

Weekly Meal Plan

Mon: Oatmeal+Egg; Fruit; Rice (2200 kcal, P:85g, C:280g, F:65g)

Tue: Akamu+MoiMoi; Jollof+Chicken; VegSoup (2150 kcal, P:82g, C:275g, F:64g)

Wed: Porridge; Rice+Stew; BoiledYam; Salad (2250 kcal, P:88g, C:285g, F:66g)

Thu: PlantainPorridge; Beans; GrilledFish; Salad (2200 kcal, P:85g, C:280g, F:65g)

Fri: Pancakes; Jollof; Egusi; Fruit (2250 kcal, P:90g, C:290g, F:68g)

Sat: Akamu+EggSauce; Rice+Veg; ChickenStew (2300 kcal, P:92g, C:295g, F:70g)

Sun: YamPorridge; Fish; FreshFruits; Water (2200 kcal, P:85g, C:280g, F:65g)