

NIGERIAN MEAL PLAN  
MARCH 2018



TWO WEEKS NIGERIAN MEAL PLAN

week 1	breakfast	lunch	dinner
Sunday	ogi and akara	ofada rice with dry fish in peppered sauce	fish pepa soup with plantain
Monday	yam with dried fish stew	lafun with ewedu	eko with assorted veg
tuesday	boiled plantain with stewed mushrooms	eba with efo riro	rice and beans with fish stew
Wednesday	ogi and beans	asaro with tomato stew garnished with ugwu	ebiripo with egusi with ugwu leaves
thur	cocoyam with fried eggs	ofada rice with efo riro	whole wheat pasta in stir fry mixed veg
fri	ogi with coconut milk	pounded yam with seafood okra	mixed beans & fresh corn
sat	tapioca with coconut milk	jollof rice with cubed fried plantain	eko and moimoin
week 2			
Sunday	sweet potato with stewed assorted vegs	coconut rice served with peppered fish & shrimp stew	chinese stir fried mixed veg with rice
Monday	yam with beans (ewa aganyin)	irish potato with mixed veg sauted in peanut sauce	eko with gbure in fish and mushroom soup
Tuesday	ogi with moimoin	dundun yam and seafood stew	amala with ewedu
Wednesday	omelette fried with assorted veg with a side dish of choice	shredded chicken breast in coconut milk & sauteed mixed veg with rice	braised whole fish in red sauce with roasted plantain
thursday	tapioca with coconut milk	amala with mixed ogbono	seafood peppersoup with eko
Friday	irish potato in spicy sea food soup with	pounded yam with seafood okra	eba with bitter leaf egusi soup
Saturday	hummus with flat bread	fried rice with braised chicken	whole wheat pasta in sauteed prawn & spinach

Note to table
Assorted vegetable = spinach,ugwu & a pinch of bitter leaf
Gbure = water leaf
Ugwu = pumpkin leaves *** Spinach = amunututu
Red sauce = stewed tomato
Ayamase = peppered sauce
Dundun= fried yam
Amala = elubo isu, elubo ogede
Mixed veg = cabbage, carrots, bell pepas,green peas, runner beans etc
Ogi = ogi baba, white and yellow maize
Eko = corn meal
Boli = roasted plantain



MIDDAY SNACK AND HEALTHY BEVERAGE TABLE

midday snack	beverage
steamed monkey nuts	zobo
kokoro	palwine
khulikhuli	ginger beer
coconut	kunu
pawpaw	raw cocoa and coconut cream drink
pineapple	water
banana	omi dun
water melon	
corn grilled or steamed with ube	
ube	
slices of cucumber or cabbage	
guava	
mixed fruit cocktail	
a bowl of salad with home made dressing	

## Notes to meal plan

Eating healthily in no way infers continuous boring meals quite on the contrary healthy meals implies eating a wide variety of plant sourced foods cooked using rich wholesome ingredients

*Cook your meals with wholesome ingredients:*

*Good Fats*

Palm and coconut oil, despite the bad rap these two get they are still a far healthier option to anything produced using industrialised processes. Olive oil is great for salad dressing and stir fries in place of butter however good olive oil is hard to come by in our clime. So you are better, settling for oils readily available here.

[Culinary herbs](#)

You have no idea how much commercial seasonings impair health, have you ever tried pronouncing some of the names listed as ingredients on manufactured food labels? Manufactured foods are laden

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with substances that impair health. You want to stay clear and it is for this reason that culinary and nature derived seasonings are healthier alternatives. Herbs pack the highest levels of antioxidants. And that is more than good reason to use them generously in your cooking.

Efinrin

Curry leaves

Parsley

Chives

Iru /ogiri/dadawa: for taste

Cray fish: for flavor and aroma and taste

Dried fish for flavor and taste

Onion, garlic & ginger (fresh & dried form) for flavor and aroma.

Turmeric

### Tidbits

- Breakfast cereals absence from the menu list is not an error. The reason for this is simple one they are pricey and two they are devoid of nutrients.
- You would also find there are far more beans and its by-products than you have regular polished rice it is for same reason as above.
- Eat red meats sparingly. Mushroom and sea meats like squid snail, periwinkle, prawn & shrimp are healthier options.
- Zero white bread this is for good reason the best breads to consume are flat, sprouted, sourdough or Ezekiel bread they contain no harmful ingredients simply flour water and salt.
- Preservatives, emulsifiers, additives, artificial colors and other synthetic ingredients in [manufactured foods](#) are largely responsible for a myriad of non-communicable disease NCD and metabolic syndrome which is a cluster of conditions that increase the risk of heart attack, stroke and type II diabetes.
- As with other manufactured & fake food items stay away from evaporated and powdered milk of any form use instead coconut cream easy to make at home from whole coconut meat
- Cultivate the habit of snacking on salads and fruit cocktails.
- Eat in-season fruits the table above is a variety of what you can pick from as they come in-season.
- Be creative and adventurous with your cooking, mix and cook vegetables as you will.
- Experiment with fruit juices. If you are struggling with weight loss try our DIY extract e-guide. The method of extraction shared in our DIY E-guide was discovered whilst experimenting with fruits, a healthy boost for your weight loss goal. [Purchase it here for a fair price.](#)

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### Beverages

Replace soda with home-made beverages like zobo, ginger beer [and fermented beverages](#) like palm-wine are good sources of probiotics which is necessary for digestion.

### Medicinal Herbs

Herbal nutrients and remedies are necessary to achieve a state of homeostasis. Browse our [shop](#) for 100% herbal remedies

### Recommendations

We strongly recommend you make your coconut oil it is the only way to guaranty purity you are also advised to make Ogi as the [omi dun](#) (sour water) is a [healthy alternative](#) to regular soda serving as a prebiotic source. Ogi if well-made won't need sugar the sourness will be enough.

### [Grow vegetables around your home](#)

Oha, edikakong, ofe nsala, white soup, afang, etc these are several of native soups you can treat yourself and family to once you succeed with growing your vegetables around your home. Vegetable soups can be served generously with staples or eaten alone as a form of salad.

### **N.B**

Our local meals are healthy there is no reason to not eat them. We are doing an article to burst all the myths surrounding Nigerian foods shortly. To receive this article when posted please subscribe to our mailing list at [www.liberatingthemind.com](http://www.liberatingthemind.com) & [www.herbgallerystore.com](http://www.herbgallerystore.com)

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