

	BREAKFAST	LUNCH	SNACKS	SUPPER (not later than 6pm)	ALTERNATIVE
MONDAY  (30 minutes cardio at night)	1 glass smoothie/ skimmed milk. 1 small cup oats (infused with banana/mango/apple slices; no sugar). 1 boiled egg.	Whole wheat meal flour (handful or tennis ball size).  Oil free ogbono/ oil reduced egusi (with ugwu/spinach/kale). Skinless chicken/ fish.	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.  Or Egg and Avocado salad	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	1 serving spoon Ofada/ Brown Rice/ Couscous/ Quinoa Stew/ Vegetable Sauce	A handful of nuts or  A handful of whole-wheat chin-chin (baked) or  Ugwu/ Spinach/ Kale Chips	Eko + Oil free Okro (with or without Uwu/ spinach/kale) Croaker/ Tilapia/ Titus Fish	A bowl of fruits (watermelon)
THURSDAY	1 bowl of cereal (fruit and fibre/ All bran) with skimmed milk. 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

	<p>Or</p> <p>1 Boiled Plantain Vegetable-Egg Omelette 1 glass smoothie or skimmed milk.</p>	<p>Chicken or fish</p>			<p>(without stew) A bowl of fruits.</p>
<p>SATURDAY</p> <p>(30 minutes HIIT cardio at night)</p>	<p>Yam/ Sweet Potato Egg-Vegetable Omelette /Carrot-Green Pepper stew. 1 cup oats (infused with fruits)</p> <p>Or</p> <p>Oil-free Akara (toasted) with oats or Pap. 1 glass smoothie.</p>	<p>Oatmeal flour (handful or tennis ball size). Soup: Banga, Edikiakong, Oil free ogbono, oil-free okro.</p> <p>Or</p> <p>Poundo Yam (tennis-ball portions) Nsala (white soup); banga; oil-free ogbono.</p> <p>Skinless chicken/ Fish</p>	<p>A handful of grapes or any fruit/ vegetable of your choice.</p> <p>Or Ugwu/ Spinach/ Kale Chips</p>	<p>Grilled Fish (Titus/ Kote; Croaker/ Tilapia) Vegetables stir fry</p>	
<p>SUNDAY</p>	<p>1 glass smoothie</p> <p>Whole-wheat flour pancake 1 boiled egg/ egg omelette</p> <p>Or Banana Pancake Plantain Pancake</p>	<p>1 serving spoon Jollof Rice (Brown/ Ofada Rice; Couscous; quinoa) Mixed vegetable sauce Skinless chicken/ Fish</p> <p>Or</p> <p>1 serving spoon Coconut rice Mixed Vegetable Sauce</p>	<p>1 orange (with roughage)</p>	<p>Skinless Chicken Salad with Avocado slices Olives Olive Oil dressing (1 tablespoon).</p>	

## PREFERRED COOKING METHODS FOR WEIGHT LOSS

To reduce your intake of saturated fat, you should follow the smoke point rule provided on the blog, and adopt the following cooking methods:

- Grilling
- Boiling
- Steaming
- Braising
- Baking

Secondly, portion control is key and eating with smaller plates.

Always recognise and adhere to the signs of fullness the body gives when you are eating to prevent over-eating and subsequent weight gain.

## PLATE SIZES AND PORTIONS



Food group ratio



Plate size



1 serving spoon of rice



1 serving spoon of rice

### **SAMPLE SMOOTHIE RECIPE**

Regularly, I blend together watermelon (with the seeds), pineapple, cucumber, garlic and ginger. This is a fantastic way to alkalisise your blood, detox, de-bloat and mobilise the fat in your body. This smoothie gives you an opportunity to take in the benefits of raw ginger and garlic (without the odour effects on your breath).

The seeds of the watermelon are high in fibre and protein; regulate blood pressure and the metabolism of carbohydrates, which has a beneficial effect on blood sugar level; are rich in phosphorous, iron, potassium, sodium, copper, manganese and zinc; rich source of unsaturated fat and omega fatty acids.