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| **LOW-CARB NIGERIAN WEEKLY MEAL PLAN** | | | |
|  | **BREAKFAST** | **LUNCH** | **DINNER** |
| **MONDAY** | 2 BOILED EGGS + BANANA + WATER | OIL-LESS VEGETABLE SOUP WITH FISH + WATER | CHICKEN PEPPERSOUP WITH VEGETABLES |
| **TUESDAY** | A LARGE BOWL OF WATERMELON | ½ SWEET POTATO + GRILLED CHICKEN (MINIMAL OIL AND SPICY) | GRILLED FISH + VEGETABLES |
| **WEDNESDAY** | 2 BOILED EGGS + 1 PINK GRAPEFRUIT | BEANS POTTAGE (NO OIL) | ASUN (MINIMAL OIL, VERY SPICY) |
| **THURSDAY** | OATMEAL WITH FRUITS | VEGETABLE SOUP WITH BEEF (MINIMAL OIL) | FISH PEPPERSOUP+ 3 ORANGES WITH PULP |
| **FRIDAY** | GREEN SMOOTHIE WITH AVOCADO, BANANA, GRAPES, LEMON, PAWPAW. | 1 PIECE OF BOLE (GRILLED PLANTAIN) + SUYA | BOILED CHICKEN + PEPPER SAUCE (LITTLE OIL) |
| **SATURDAY** | MOI-MOI (REDUCED OIL) + STIR FRIED VEGETABLES | GOAT MEAT PEPPERSOUP | 1 LARGE BOWL OF WATERMELON |
| **SUNDAY** | FRUIT SALAD | CHEAT MEAL | SHRIMP AND SNAIL PEPPERSOUP (VERY SPICY) |

NOTE:

* If you feel like having a snack, eat a bowl of fruits or an orange with its pulp.
* You can also have a handful of nuts.
* If you are allergic to anything in this plan, substitute.
* The idea is to keep the carbohydrate low and protein and vegetable high.
* If you are diabetic or have any other ailments, consult your doctor, as this plan is fruit heavy and may not be suitable for you.

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