

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
<b>Mon.</b>	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
<b>Tues.</b>	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
<b>Wed.</b>	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
<b>Thu.</b>	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
<b>Fr.</b>	1 small piece of yam with 2 eggs	Snap peas and hummus	Chicken salad	Fruit	Milled brown rice, chicken and spinach	Frozen grapes
<b>Sat.</b>	Whole grain Cereal	Fruit	Plantain fufu, chicken	Greek yoghurt	Tilapia and veggies	Fruit salad

	with almond milk or low fat milk		and spinach or okro			
<b>Su.</b>	Akara and ogi or custard	Fruit	Jollof and chicken with salad	Almonds	Salmon and asparagus	Fruit