

| | Breakfast | Snack | Lunch | Snack | Dinner | Snack |
|--------------|---|---------------------------|---|--|--|------------------------------|
| Mon. | 1 boiled plantain with egg/veggies | 20 Frozen grapes | Brown rice and spinach with chicken | 2 cups of Carrot and ½ tbsp. of hummus | Moi moi and veggies | Fruit |
| Tues. | 2 Toast slices with peanut butter 1 Banana | Fruit | Whole wheat pasta and chicken | Crackers and ½ tbsp. of peanut butter | Beans | 1 cup of berries |
| Wed. | Vegetable Omelet with 2 slices of whole wheat bread | 25 almonds and one banana | Catfish Pepper soup | Plantain chips | Pasta and mixed veggies | One Banana and peanut butter |
| Thu. | ½ Cup oats with 4 egg whites and ½ cup of almond milk or low fat milk | 0% fat Greek yoghurt | Pounded yam, fish and spinach no palm oil | One Fruit | Boiled plantain and veggies | Greek yoghurt plus fruit |
| Fr. | 1 small piece of yam with 2 eggs | Snap peas and hummus | Chicken salad | Fruit | Milled brown rice, chicken and spinach | Frozen grapes |
| Sat. | Whole grain Cereal | Fruit | Plantain fufu, chicken | Greek yoghurt | Tilapia and veggies | Fruit salad |

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|------------|----------------------------------|-------|-------------------------------|---------|----------------------|-------|
| | with almond milk or low fat milk | | and spinach or okro | | | |
| Su. | Akara and ogi or custard | Fruit | Jollof and chicken with salad | Almonds | Salmon and asparagus | Fruit |