

WEEKLY Meal Planner

DATE: Novemeber 23, 2024

| Weekday | Breakfast | Lunch | Dinner | Snack |
|-----------|-----------------------------------|--|-------------------------------|-------|
| Sunday | Optional | Waakye with shito/ plantain/fish/chicken/meat | Fufu with soup | |
| Monday | Coffee/Tea with fried egg/bread | Beans and plantain | Kenkey with fish/chicken/meat | |
| Tuesday | Hot chocolate with bread and egg | Waakye with shito/ plantain/fish/chicken/meat | Spaghetti with stew/sause | |
| Wednesday | Fasting | White rice with stew/ Jollof rice | Yam/Potato with stew | |
| Thursday | Rice porridge | Gari (eba) with soup | Plaintain with stew | |
| Friday | White rice with stew/ Jollof rice | Kenkey with fish/chicken/meat | Spaghetti with stew/sause | |
| Saturday | Gari (eba) with soup | Beans and plantain | Fried rice | |

Finish eating
dinner before 7