

Free Menu Plan



NAME: [Your name goes here]

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast (8am)	3 slices of bread (made into a sandwich), with 1 boiled egg + vegetables	Smoothie/ 1 medium apple + Oats/ Weetabix	Toast made with 1 boiled egg + ¼ avocado + lettuce and tomato	3 slices of toast with ¼ avocado + 1 egg (poached) + green tea	5 boiled sweet potatoes (large size) + fish sauce	1 large boiled plantain and vegetable sauce	Pap/ Oats + moi-moi OR Unleavened bread + Vegetables and shredded chicken and ½ avocado
Snack (10am)	CHOOSE FROM THE FRUIT/ SNACK/ SMOOTHIE/ PARFAIT OPTION						
Lunch (1pm)	3 serving spoons boiled rice + steamed vegetable (stir fry) + 1 medium skinless chicken stew	1½ wraps of swallow + soup	3 serving spoons of plain beans + fish stew	1 large plantain (boiled/ roasted) + minced meat sauce+ grilled fish	4 serving spoons of boiled rice + vegetable stir fry	2 wraps of swallow + okro soup (made with 1 tbs of oil) or mixed vegetable soup + skinless chicken	3 thin slices of boiled yam + chicken sauce (made with 1 medium piece of chicken) + steamed vegetables
Snack (3pm)	CHOOSE FROM THE FRUIT/ SNACK/ SMOOTHIE/ PARFAIT OPTION						
Dinner (6pm)	9 pieces of boiled/baked irish potatoes (medium size) + chicken and vegetable stir fry	1 large boiled plantain + vegetable sauce + dry fish	3 pieces of boiled/ grilled sweet potatoes + vegetable stir fry	2 wraps of swallow + vegetable soup + 1 medium piece of fish	3 serving spoons of garnished spaghetti with vegetable and fish sauce	Vegetable salad with ½ avocado + Flaked fish/ Shredded chicken	3 serving spoons boiled pasta + minced meat and vegetable sauce

SOUP OPTIONS

Soup: Vegetable soup and Egusi soup (70% vegetables and 30% melon)
 Sauce: Vegetable stir fry made with minimal seasonings
 Stew: Fish stew/ Lean meat stew
 Food: Boiled beans, Yam and sweet potato porridge

Soup: Edikainkong soup and Okro soup
 Sauce: Beef/ chicken sauce
 Stew: Fish/ Chicken stew
 Food: Plantain and sweet potato porridge, Boiled beans

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