn + chicken/meat/fish (dates)
THURSDAY	Rice + stew (banga stew/vegetable stew (pawpaw)	Beans pottage/ (water melon)	Coconut rice + meat of choice (grapes)
FRIDAY	Salad with pancakes + milk/yoghurt (mango)	Pounded yam + soup of choice + meat of choice (carrot)	Pepper soup
SATURDAY	Moi moi/akara/kosai + pap/koko/akamu/ogi/eko (water melon	Snacks/sandwich + zobo drink/yoghurt/milk/ blended fruit juice	Pounded yam (in moderate quantity) + any soup of choice

• Week 3 + Week4

DAYS	Breakfast	Lunch	Dinner
SUNDAY	Quaker oats/cereals (cornflakes, golden morn, etc) + apple	Jollof rice/fried rice + any animal of choice + plantain	Amala + any soup of choice
MONDAY	Boiled yam + egg sauce/stew/vegetable stew/palmoil/vegetable oil + cucumber	Tuwo shinkafa/semovita + miyan kuka/ egusi/ any soup of choice	Beans + Corn
TUESDAY	Bread + peanut butter/ butter/mayonnaise + tea/ any beverage of choice +	Garri + any soup of choice	Salad/fruit salad + fish/any animal of choice
WEDNESDAY	Fried/boiled plantain/boiled potato + fried egg/poached eggs + watermelon	White rice + beans + stew/ vegetable stew	Quakers oats + chips + dates
THURSDAY	Masa/pancakes + yoghurt/milk/smoothie + mango	Pupuru/lafun/fufu/tuwo masara + any soup of choice	Coconut rice + any animal of choice
FRIDAY	Noddles + vegetables + fish/egg/chicken + pawpaw	Beans pottage/ beans + chips/fried plaintain/garri	White rice + stew
SATURDAY	Koko/akamu/pap + akara/kosai + pineapple	Snacks/sandwich + zobo drink/yoghurt/milk/ blended fruit juice	Pounded yam (in moderate quantity) + any soup of choice