

All Nigerian Recipes Sample Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	 <p>Egg Whites Omelette + slices of bread + Strawberries</p>	 <p>Croissants + Cheese with Chocolate Drink + Tangerine</p>	 <p>Croissants + Cheese with Chocolate Drink + Strawberries</p>	 <p>Baked Beans Sandwich with Chocolate Drink</p>	 <p>Peanut Butter Sandwich + Chocolate Drink</p>	 <p>Akamu (Ogi) and Pancakes</p>	 <p>Kunun Gyada + Akara</p>
Lunch	 <p>Semolina with Ora Soup + Egusi Soup</p>	 <p>Beans and Yam Porridge</p>	 <p>Tuwo Shinkafa with Miyan Kuka</p>	 <p>Lentils Porridge</p>	 <p>Semolina with Ora Soup + Egusi Soup</p>	 <p>Moi Moi + Fried Plantains and Mushroom Stir-fry</p>	 <p>Semolina with Ora Soup + Egusi Soup</p>
Evening Snack	 <p>Cookies with Soya Milk</p>	 <p>Banana and Cashew Nuts with a glass of water</p>	 <p>Corn and Groundnuts (Peanuts) with a glass of carrot juice</p>	 <p>Strawberries</p>	 <p>Cookies with Strawberry Milkshake</p>	 <p>Garden Eggs with Groundnuts (Peanuts)</p>	 <p>Apple and English pear</p>
Dinner	 <p>Jollof Rice + Salad and Peppered Chicken</p>	 <p>Goat Meat + Yam Peppersoup</p>	 <p>Roasted Chicken Quarters with Cauliflower Stir-fry</p>	 <p>Minced Meat Spaghetti Surprise with Steamed Broccoli</p>	 <p>White Rice and Beans with Fish Stew and Steamed Veggies</p>	 <p>Boiled Rice + Plantains with Mushroom and Veggies Sauce</p>	 <p>White Coconut Rice with Steamed Veggies</p>

*Click the blue text to visit each recipe page. For more information about this meal plan, click: <http://blog.allnigerianrecipes.com/meal-plan/>