

Your Fitness

BMI Classification	
BMI	Category
Lower than 18.5	Underweight
18.5 up to 25	Optimal
25 up to 30	Overweight
30 upwards	Obese

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:Ice 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 plantain/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