Day 1:

Breakfast: Moi Moi with a side of boiled eggs

Lunch: Efo Riro with chicken and a serving of boiled plantains

Dinner: Grilled beef with roasted yam and a side of vegetable salad

Day 2:

Breakfast: Akara served with pap

Lunch: Okra soup with assorted meat and a serving of eba

Dinner: Grilled fish with jollof rice and a side of coleslaw

Day 3:

Breakfast: Oatmeal topped with sliced bananas

Lunch: vegetable soup with a goat meat and a serving of pounded yam

Dinner: Grilled chicken breasts with grilled plantains and a side of vegetable

Day 4:

Breakfast: Yam and egg scramble with tomatoes, onions, and spices

Lunch: Nigerian-style chicken pepper soup with a side of boiled yam

Dinner: tilapia fish with steamed vegetables and a serving of jollof rice

Day 5:

Breakfast: Plantain porridge with vegetables and smoked fish .

Lunch: Egusi soup with beef and a serving of amala

Dinner: Grilled turkey wings with roasted potatoes and a side of coleslaw

Day 6:

Breakfast: Nigerian-style pancakes (made with a mixture of flour, milk, and eggs) served with honey or fruit preserves

Lunch: Bitter leaf soup with assorted meat and a serving of pounded yam

Dinner: Grilled beef suya with roasted corn and a side of vegetable salad

Day 7:

Breakfast: Moin Moin served with pap and a side of sliced fruits

Lunch: Ogbono soup with beef or and a serving of eba

Dinner: Grilled tilapia fish with jollof rice and a side of coleslaw

Remember to incorporate iron-rich ingredients such as lean meats, organ meats (if tolerated), fish, eggs, legumes, and dark leafy greens into the meals. Including foods high in vitamin C, like citrus fruits or tomatoes, alongside iron-rich meals can also aid iron absorption.

PREPARATION

1. MOI MOI

Ingredients for MoiMoi

2 cups of big or small beans

5 tbsp of ground crayfish( optional)

5 seasoning cubes

Pepper

Onions

2 tbsp palm oil

Red bell pepper

Eggs (optional)

Smoked fish or sardine (optional)

Salt to taste

No

Pick the beans to remove any dirt or stone from them.

After this, soak the beans with water in a medium bowl for 30-45 minutes.

Wash the beans by scrubbing them together with your palms.

Ensure all coats are removed. Strain this water using a strainer into another bowl. Repeat this process till the seed coats are completely separated from the beans.

Rinse and wash one last time before transferring to a bowl.

Wash the onions, pepper, and red bell pepper. Remove the seeds from the red bell pepper .

Add this to the beans then blend the beans to a smooth paste.

Choose what garnishing you want to add.

Choose what method of cooking you’ll like to prepare this Moi Moi.

Nylon? Open them and set them aside. It’s advised you double the nylon so as to avoid the Moi Moi from bursting open. This makes your pot messy and extra time for cleaning. Simply open a nylon and insert it into another nylon. This way, you’re doubling the nylon.

Tin? Grease the tin with oil and set it aside.

Pour the ground paste into a bowl and give this a stir for at least 10 minutes.

Slowly add in some water and continue stirring till you get a smooth texture.

:Avoid pouring too much water so as to not end up with a watery mixture.

Add in palm oil or groundnut oil and give this a stir.

Add your seasoning cubes.

Add in salt to taste. Go easy on the salt, okay? Too much can ruin the whole meal.

Now add in your preferred garnishing and give a final mix.

On medium heat, add water to a pot and leave to boil.

Now, use a ladle to scoop out the mixture into your choice of cooking till the content is finished from the bowl.

In each, add in fish or eggs. If you’re using nylon, tie the tip.

Add the wrapped Moi Moi into the pot containing water. Or If you’re using tin, just place them carefully on the pot containing water.

Allow to steam cook for 45 minutes to an hour.

To check if done, insert a toothpick into one and if it comes out clean, you’re good to go.

When certain, take out the Moi Moi from the water and leave to cool down then serve .

2. EFO RIRO.

Ingredients

Beef

Cow tripe (Shaki)

Cowskin (Ponmo)

Dry fish

Palm oil (20 cl)

Efo Shoko (500g)

Pepper mixtures(Red bell peppers, Scotch Bonnet peppers, chilli pepper)

2 tbsp ground crayfish

1½ Onions

Seasoning cubes

2 tbsp of locust beans (iru)

Salt

Preparation

Wash and cut the vegetable into big chunk. Soak vegetable in hot water for about 3 minutes drain and set aside.

Wash locust beans and set aside.

Soak the dry fish till soft and debone.

Deseed the peppers and blend roughly.

Start cooking the caw tripe on high heat with little water. When the cow tripe is almost done, add meat, chopped onions, salt and seasoning cube and continue cooking.

In another pot, pour the palm oil and heat it. Once hot, add the remaining onions and fry for 2 minutes.

Then add locust beans fry for a minute. Now pour your blended pepper mixture, and stir together. Add salt, seasoning cube and crayfish. Allow to cook for about 20 minutes.

Once the oil is floating at the top, add smocked fish, ponmo, and meats. Stir and taste for salt.

Add the vegetables to the sauce and stir very well, cover the pot and allow to cook for about 4 minutes. After some minutes, take the pot off the heat.

Your Efo riro is ready.

3. CHICKEN PEPPER SOUP AND YAM.

Ingredients

Assorted meat; beef, shaki, kidney, heart

Yam

Ground ehu seeds

Scent leaveS

Onions

Habanero or Chilli Pepper

Knorr cubes

Salt

Recipe

Start by peeling and cutting the yam into cubes, then rinse.

Slice onions, scent leaves, pepper and cut the beef into small sizes.

The first step is to cook the toughest meat, shaki (cow tripe), add some seasoning and onions and boil over medium heat.

After about 30 minutes, add the rest of the beef and continue cooking.

Now, add in the yam cubes, diced onions, salt and keep cooking, adding some water if need be.

Add some sliced pepper and scent leaves once the porridge starts to form and the yam is soft (you can check by poking into a piece with a fork).

Stir, cover and cook for 2 minutes.

Serve while hot and enjoy with a cold refreshing drink.

4. PLANTAIN PORRIDGE WITH VEGETABLE AND SMOKED FISH.

Ingredients

– 2 medium sized Plantains( ripe , semi ripe or unripe)

– 1 smoked fish or fresh fish(preferably mackerel ”titus fish”

(smoked fish should not be too dry, if using)

– About 400gram or 1 bunch Ugwu leaves(use Spinach, Kale or Green amaranth as substitute)

– 1 large Onion bulb

– 1 tablespoonful Ground Crayfish

– 1 cooking spoonful Palm oil(use tomato stew or stew oil as substitute)

– 1 Large seasoning cube or 1 teaspoonful seasoning powder

– Salt to taste

– Chili or Scotch bonnet (atarodo) Pepper to taste

(use ground dried pepper or chopped fresh ones)

Preparation:

Peel and chop the onions;

Chop or grind the pepper,

Wash, peel and cut the plantains into small sizes.

Then wash the vegetables and slice into thin strips and set all aside for later use.

. Now,wash and clean the fish .

If using smoked fish, clean with hot water and set aside

If using fresh fish remove the gut, cut and set aside.

Place the plantains into a pot, add enough water to slightly cover the plantains.

Then add the chopped onions, the fish, ground crayfish, pepper and seasoning cube or powder.

Leave to cook until it starts to boil.

Add the palm oil (or tomato stew or stew oil) and salt to taste.

Leave to cook until the plantains are tender.

Finally , add the sliced vegetables, and simmer covered for 3 minutes .

Stir thoroughly, serve and enjoy.

5. Obgbono soup with beef or and a serving of eba

Ingredients

1 serving

1 cup yellow garri

to taste Salt

4 cooking spoon Palmoil

4 medium sized Ogbono

leaves Uziza

1 kg Meat

1 small bulb Onion

4 cubes Seasoning

1 okpei

3 cooking spoon

2 stockfish

1 smoked titus fish

Cooking Instructions

Blend ogbono then mix with 1/4 of warm water till is smooth.

Boil the meat and stockfish with onion,seasoning and salt for 30minutes.

Bleach palmoil,pour in the ogbono and stir,continue stiring if not it will get burnt,for 10minutes.

Pour in the boiled meat and stockfish boil for another 8minutes.

Remove the dirt and bones from the smoked fish.rinse with enough water and add.boil for 3minutes.

Wash the uziza leaves with salt and slice.stir the soup very well and pour in the uziza leaves.stir and bring down the soup.

Boil water and pour in a clean bowl,sprinkle the garri in it.and stir, serve with the ogbono soup.

Fruits rich in iron

Avocado, Strawberries, Watermelon, Raisins, Dates, Figs, Prunes, Dried apricot.

Foods to avoid

Yogurt, Tea and coffee, Cottage cheese and raw milk.