

# All Nigerian Recipes Sample Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	 <p><a href="#">Egg Whites Omelette</a> + 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><a href="#">Akamu (Ogi)</a> and <a href="#">Pancakes</a></p>	 <p><a href="#">Kunun Gyada</a> + <a href="#">Akara</a></p>
Lunch	 <p><a href="#">Semolina Fufu</a> with <a href="#">Ora Soup</a> + <a href="#">Egusi Soup</a></p>	 <p><a href="#">Beans and Yam Porridge</a></p>	 <p><a href="#">Tuwo Shinkafa</a> with <a href="#">Miyan Kuka</a></p>	 <p><a href="#">Lentils Porridge</a></p>	 <p><a href="#">Semolina Fufu</a> with <a href="#">Ora Soup</a> + <a href="#">Egusi Soup</a></p>	 <p><a href="#">Moi Moi</a> + <a href="#">Fried Plantains</a> and <a href="#">Mushroom Stir-fry</a></p>	 <p><a href="#">Semolina Fufu</a> with <a href="#">Ora Soup</a> + <a href="#">Egusi Soup</a></p>
Evening Snack	 <p>Cookies with <a href="#">Soya Milk</a></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 <a href="#">Strawberry Milkshake</a></p>	 <p>Garden Eggs with Groundnuts (Peanuts)</p>	 <p>Apple and English pear</p>
Dinner	 <p><a href="#">Jollof Rice</a> + <a href="#">Salad</a> and <a href="#">Peppered Chicken</a></p>	 <p><a href="#">Goat Meat</a> + <a href="#">Yam Peppersoup</a></p>	 <p>Roasted Chicken Quarters with <a href="#">Cauliflower Stir-fry</a></p>	 <p><a href="#">Minced Meat Spaghetti Surprise</a> with Steamed Broccoli</p>	 <p>White Rice and Beans with <a href="#">Fish Stew</a> and <a href="#">Steamed Veggies</a></p>	 <p>Boiled Rice + Plantains with <a href="#">Mushroom and Veggies Sauce</a></p>	 <p><a href="#">White Coconut Rice</a> with <a href="#">Steamed Veggies</a></p>

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