

PHASE 1: INTENSIVE PHASE (NO CARBS) – 2 WEEKS

DAYS	BREAKFAST	LUNCH 2pm	DINNER 6pm	SNACKS midday
1	Avacado pear + boiled egg + tea	Boiled irish potatoes + skinless chicken breast veggie sauce	Vegetable salad (cabbage, cucumber, lettuce, carrots)	Cashew nuts, cucumber
2	Intermittent fast 12pm- green tea + boiled egg	Porridge beans + plantain	Cucumber +apple + watermelon smoothie	Nuts
3	Quaker oats + apple + banana	Chicken pepper soup	Fruits – red grapes, apple, watermelon	yoghurt
4	Intermittent fast 12pm- green tea + cabbage egg	Unripe plantain porridge	Goat meat pepper soup	Banana
5	Avocado pear, carrot, cabbage salad+ green tea	Vegetable soup without any swallow	Chicken veggie salad	cucumber

6	Intermittent fast 12pm- tea + boiled egg	Boiled irish potatoes+ shrimp sauce	Avocado + cucumber + spinach smoothie	apple
7	Quaker oats + banana + red grapes	Porridge beans + sweet potatoes	vegetable + egg salad	nuts

FOODS TO AVOID

White bread

Melon, banga (any oily soup)

Other swallows

Fizzy drinks

Processed juices

Pastry

Butter / margarine

Pasta

No eating after 7pm. Snack on cucumber if necessary

Use : dano slim milk, Jago mayonnaise, Olive oil

Eat food in small portions. 100-150g.

PHASE 2 : CONTINUATION PHASE – (Until desired weight)

DAYS	BREAKFAST	LUNCH	DINNER	SNACK
1	Whole wheat bread – 2 slices + fried eggs and tea	Brown rice + efo riro	Vegetable salad (cabbage, carrot, celery, cauliflower)	Garden egg + groundnut
2	Quaker oats + apple	Boiled irish potatoes tomato sauce	Watermelon + cucumber + banana smoothie	yoghurt
3	Freshly squeezed orange juice + sausage + egg	Oil less okra soup + pouno potato	Vegetable salad	Granola bar
4	Banana oats pancake + maple syrup	Unripe plantain porridge	Cucumber + watermelon juice	apple
5	Green tea/ coffee + sausage + scrambled eggs	Porridge beans +sweet potatoes	Banana + pineapple+ yoghurt smoothie	cucumber
6	Avocado pear veggie salad + tea	Vegetable soup + swallow	Chicken pepper soup	banana
7	Vegetable egg salad	Quinoa veggie salad	Indomie + 1 boiled egg	Nuts

