

2-Day Meal Plan

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Tomato , Pepper & Egg Sandwich	1 slice of Water Melon	1 Wrap of Wheat Meal & Ewedu With Fish	¼ mixed (almond, Peanut & Cashew nut)	Tilapia-Fish Pepper-soup
Day 2	Oat Meal & 1 Boiled Egg	1 Banana	Ofada Rice & Healthy Salmon Fish Stew (1 Portion)	1 Apple	1 Cup Beans & Green Plantain Porridge

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* Based on a 1200 - 1500 Calorie deficit Diet

* All stew & beans prepared with Virgin olive oil