

7-DAY MEAL PLAN WITH FRUITS

Day	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Dinner	Evening
Monday	Oatmeal with sliced banana + boiled egg	1 orange or 2 tangerines	Brown rice with grilled fish and efo riro (made with minimal palm oil) + side salad	Apple slices	Moin-moin (baked) with pap (ogi) + watermelon chunks	Herbal tea (ginger or hibiscus)
Tuesday	Whole wheat bread with avocado + tea (no sugar) + pear slices	1 cup of pineapple chunks	Eba (moderate portion) with okra soup (loaded with fish) + garden egg	Cucumber slices with a squeeze of lime	Vegetable stir-fry with chicken breast + mango slices	Evening: Warm lemon water
Wednesday	Yam porridge with vegetables and fish + papaya chunks	1 apple	Beans (ewa riro) with plantain (boiled) + tomato/onion salad	Carrot sticks	Chicken pepper soup (light) + boiled sweet potato + orange slices	Evening: Green tea
Thursday	Pap (ogi) with moi-moi + watermelon	Banana	Ofada rice with vegetable sauce + grilled fish + garden egg salad	Pear	Grilled mackerel with boiled sweet potato + pineapple chunks	Evening: Hibiscus tea (zobo, unsweetened)
Friday	Green smoothie (spinach, banana, ginger, water, lime) + boiled egg	Apple slices	Fufu (moderate) with bitterleaf soup + protein of choice + orange segments	Cucumber and carrot sticks	Turkey stew with cauliflower rice + mango slices	Evening: Ginger tea
Saturday	Scrambled eggs with tomatoes/onions + whole wheat bread + pawpaw (papaya)	Handful of grapes	Jollof rice (brown rice) with grilled chicken + side salad	Apple	Lentil soup with whole wheat swallow + watermelon	Evening: Warm lemon water
Sunday	Fruit salad (watermelon, pineapple, orange, apple) + boiled egg	Banana	Egusi soup (minimal palm oil) with swallow of choice + protein + garden egg	Pear	Light vegetable soup with fish + pineapple chunks	Evening: Herbal tea