

Day	Breakfast	Lunch	Dinner
Mon	Vegetable / spinach omelet with sliced avocado	Chicken salad with groundnuts and yoghurt	Vegetable and chicken stir fry (can use leftover veggies from breakfast and chicken from lunch)
Tue	Bacon and eggs	Carcasses (chicken, beef, or pork)	Peppersoup w/ leftover meat from lunch
Wed	Fruit salad	Vegetable stir-fry w/ ground beef	Tuna, avocado, and eggs
Thur	Vegetable stir-fry with ground beef	Grilled fish and vegetables from breakfast	Fish and okro soup
Fri	Boiled eggs and sausage	Beans and dodo	Fruit salad
Sat	Sardines	Yam and stew	Suya
Sun	Watermelon	Keto fufu with efo egusi	Seafood salad