**ULCER**

**Monday breakfast** = pap and milk.

**Lunch**=pawpaw and watermelon slices .

big watermelon, wash cut and remove seeds from the plump. really big red paw paw, peel, remove seed and cut

**Dinner**=amala and vegetable.

Add crayfish, dry pepper to the boiled meat and stock in the pot.

Let it boil and add palm oil. cover the pot for 2 minutes

Make sure the water from the meat is dry

Then add the waterleaves and ugu

Stir it to mix and cook for 7 minutes max.

**Tuesday breakfast**= rice and chicken

**Lunch**=boiled plantain with fish stew

The cornmeal-based dish possesses a porridge-like consistency and is most commonly eaten with stews, like this chuck steak and chilli “peasant” variety.

**Dinner**=wheat bread, butter and tea

**Wednesday breakfast** =oat meal and fruit

All you need to make this simple toddler breakfast idea is rolled oats and cinnamon.

From there, you have options as to which type of fruit you use, additional add-ins and flavorings, and milk.

**Lunch**=fufu and vegetable soup

Slice the water leave and wash,boil your meat,add palm oil when the water is nearly dried,add seasoning and crayfish and ugu leaves.then eat with your fufu.

**Dinners** =vegetable salad

**Thursday breakfast** =brown bread with egg sandwich

**Lunch**=rice and chicken+cucumber salad

Get fresh cucumber and slice on the rice

**Dinner** =sweet potato and fish stew

**Friday breakfast** =pasta (spaghetti)and boiled chicken stew

In a pot boil pasta until it's cooked, On another pot fry onion and peppers,then add chicken breasts and spices and just a bit of water and cook until the chicken is soft, Add soup to thicken let it simmer and switch off the stove then add the cooled pasta and mix, Then you can pour into a casserole dish and serve.

**Lunch**=wheat and seafood vegetables

**Dinne**r=Sweet potato porridge with vegetables

**Saturday breakfast**=unripe plaintain with boiled fish sauce

Wash, peel and boil your plantains till very tender.

Wash and shread your ugu leaf, season and perboil your fresh fish.

Heat palm oil for 5minutes, add diced tomatoes, pepper, onions, stir for a while, add your periwinkle and leave for 5minutes. Add your pieced fish and shredded ugu leaf. Stir and your vegetable fish

sauce is ready.

**Lunch** =sliced cucumber with groundnut

**Dinner**=wheat bread with green tea

**Sunday breakfast**=jollof rice with boiled fish and salad

**Lunch** =eba with okra soup and tilapia fish

In a pot, add the fish, onion, salt, seasoning cubes, peppers and little water and cook the fish on low heat. Allow to boil for a while and add the grounded crayfish

Add the chopped okra periwinkles amf leaves and cook for about 2 minutes. Soup is ready with eba.

**Dinner**=yam with fried egg