

# 4-Week Nigerian Salad, Egg & Avocado Fat Loss Plan

Clean Eating • Fat Loss • No Sugar

**NNEEKAAHH Wellness**

*Created by NNEEKAAHH for reference purposes*

# Page 1 — Plan Introduction & 7-Day Rotation

This plan is designed for anyone seeking **clean, simple, Nigerian-style eating** for safe and sustainable fat loss. It focuses on **salads, eggs, and avocados** — naturally filling meals that support digestion, control cravings, and promote steady fat loss. Follow the plan, stay hydrated, and enjoy visible results within 4 weeks.

*“Consistency beats perfection — stay disciplined and watch your body transform.”*

Day	Meal 1 (11am–2pm)	Meal 2 (5–7pm)	Notes
on	<ul style="list-style-type: none"> <li>• 2 boiled eggs</li> <li>• Lettuce/cabbage, tomato, cucumber</li> <li>• <math>\frac{1}{2}</math> avocado</li> <li>• 1 tsp olive oil + lemon juice</li> <li>• <b>Fruit:</b> <math>\frac{1}{2}</math> green apple or 4–5 watermelon slices</li> <li>• <b>Juice:</b> Cucumber–Lemon — <math>\frac{1}{2}</math> cucumber + <math>\frac{1}{2}</math> lemon + water + mint</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled chicken</li> <li>• Vegetable salad (no mayo)</li> <li>• Avocado slices</li> <li>• <b>Fruit:</b> <math>\frac{1}{2}</math> orange</li> <li>• <b>Juice:</b> Zobo–Lime — unsweetened zobo + lime juice</li> </ul>	Avoid bottled dressings
ue	<ul style="list-style-type: none"> <li>• 3 boiled eggs</li> <li>• Cucumber + avocado slices</li> <li>• Pinch of pepper</li> <li>• <b>Fruit:</b> <math>\frac{1}{2}</math> green apple or 3–4 pawpaw cubes</li> <li>• <b>Juice:</b> Green Flush — <math>\frac{1}{2}</math> cucumber + spinach + <math>\frac{1}{2}</math> lemon + <math>\frac{1}{2}</math> green apple + water</li> </ul>	<ul style="list-style-type: none"> <li>• Garden salad (lettuce, carrot, tomato, egg, olive oil)</li> <li>• <b>Fruit:</b> 3–4 strawberries or <math>\frac{1}{2}</math> small guava</li> <li>• <b>Juice:</b> Ginger–Cucumber Water — grated ginger + cucumber slices + water</li> </ul>	Add sardine or grilled fish hungry
ed	<ul style="list-style-type: none"> <li>• Cabbage, lettuce, tomato</li> <li>• 2 boiled eggs</li> <li>• 1 tbsp groundnut</li> <li>• <b>Fruit:</b> 3–4 watermelon slices</li> <li>• <b>Juice:</b> Cucumber–Mint — cucumber + mint + lemon + water</li> </ul>	<ul style="list-style-type: none"> <li>• Skip meal or <math>\frac{1}{2}</math> green apple</li> <li>• <b>Juice:</b> Lemon–Ginger Tea (warm) — hot water + grated ginger + lemon</li> </ul>	Use lemon–ginger tea to curb cravings
hu	<ul style="list-style-type: none"> <li>• Avocado + spinach/ugu</li> <li>• 2 eggs</li> <li>• Drizzle olive oil</li> <li>• <b>Fruit:</b> <math>\frac{1}{2}</math> tangerine</li> <li>• <b>Juice:</b> Green Apple Flush — <math>\frac{1}{2}</math> green apple + spinach + <math>\frac{1}{2}</math> cucumber + lemon + water</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled fish with coleslaw (no mayo)</li> <li>• <math>\frac{1}{2}</math> boiled plantain</li> <li>• <b>Fruit:</b> 2–3 small pineapple chunks (limit)</li> <li>• <b>Juice:</b> Zobo–ACV — unsweetened zobo + 1 tsp ACV + lemon</li> </ul>	Add fresh pepper for flavour
ri	<ul style="list-style-type: none"> <li>• Omelette (2 eggs, peppers, onions, spinach)</li> <li>• <math>\frac{1}{2}</math> avocado</li> <li>• <b>Fruit:</b> <math>\frac{1}{2}</math> small unripe banana (optional, max 2x/week)</li> <li>• <b>Juice:</b> Lemon–Cucumber Detox — cucumber + lemon + water + ice</li> </ul>	<ul style="list-style-type: none"> <li>• Cucumber salad</li> <li>• 1 boiled egg</li> <li>• <b>Fruit:</b> <math>\frac{1}{2}</math> green apple</li> <li>• <b>Juice:</b> Pineapple–Mint Light — 2 small pineapple chunks + mint + water</li> </ul>	Cook with olive oil only



Day	Meal 1 (11am–2pm)	Meal 2 (5–7pm)	Notes
at	<ul style="list-style-type: none"> <li>• Vegetable salad</li> <li>• 1 boiled egg</li> <li>• Small grilled chicken</li> <li>• <b>Fruit:</b> 3–4 watermelon slices</li> <li>• <b>Juice:</b> Green Veg Energy — cucumber + ugu/spinach + lemon + water</li> </ul>	<ul style="list-style-type: none"> <li>• Cabbage + tomato</li> <li>• <math>\frac{1}{2}</math> avocado + olive oil drizzle</li> <li>• <b>Fruit:</b> <math>\frac{1}{2}</math> orange or 3 pawpaw cubes</li> <li>• <b>Juice:</b> Cucumber–Lime Water — cucumber + lime + water</li> </ul>	Green tea or detox water also fine
un	<ul style="list-style-type: none"> <li>• Light fasting till noon (water + lemon)</li> <li>• <b>Optional Fruit (after fast):</b> <math>\frac{1}{2}</math> green apple</li> <li>• <b>Juice:</b> Lemon–Mint Water — lemon + mint + water</li> </ul>	<ul style="list-style-type: none"> <li>• Big salad: 3 boiled eggs + avocado + mixed vegetables</li> <li>• <b>Fruit:</b> 2 small pineapple chunks</li> <li>• <b>Juice:</b> Apple–Ginger — <math>\frac{1}{4}</math> apple + small ginger + lemon + water</li> </ul>	Finish eating before 7 pm
soup swap (any day)	<p><b>Clear Chicken &amp; Veg Soup</b> — chicken + <math>\frac{1}{2}</math> small carrot + mushrooms + broccoli + spinach in clear broth</p> <ul style="list-style-type: none"> <li>• <b>Fruit (optional):</b> <math>\frac{1}{2}</math> green apple if still hungry</li> <li>• <b>Juice:</b> Cucumber–Lemon or Lemon–Ginger Tea</li> </ul>	Use soup to replace either <b>Meal 1</b> or <b>Meal 2</b> on any day (not both). Pair the other meal as normal.	Keep <b>low carb</b> : no noodles/potatoes/corn/flour; limit carrot. $\approx$ 7–9 g net carbs/serving. See Page 3 for recipe.



## **Page 2 — Weekly Ingredient List (Updated for Fruits + Juices)**

### **Vegetables & Greens**

- Lettuce or cabbage — 2 medium heads
- Cucumber — 4–6 large
- Tomatoes — 6–8
- Carrots — 2–3 medium
- Mushrooms — 150 g (sliced)
- Broccoli — 1 small head ( $\approx$ 250 g florets)
- Spinach or ugu leaves — 2 bunches
- Green/red bell peppers — 2–3
- Mint leaves — 1 small bunch (for juices)
- Celery (optional) — 1 small bunch

### **Protein Sources**

- Eggs — 12–14 per week
- Chicken breast or grilled chicken — 2–3 palm-size portions
- Fish (croaker, mackerel, sardine) — 2–3 portions
- Groundnuts or almonds — small handful per day (optional)

### **Healthy Fats & Oils**

- Avocados — 4–6 per week
- Olive oil (cold-pressed) — 1 small bottle

### **Fruits (Low-Sugar & Juice-Friendly)**

- Green apples — 3–4
- Watermelon —  $\frac{1}{2}$  medium (or pre-sliced pack)
- Oranges or tangerines — 3–4
- Pineapple —  $\frac{1}{2}$  small (use sparingly)
- Guava — 2–3 small (optional)
- Pawpaw — 1 small
- Lemons — 6–8
- Limes — 3–4

### **Juice & Infusion Add-ons**

- Fresh ginger root — 1–2 medium pieces
- Apple cider vinegar (with “mother”) — 1 bottle



- Unsweetened zobo leaves — 1 pack
- Chia seeds (optional) — 1 small pack

### **Seasoning & Extras**

- Salt, black pepper, garlic, ginger powder, mixed herbs
- Ground crayfish (for local salad flavour)
- Small reusable bottles or jars for juices



## Page 3 — Healthy Juice Recipes (Low-Sugar)

### Green Detox Water (Daily Starter)

- 500 ml water
- 4 cucumber slices
- 2 mint leaves
- juice of ½ lemon
- small slice ginger

*Infuse 15 minutes and drink.*

### Lemon-Ginger Tea

- 1 cup hot water
- 1 tsp grated ginger
- juice of ½ lemon
- pinch of cinnamon (optional)

*Steep 5 minutes. Good mid-morning or evening.*

### Green Veg Blend (Juice-Feel, Very Low Sugar)

- 1 cup spinach or kale
- ½ cucumber
- 1 stick celery
- small piece ginger
- ½ lemon
- 1 cup cold water

*Blend; strain if you want it smooth. Serve chilled with ice.*

### Apple Cider Vinegar Tonic

- 1 tbsp ACV (with “mother”)
- 300 ml water
- squeeze of lemon

*Always dilute well; drink 15–30 minutes before meals.*

### Evening Calm Flush

- Warm water
- 1 cucumber slice or ½ tsp chia seeds
- few drops lemon



*Hydrate before bed; reduces morning bloating.*

### **Chicken & Veg Soup (Clear, Low-Carb) — Swap Option**

- Servings: 2 • Macros (approx/serving): 220–280 kcal • 28–35 g protein • 7–9 g net carbs
- Ingredients: 300 g chicken (skin off), ½ small carrot (50–60 g), 150 g mushrooms (sliced), 150 g broccoli florets, 2 cups spinach, ¼ onion (opt), 1 garlic clove, ½ tsp grated ginger, 800 ml water/unsalted stock, pepper soup spice or thyme+bay, salt/black pepper.
- Method: Soften aromatics (optional) 1–2 min → simmer chicken + stock/spices 10–12 min → add carrot+broccoli 4–5 min → add mushrooms 2–3 min → wilt spinach 30–60 sec → season & finish with lime.



## **Page 4 — Sugars & Carbs to Avoid (Be Strict)**

### **Sweetened Drinks**

- All sodas (regular & “zero”)
- Fruit juice (even 100% fresh)
- Energy & malt drinks
- Alcohol: beer, wine, cocktails

### **Desserts & Sweets**

- Biscuits/cookies, cakes, doughnuts, puff■puff, chin■chin
- Ice cream, chocolate bars, candy

### **Refined Carbs**

- White bread/agege bread
- White rice, pasta, noodles
- Pastries & pies, pizza, shawarma wraps (white flour)

### **Hidden Sugars in Packaged Foods**

- Ketchup, salad cream, bottled dressings
- BBQ/pepper sauces with sugar
- Sweetened yogurts, granola, instant noodle flavour packs

### **High■Sugar Fruits (Limit or Avoid for Now)**

- Banana, mango, pineapple, grapes
- Dried fruits and fruit leathers

### **Starchy Staples — Limit or Skip While Cutting**

- Large portions of garri/eba, fufu, semovita, pounded yam
- Fried yam/plantain (avoid); small boiled allowed only on plan days

