



LOW-CARB NIGERIAN WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER
MONDAY	2 BOILED EGGS + BANANA + WATER	OIL-LESS VEGETABLE SOUP WITH FISH + WATER	CHICKEN PEPPERSOUP WITH VEGETABLES
TUESDAY	A LARGE BOWL OF WATERMELON	½ SWEET POTATO + GRILLED CHICKEN (MINIMAL OIL AND SPICY)	GRILLED FISH + VEGETABLES
WEDNESDAY	2 BOILED EGGS + 1 PINK GRAPEFRUIT	BEANS POTTAGE (NO OIL)	ASUN (MINIMAL OIL, VERY SPICY)
THURSDAY	OATMEAL WITH FRUITS	VEGETABLE SOUP WITH BEEF (MINIMAL OIL)	FISH PEPPERSOUP+ 3 ORANGES WITH PULP
FRIDAY	GREEN SMOOTHIE WITH AVOCADO, BANANA, GRAPES, LEMON, PAWPAW.	1 PIECE OF BOLE (GRILLED PLANTAIN) + SUYA	BOILED CHICKEN + PEPPER SAUCE (LITTLE OIL)
SATURDAY	MOI-MOI (REDUCED OIL) + STIR FRIED VEGETABLES	GOAT MEAT PEPPERSOUP	1 LARGE BOWL OF WATERMELON
SUNDAY	FRUIT SALAD	CHEAT MEAL	SHRIMP AND SNAIL PEPPERSOUP (VERY SPICY)

NOTE:

- If you feel like having a snack, eat a bowl of fruits or an orange with its pulp.
- You can also have a handful of nuts.
- If you are allergic to anything in this plan, substitute.
- The idea is to keep the carbohydrate low and protein and vegetable high.
- If you are diabetic or have any other ailments, consult your doctor, as this plan is fruit heavy and may not be suitable for you.



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