@mymealplan

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|  | **Breakfast**  7.30 am | **Brunch**  10.30 am | **Lunch**  1.30 pm | **Snack**  3.30 pm | **Supper**  6.00 pm | **Dinner**  8.30 pm |
| **Monday** | Quaker Oats w/ a cup of tea/coffee | Any fruit in season | Amala w/ Fish stew & Ewedu. Water to drink | Any fruit in season | Boiled / Baked Sweet Potatoes w/ meat stew | Cereal w/ skim milk OR a Granola bar |
| **Tuesday** | Akara & Ogi (Baba-the brown Ogi) | Any fruit in season | Fufu w/ Efo Riro (vegetable stew). Water to drink | Fruit Salad | Rice w/ Efo Riro (vegetable stew) | Cereal w/ skim milk OR a granola bar |
| **Wednesday** | Boiled Eggs & Bread. Cup of tea/coffee | Any fruit in season | Jollof Rice & Dodo (fried plantain) w/ meat or chicken stew | Chin Chin | Eko w/ meat or chicken stew | Cereal w/ skim milk OR a granola bar |
| **Thursday** | Bread & stew. Cup of tea/coffee | Any fruit in season | Iyan (pounded yam) w/ Egusi stew. Water to drink | Fruit Salad | Boiled Plantains w/ meat or chicken stew OR vegetable stew | Cereal w/ skim milk OR a granola bar |
| **Friday** | Quaker Oats w/ a cup of tea/coffee | Any fruit in season | White Rice w/ moi moi & stewed fish or fried meat/chicken. | Soft Drink/ Mineral. Boli (roast plantain) w/ groundnuts | Regular Beans OR Ewa Aganyin w/ chicken stew. | Cereal w/ skim milk OR a granola bar |
| **Saturday** | Boiled Yam w/ geisha or corned beef stew. Cup of tea/coffee | Any fruit in season | Ikokore w/ meat/chicken stew. Water to drink. | Meat/Chicken Pies | Fried Rice w/ coleslaw, fried chicken. Fruit Juice. | Cereal w/ skim milk OR a granola bar |
| **Sunday** | Boiled Yam w/ fried eggs, stew & sausages. Cup of tea/coffee | Any fruit in season | Semolina OR Amala w/ Ogbonno & Bitter Leaf stew | Fruit Salad | Tuwo (ground rice) w/ meat stew | Cereal w/ skim milk OR a granola bar |

MONDAY Instant Quaker Oats w/ a cup of tea Small Smoothie Jollof Rice & Dodo (fried plantain) w/ meat or chicken stew Fruit Salad Boiled/ Baked Sweet Potatoes w/ meat stew Cereal w skim milk OR a Granola bar. Water to drink.

TUESDAY ½ a Bagel or a mini bagel w/ light cream cheese. Cup of tea/coffee 1 cup mixed fruits/nuts Asaro w/ goat meat/chicken stew. Water to drink Fruit Salad Rice w/ Efo Riro (vegetable stew) Cereal w skim milk OR a Granola bar. Water to drink.

WEDNESDAY Scrambled Eggs w/sausages. Cup of tea/coffee Any fruit in season White Rice & Ayamashe. Water to drink. Fruit Salad Noodles w/ meat or chicken stew & a boiled egg Cereal w skim milk OR a Granola bar. Water to drink.

THURSDAY Bread & stew. Cup of tea/coffee. Granola Bar Iyan (pounded yam) w/ Egusi stew. Water to drink Fruit Salad Boiled Plantains w/ meat or chicken stew OR vegetable stew. Water to drink Cereal w skim milk OR a Granola bar. Water to drink.

FRIDAY Instant Quaker Oats w/ a cup of tea/coffee Any fruit in season Rice w/fish stew. Soda or juice. Fruit Salad Spaghetti w/ chicken stew. Water to drink. Cereal w skim milk OR a Granola bar. Water to drink.

SATURDAY Pancakes or Crepes w/ sausages. Cup of tea/coffee. Any fruit in season Eba w/ Okra soup (and meat/chicken stew). Water to drink. Meat/Chicken Pies Fried Rice w/ coleslaw, fried chicken. Juice. Cereal w skim milk OR a Granola bar. Water to drink.

SUNDAY Boiled Yam w/ fried eggs, stew & sausages. Cup of tea/coffee Any fruit in season Beans w/ chicken stew. Water to drink. Fruit Salad Fried Plantains w/ vegetable stew. Water to drink Cereal w skim milk OR a Granola bar. Water to drink.

Gala  - 500cals  
1 sliced bread - 100calories  try consuming at least 6slices  
1 spoon of olive oil - 140calories  
A handful of cashew nut - 300calories  
3 large eggs - 300 calories  
I medium banana - 120 calories - try consuming 4  
A piece of digestive biscuit - 75cals  
An average cup of flour poundo or uncooked rice - 450cal try consuming 2cups  
Chicken etc  
  
Duo Snickers bar - 500cals  
Consider consuming protein milkshake - some contain about 900cals (depending on scoops)

**2,500 Calorie Menu**

***Breakfast***

* One cup oatmeal with one-half cup reduced-fat milk and one-half cup raisins
* One cup orange juice

***Morning snack***

* One apple and 24 almonds
* Glass of water

***Lunch***

* Sandwich with two large slices of whole grain bread, four slices of lean turkey, two tomato slices, lettuce and mustard
* 10-ounce glass of reduced-fat milk
* One baked sweet potato with a pat of butter or margarine

***Afternoon Snack***

* One protein bar
* Glass of water

***Dinner***

* Garden salad with three tablespoons salad dressing
* Six-ounce salmon filet
* One cup cooked spinach
* One-half cup mashed potatoes with butter or margarine
* One glass wine (or milk or 100-percent fruit juice)
* One dinner roll

***Nighttime Snack***

* One-half cup plain yogurt with one-half cup sliced strawberries
* Glass of water

***You can bring this menu up to 3,000 calories with the following additions:***

***Breakfast***

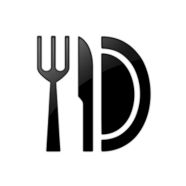
* Add one slice whole grain toast with two tablespoons peanut butter

***Morning or Afternoon Snack***

* Add one cup reduced-fat milk

***Nighttime Snack***

* Add seven whole wheat crackers



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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** 7.30 am | Oatmeal w/ milk  1 Boiled Egg | Ogi  Beans w/ fish stew | 5-pair Sandwich  1 Cup of tea | Bread w/fish stew  1 Cup of tea | Oatmeal w/ a cup of tea/coffee | Noodles  Scrambled Eggs  1 Cup of tea | Boiled Yam w/ Fried eggs  1 Cup of tea |
| **Brunch** 10.30 am | Any fruit in season | Smoothie | Any fruit in season | Smoothie | Any fruit in season | Smoothie | Smoothie |
| **Lunch** 1.30 pm | Amala w/ Ewedu | Fufu w/ Efo Riro | Jollof Rice  Fried Plantain w/ Chicken stew | Pounded Yam w/ Egusi stew | Rice w/ Moi-moi Fish stew | Wheat  Efo Riro w/  Fish stew | Semolina w/ Ogbonno & Bitter Leaf stew |
| **Snack** 3.30 pm | Biscuits  1 Cup of tea | Fruit Salad | Biscuits  1 Cup of tea | Biscuits  1 Cup of tea | Chicken Pie  1 Cup of tea | Biscuits  1 Cup of tea | Fruit Salad |
| **Supper** 6.00 pm | Boiled Potatoes w/ fish stew | Rice w/ Efo Riro | Yam Porridge w/ Chicken stew | Boiled Plantain  Efo Riro w/ Chicken stew | Beans w/  Chicken stew  Fruit Juice | Fried Rice w/  Fried chicken  Red wine | Cooked Garri  w/ Okra soup |
| **Dinner** 8.30 pm | Cereal w/ milk | 2 Snicker Bars | Cereal w/ milk | 2 Snicker Bars | Cereal w/ milk | Ice Cream | 2 Snicker Bars |