

	BREAKFAST	LUNCH	SNACKS	SUPPER (not later than 6pm)	ALTERNATIVE
MONDAY (30 minutes cardio at night)	1 glass smoothie. 1 small cup oats (infused with banana/mango/apple slices; no sugar). 1 boiled egg.	Whole wheat meal/ swallow (handful or tennis ball size). Oil free ogbono/ oil reduced egusi (with ugwu/spinach/kale). Skinless chicken.	1 apple	Bowl of fruit. Green Tea.	A bowl of Pineapple (Bendel not Cotonu).
TUESDAY	2 slices of whole wheat bread with tuna or sardines. 1 glass smoothie	2 serving spoons whole wheat pasta (jollof or plain) Mixed vegetable sauce Skinless chicken or Fish	1 banana	1 packet indomie with mixed vegetables and diced skinless chicken.	A bowl of mixed fruits or pawpaw.
WEDNESDAY (30 minutes cardio at night)	Moi-Moi 1 small cup oats or pap (with skimmed milk; no sugar) 1 glass smoothie	2 serving spoons Ofada/ Brown Rice. Stew Vegetables	A handful of nuts or A handful of whole-wheat chin-chin (baked)	Eko + Oil free Okro (with or without Uwu/ spinach/kale) Croaker/ Tilapia Fish	A bowl of fruits (watermelon)
THURSDAY	1 bowl of cereal (fruit and fibre/ All bran) 1 glass smoothie	2 serving spoons stewed beans. 1 boiled plantain.	Cucumber slices	Bowl of fruit Green Tea	A bowl of Pineapple (Bendel not Cotonu).
FRIDAY	1 Plantain porridge Ugwu/ spinach/kale Dried fish 1 glass smoothie	1 sweet potato porridge (use tomato puree for colour) with ugwu/ spinach/ kale.	2 carrots	Croaker/ Tilapia pepper soup.	A bowl of oil-less okro/ Ewedu and assorted fish (without stew/ A bowl of fruits.
SATURDAY	Yam/ Sweet Potato Egg-Vegetable Omelette or	Oatmeal flour (handful or tennis ball size).	A handful of grapes or any fruit/ vegetable of	Grilled Fish (Titus/ Kote; Croaker/ Tilapia)	

(30 minutes HIIT cardio at night)	Carrot-Green Pepper stew. 1 cup oats (infused with fruits) Or Oil-free Akara with oats or Pap.	Soup Skinless chicken/ Fish	your choice.	Vegetables stir fry	
SUNDAY	1 glass smoothie Whole-wheat flour pancake 1 boiled egg	1-2 serving spoons Jollof Rice (Brown or Ofada Rice) Mixed vegetable sauce Skinless chicken/ Fish Or 1-2 serving spoons Coconut rice Mixed Vegetable Sauce	1 orange (with roughage)	Skinless Chicken Salad Avocado slices Olives Olive Oil dressing (1 tablespoon).	