

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

Clean Eating • Fat Loss • No Sugar

NNEEKKAAHH Wellness

Created by NNEEKKAAHH 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
Monday	<ul style="list-style-type: none">• 2 boiled eggs• Lettuce/cabbage, tomato, cucumber• ½ avocado• 1 tsp olive oil + lemon juice• Fruit: ½ green apple or 4–5 watermelon slices• Juice: Cucumber–Lemon — ½ cucumber + ½ lemon + water + mint	<ul style="list-style-type: none">• Grilled chicken• Vegetable salad (no mayo)• Avocado slices• Fruit: ½ orange• Juice: Zobo–Lime — unsweetened zobo + lime juice	Avoid bottled dressings
Tuesday	<ul style="list-style-type: none">• 3 boiled eggs• Cucumber + avocado slices• Pinch of pepper• Fruit: ½ green apple or 3–4 pawpaw cubes• Juice: Green Flush — ½ cucumber + spinach + ½ lemon + ½ green apple + water	<ul style="list-style-type: none">• Garden salad (lettuce, carrot, tomato, egg, olive oil)• Fruit: 3–4 strawberries or ½ small guava• Juice: Ginger–Cucumber Water — grated ginger + cucumber slices + water	Add sardine or grilled fish hungry
Wednesday	<ul style="list-style-type: none">• Cabbage, lettuce, tomato• 2 boiled eggs• 1 tbsp groundnut• Fruit: 3–4 watermelon slices• Juice: Cucumber–Mint — cucumber + mint + lemon + water	<ul style="list-style-type: none">• Skip meal or ½ green apple• Juice: Lemon–Ginger Tea (warm) — hot water + grated ginger + lemon	Use lemon■ginger tea to curb cravings
Thursday	<ul style="list-style-type: none">• Avocado + spinach/ugu• 2 eggs• Drizzle olive oil• Fruit: ½ tangerine• Juice: Green Apple Flush — ½ green apple + spinach + ½ cucumber + lemon + water	<ul style="list-style-type: none">• Grilled fish with coleslaw (no mayo)• ½ boiled plantain• Fruit: 2–3 small pineapple chunks (limit)• Juice: Zobo–ACV — unsweetened zobo + 1 tsp ACV + lemon	Add fresh pepper for flavour
Friday	<ul style="list-style-type: none">• Omelette (2 eggs, peppers, onions, spinach)• ½ avocado• Fruit: ½ small unripe banana (optional, max 2x/week)• Juice: Lemon–Cucumber Detox — cucumber + lemon + water + ice	<ul style="list-style-type: none">• Cucumber salad• 1 boiled egg• Fruit: ½ green apple• Juice: Pineapple–Mint Light — 2 small pineapple chunks + mint + water	Cook with olive oil only

Day	Meal 1 (11am–2pm)	Meal 2 (5–7pm)	Notes
at	<ul style="list-style-type: none"> Vegetable salad 1 boiled egg Small grilled chicken Fruit: 3–4 watermelon slices Juice: Green Veg Energy — cucumber + ugu/spinach + lemon + water 	<ul style="list-style-type: none"> Cabbage + tomato ½ avocado + olive oil drizzle Fruit: ½ orange or 3 pawpaw cubes Juice: Cucumber–Lime Water — cucumber + lime + water 	Green tea or detox water also fine
un	<ul style="list-style-type: none"> Light fasting till noon (water + lemon) Optional Fruit (after fast): ½ green apple Juice: Lemon–Mint Water — lemon + mint + water 	<ul style="list-style-type: none"> Big salad: 3 boiled eggs + avocado + mixed vegetables Fruit: 2 small pineapple chunks Juice: Apple–Ginger — ¼ apple + small ginger + lemon + water 	Finish eating before 7 pm
soup swap (any day)	<ul style="list-style-type: none"> Clear Chicken & Veg Soup — chicken + ½ small carrot + mushrooms + broccoli + spinach in clear broth Fruit (optional): ½ green apple if still hungry Juice: Cucumber–Lemon or Lemon–Ginger Tea 	Use soup to replace either Meal 1 or Meal 2 on any day (not both). Pair the other meal as normal.	Keep low carb : no noodles/potatoes/corn/flour; limit carrot. ≈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 (≈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 — ½ medium (or pre-sliced pack)
- Oranges or tangerines — 3–4
- Pineapple — ½ small (use sparingly)
- Guava — 2–3 small (optional)
- Pawpaw — 1 small
- Lemons — 6–8
- Limes — 3–4

Juice & Infusion Additions

- 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

