

Meal Plan: Suggested Foods

	Food Options	
Breakfast	<ul style="list-style-type: none"> • Maize gruel (Pap) • Akara (bean cake) • Banana • Savoury beans 	<ul style="list-style-type: none"> • Jollof rice and vegetables • Moi Moi (bean pudding) • Okpa (nut pudding) • Peak milk (powdered milk)
Lunch	<ul style="list-style-type: none"> • Pounded yam • Oha vegetable soup • Bitterleaf soup • Okra soup 	<ul style="list-style-type: none"> • Wheatmeal • Beef/chicken casserole • White rice • Orange
Dinner	<ul style="list-style-type: none"> • Jollof rice/vegetables • Savoury beans • Abacha (African salad with cassava and fish) 	<ul style="list-style-type: none"> • Bitterleaf soup • Pounded yam

Daily Meal Plan



Day of the Week	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Sunday	Moi-moi - 250g Maize gruel (Pap) - 200mL Peak milk - 14g	Beef/chicken casserole - 30g White rice - 300g	Bitterleaf soup - 250mL Pounded yam - 300g
Monday	Maize gruel (pap) - 200mL Akara - 120g Peak milk - 14g	Oha vegetable soup - 146mL Pounded yam - 300g Orange - 100g	Savoury beans - 450g Banana - 55g
Tuesday	Savoury beans - 450g Banana - 55g	Okra soup - 250g Wheatmeal - 300g	Jollof rice/vegetables - 300g
Wednesday	Moi-moi - 250g Maize gruel (Pap) - 200mL Peak milk - 14g	Oha vegetable soup - 146mL Pounded yam - 300g Orange - 100g	Abacha (with salad and fish) - 300g
Thursday	Jollof rice/vegetables - 300g	Bitterleaf soup - 250mL Poundd yam - 300g	Savoury beans - 370g Banana - 55g
Friday	Okpa - 216g Maize gruel (Pap) - 200mL Peak milk - 14g	Bitterleaf soup - 250mL Pounded yam - 300g Okra soup - 250g	Jollof rice/vegetables - 300g
Saturday	Maize gruel (Pap) - 200mL Akara - 120g Peak milk - 14g	Wheatmeal - 300g Bitterleaf soup - 250mL Pounded yam - 300g	Savoury beans - 370g Banana - 55g

****Cost of meal plan: \$0.50-\$1.00USD (300-500 Nigerian Naira)****