

**[Rex] Meal Plan**

**WEEK 1**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b><u>BREAKFAST</u></b>	Oat meal fried plantain & Boiled eggs	Bread, Fried eggs & Thick cup of Tea (Milo)	Boiled sweet potatoes & egg sauce	Macaroni pasta with cooked fish & 3 boiled eggs)	Oat meal with Almond milk, Boiled eggs & Broccoli	Chia seed & Oats beans cake and bread	Protein pancake with Honey & a cup of tea
<b><u>LUNCH</u></b>	Jollof Rice & 1 whole chicken breast	Porridge beans with plantain & Fried fish	Fish sauce with boiled plantain	1 full chicken breast with fruit salad & condensed milk	Prorridge Cous cous, broccoli, Avacodo, with chicken drumsticks	Jellof Indomie pasta, sliced carrot and green beans, 4 boiled eggs with chicken breast	Rice & Stew with fish & Turkey wings
<b><u>DINNER</u></b>	Broccoli, sweet potatoes porridge & 3 boiled eggs	Custard pap with Almond milk & Fried sweet potatoes & fried eggs	Moi Moi & fried, fish with vegetable sauce	Vegetable soup with fish & chicken, pondo yam.	Okro soup with chicken breast & Oat meal swallow	Moi- Moi & grilled fish with broccoli	Boiled plantain with turkey breast & vegetables sauce

**WEEK 2**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b><u>BREAKFAST</u></b>	Fried plantain, oat meal with Almond milk & grilled chicken breast	A cup of tea, bread and avocado	Boiled plantain, egg sauce and cooked fish	Jollof Cous cous with chicken wings & 3 boiled eggs	Oat meal with plantain	Bread & fried eggs with custard pap	Custard with milk, fried sweet potatoes & tomatoes ketchup
<b><u>LUNCH</u></b>	Jellof Rice with fried fish & 2 strokes of Banana	Moi-Moi and Chicken salad	Vegetable soup with goat meat, snail & semo	Beans with plantain & cooked fish	Porridge yam with broccoli & fish	Chicken drumsticks with broccoli, Avacado & Boiled sweet potatoes	Rice & stew with turkey wings & boiled eggs
<b><u>DINNER</u></b>	Pepper Chicken wings with boiled plantain	Seafood Okro containing shrimps & snails with oat meal swallow/semó	Jollof Rice, plantain, salad & 2 eggs	4 boiled eggs with boiled plantain & pepper sauce	Sweet potatoes & chicken sauce	Vegetable soup, goat meat & fish with pounto yam	Melon soup with chicken breast oat meal swallow

**WEEK 3**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b><u>BREAKFAST</u></b>	Spaghetti pasta with Cooked fish & boiled eggs	Bread with peanut butter & Oats meal	Turkey breast with fried plantain, beans cake & Egg sauce	Soya beans pancake with Honey & Custard containing Almond milk	Custard pap with Almond milk & Beans cake	Boiled Sweet potatoes & Egg sauce	Bread with peanut butter & Oats meal
<b><u>LUNCH</u></b>	Moi- Moi with fish & Broccoli	Jollof cous cous with Avacado & grilled chicken breast	Fisher man soup with snails & oat meal swallow	Peppered Chicken breast with fruits salad & condensed milk	Moi- Moi & four boiled eggs with Boiled plantain	Jollof rice & Turkey wings	Afang soup with chicken, fish & semovita swallow
<b><u>DINNER</u></b>	Rice with vegetable sauce & Turkey wings	Grilled Cat fish with fried plantain & greek yoghurt	Chicken breast with boiled plantain & salad	Vegetable soup with chicken wings & oat meal swallow	Goat meat pepper soup with rice & broccoli	Chicken salad & Greek yoghurt	Pepper chicken with jollof rice, broccoli & boiled eggs

**WEEK 4**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b><u>BREAKFAST</u></b>	Oat meal & milk, banana with fried eggs & plantain	Custard pap with fried plantain & eggs	Protein pancake with Honey & a cup of tea	Bread & Fried eggs with Custard pap & Almond milk	Oat meal with Almond milk, fried sweet potatoes & tomatoes ketchup	Jollof rice, plantain, salad & 2 boiled eggs	Bread & Tea with Avacado
<b><u>LUNCH</u></b>	Rice & Stew with fish & Turkey wings	Porridge beans & plantain with fried fish	Fish sauce with boiled plantain	Chicken drumsticks with Broccoli, Avacado & boiled sweet potatoes	Boiled sweet potatoes & fish sauce	Porridge beans & plantain	Porridge yam with broccoli & fish
<b><u>DINNER</u></b>	Boiled plantain with turkey breast & vegetables sauce	Jollof Indomie pasta, sliced carrot& green bean, 4 boiled eggs with chicken breast.	Melon soup with goat meat & semovita swallow	Vegetable soup, goat meat & fish & pounto yam	Okro soup with chicken breast & oat meal swallow	Grilled chicken breast with moi moi & 3 boiled eggs	Fisher man soup with snails & semovita swallow

## **SNACKS**

Smoothie Protein Shake

Cashew nuts

Almond nut

Peanuts

## **FRUIT SNACKS**

Cucumber

Carrots

Pineapple

Apple

Water melon

Banana

Grapes