

Youcookandlive Food Timetable with Low Carbs

MEALS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Oats	Beans porridge with little bit of sprinkled fish.	Unripe plantain porridge and fish + Green Tea	Moi Moi + oats	Porridge yam or Grilled plantain & red oil with pepper	Plantain and fish Sauce (plenty of tomatoes) + Green Tea	Tampa with Akara + Green Tea
LUNCH	Fried rice with lots of veggies	Sweet potatoes with onions/tomato sauce	Okpa + oats	Plantain flour Fufu with okro soup (fist size swallow)	Plantain Fufu with Vegetable Soup (fist size swallow; plenty vegetables)	Moi Moi + Fish Sauce	Sweet potatoes + Garden egg sauce
DINNER	Goat meat Pepper soup	Guinea Corn Fufu with Vegetable Soup (fist size swallow + plenty vegetables)	Rice with veggie sauce	Sweet potatoes + vegetables	Moi-Moi + Oats	Beans and Yam with Fish	Grilled chicken + salad
SNACK	Yogurt	Nuts (almond, cashew, Tiger nuts)	Avocado	Watermelon + Orange juice	Nuts (almond, cashew, Tiger nuts) with carrot, cucumber	Yoghurt Plus banana	Groundnut and little Banana



Tips

1. Skip one meal on days with low activity
2. 6000 steps daily is highly recommended
3. Always drink plenty of water
4. Let the portions be fist size or 1.5 your fist size
5. Eat only if you're hungry; if you feel you might get hungry at night, eat nuts and a little sugar-free yoghurt with water
6. Don't eat later than 8pm, except for a few nuts and water.
7. Vegetable Soup: Bitter leaf, Oha Soup, Egusi soup, Okro Soup etc.



Food Items	Where you can get them
Unripe Plantain	Local Market
Sweet Potato	Local Market
Beans	Local Market
Basmati Rice	Supermarket
Fish – Sardines, Mackerel	Local Market
Chicken	Local Market
Olive oil	Supermarket
Palm Oil	Local Market
Fruits	Local Market
Nuts- Cashew nut, groundnut, coconut, tigernut, almond	Local Market
Yoghurt	Supermarket
Oats	Supermarket
Green Tea	Supermarket
Coffee	Supermarket
Veggies- Cucumber, Cabbage, Carrots, Red onions, Bell Pepper,	Local Market
Vegetable- Spinach, Bitter leaf,	Local Market
Tampa	Local Market
Pepper soup spice	Local Market/Supermarket

