

# Meal plan - Week 1

Week 1, 2, 3, etc.	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Monday	1 Portion of protein + 1/2 cup of vegetable + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1/2 cup of vegetable + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 2 1/2 cups of water	2 1/2 cups of water	1/2 cup of vegetable + 1 1/2 cups of water
Tuesday	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 1 1/2 cups of water
Wednesday	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 1 1/2 cups of water
Thursday	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 1 1/2 cups of water
Friday	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 1 1/2 cups of water
Saturday	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 2 1/2 cups of water	2 1/2 cups of water	1 Portion of protein + 1 Portion of energy snack + 1 1/2 cups of water
Sunday	CHEAT MEAL - 2x7 SERVINGS 500 CALS	2 1/2 cups of water		2 1/2 cups of water	CHEAT MEAL - 2x7 SERVINGS 500 CALS	2 1/2 cups of water		2 1/2 cups of water	CHEAT MEAL - 2x7 SERVINGS 500 CALS

# Week 2

# 3

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I'll be using the "5-meals-a-day" base tables from the Supreme Fat-Loss System guide to design this food times table. For refreshers, here's are the tables again:

**5 MEAL PER DAY TABLE (ODD WEEKS)**

<b>Weeks 1,3,5... etc.</b>	<b>Breakfast</b>	<b>In-between meals</b>	<b>Snack 1</b>	<b>In-between meals</b>	<b>Lunch</b>	<b>In-between meals</b>	<b>Snack 2</b>	<b>In-between meals</b>	<b>Dinner</b>
Monday	1 Portion of protein + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of protein + 35cl of water	35cl of water	1 Portion of protein + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of protein + 35cl of water	35cl of water	1 to 2 cups of vegetables + 1 Tsp of good oil + 35cl of water
Tuesday	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 1 Tsp of good oil + 35cl of water
Wednesday	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 1 Tsp of good oil + 35cl of water
Thursday	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 1 Tsp of good oil + 35cl of water
Friday	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 1 Tsp of good oil + 35cl of water
Saturday	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 35cl of water	35cl of water	1 Portion of protein + 1 Portion of nutrient carb + 1 Tsp of good oil + 35cl of water
Sunday	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water		35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water		35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE

**5 MEAL PER DAY TABLE (EVEN WEEKS)**

<b>Week 2,4,6... etc.</b>	<b>Breakfast</b>	<b>In-between meals</b>	<b>Snack 1</b>	<b>In-between meals</b>	<b>Lunch</b>	<b>In-between meals</b>	<b>Snack 2</b>	<b>In-between meals</b>	<b>Dinner</b>
Monday	1 Portion of protein + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of protein + 35cl of water	35cl of water	1 Portion of protein + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of protein + 35cl of water	35cl of water	1 to 2 cups of vegetables + 1 Tsp of good oil + 35cl of water
Tuesday	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of nutrient carb + 1 Portion of fat + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ Portion of nutrient carb + 1 Tsp of good oil + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water
Wednesday	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of nutrient carb + 1 Portion of fat + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ Portion of nutrient carb + 1 Tsp of good oil + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water
Thursday	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of nutrient carb + 1 Portion of fat + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ Portion of nutrient carb + 1 Tsp of good oil + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water
Friday	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of nutrient carb + 1 Portion of fat + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ Portion of nutrient carb + 1 Tsp of good oil + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water
Saturday	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of nutrient carb + 1 Portion of fat + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water	35cl of water	1 Portion of protein + 1½ Portion of nutrient carb + 1 Tsp of good oil + 35cl of water	35cl of water	1 Portion of protein + 1½ portion of energy carb + 35cl of water
Sunday	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water		35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water		35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE

Now, here's the meal times filled with food:

**MEAL TIMES TABLE (ODD WEEKS)**

<b>Week 1,3,5... etc.</b>	<b>Breakfast</b>	<b>In-between meals</b>	<b>Snack 1</b>	<b>In-between meals</b>	<b>Lunch</b>	<b>In-between meals</b>	<b>Snack 2</b>	<b>In-between meals</b>	<b>Dinner</b>
Monday	1 Portion of Protein Shake + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of Yoghurt + 35cl of water	35cl of water	1 Portion of Protein Shake + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of Yoghurt + 35cl of water	35cl of water	1 to 2 cups of vegetables + 1 Tsp of good oil + 35cl of water
Tuesday	1 Portion of Boiled Yam + 1 Portion of Fried Eggs (Fried With 1Tsp of Oil) + 35cl of water	35cl of water	1 Portion of Mixed Verges + 1 Portion of Sardine (oil drained) + 35cl of water	35cl of water	1 Portion of Drinking Garri + 1 Portion of Grilled Chicken + 35cl of water	35cl of water	1 Portion of Protein Shake + 1 Portion of Apple + 35cl of water	35cl of water	1 Portion of Yoghurt (Plain & Unsweetened Full fat) + 1 Portion of Grapes + 35cl of water
Wednesday	1 Portion of Ofada Rice + 1 Portion of Chicken (Boiled) + 35cl of water	35cl of water	1 Portion of Pounded Yam (NOT Pouno Yam) + 1 Portion of Bitter Leaf Soup + 2 Portion of Beef + 70cl of water		35cl of water	1 Portion of Protein Shake + 1 Portion of Grapes + 35cl of water	35cl of water	1 Portion of Salad + 1 Portion of Boiled Egg + 35cl of water	
Thursday	1 Portion of Moi-Moi + 2 Portion of Boiled Eggs + 1 Portion of Salad + 70cl of water		35cl of water	1 Portion of Eba ( Garri) + 1 Portion of Okra Soup + 2 Portion of Beef + 70cl of water		35cl of water	1 Portion of Yoghurt (Plain & Unsweetened Full fat) + 1 Portion of Dice Pineapple + 35cl of water		
Friday	1 Portion of Boiled Potatoes + 1 Portion of Fried Eggs (Fried With 1Tsp of Oil) + 35cl of water	35cl of water	1 Portion of Ofada Rice + 1 Portion of Vegetable Sauce + 2 Portion of Fish + 70cl of water		35cl of water	1 Portion of Grilled Chicken + 1 Portion of Salad + 1 Portion of Watermelon Juice + 35cl of water			
Saturday	1 Portion of Oats + 1 Portion of Diced pineapple + 2 Portion of Chicken + 70cl of water		35cl of water	1 Portion of Boole (Roasted/Grilled Plantain) + 1 Portion of Fish + 35cl of water		35cl of water	2 Portion of Yoghurt (Plain & Unsweetened Full fat) + 1 Portion of Fruit Salad + 70cl of water		
Sunday	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water	35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water	35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE		

Where:

1 portion of Protein = about the size of the palm of your hand



1 portion of Energy Carb = about the size of your clenched fist.



1 portion of Nutrient Carb = about the size of your clenched fist.



1 portion of good oil = a table spoon



## IMPORTANT POINTS:

Nothing is set on stone with this meal plan. This means that:

You can re-arrange the meal Order. The last meal on the meal plan can be your first and vice versa.

You can combine the meals anyhow you want. If you notice from the above meal plan, on Monday was a 5 meal day, Tuesday was a 4 meal day and rest of the days were 3 meal days. I arrange it like that on purpose to show you what's possible and how flexible the meal plan is. The possibilities are endless.

That said, the only thing that is constant and very important for odd weeks (weeks 1, 3, 5...etc) is that you eat a MAXIMUM TOTAL of **“5 portion of Protein”** ...AND... **“2 portions of Energy Carbs”** ... AND... **“3 portions of Nutrient Carb... AND...”** **“1 portion of good oil”** from the recommended food list.

Please, Please and Please stick to the portion sizes. Guys portion size is everything. If you mess with the portion sizes, you'll not see results.

Now, for some other VERY important points:

- If you don't like or don't have a particular food on the meal times table, just swap it with another food on the recommended food list in the SFS guide.
- Your soups, stew and sauce should be prepared with as little oil as humanly possible. It should only contain a trace.
- Always eat boiled, grilled or roasted foods. If you must eat fried foods, it should be on your cheat day.
- If you're not hungry, you don't have to eat. You should skip the meal.
- Please the recommended quantity of water to drink on the meal plan is just a **MINIMUM**, you're expected to drink even MORE.

Now, Let's move to week two (and other even weeks). The Eating structure is a bit different.






**MEAL TIMES TABLE (EVEN WEEKS)**

<b>Week 2,4,6... etc..</b>	<b>Breakfast</b>	<b>In-between meals</b>	<b>Snack 1</b>	<b>In-between meals</b>	<b>Lunch</b>	<b>In-between meals</b>	<b>Snack 2</b>	<b>In-between meals</b>	<b>Dinner</b>
Monday	1 Portion of Protein Shake + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of Yoghurt + 35cl of water	35cl of water	1 Portion of Protein Shake + 1 to 2 cups of vegetables + 35cl of water	35cl of water	1 Portion of Yoghurt + 35cl of water	35cl of water	1 to 2 cups of vegetables + 1 Tsp of good oil + 35cl of water
Tuesday	1½ Portion of Boiled Yam + 1 Portion of Fried Eggs (Fried With 1Tsp of Oil) + 35cl of water	35cl of water	1½ Portion of Mixed Verges + 1 Portion of Sardine (oil drained) + 35cl of water	35cl of water	1½ Portion of Drinking Garri + 1 Portion of Grilled Chicken + 1 Portion of Nut + 35cl of water	35cl of water	1 Portion of Protein Shake + 1½ Portion of Banana + 35cl of water	35cl of water	1 Portion of Yoghurt (Plain & Unsweetened Full fat) + 1½ Portion of Grapes + 35cl of water
Wednesday	1½ Portion of Ofada Rice + 1 Portion of Chicken (Boiled) + 35cl of water	35cl of water	1½ Portion of Eba ( Garri) + 1 Portion of Egusi + 2 Portion of Beef + 70cl of water			35cl of water	1½ Portion of Moi-Moi + 1 Portion of Fish + 35cl of water	35cl of water	1½ Portion of Salad + 1 Portion of Boiled Egg + 35cl of water
Thursday	1½ Portion of Moi-Moi + 2 Portion of Boiled Eggs + 1½ Portion of Salad + 70cl of water			35cl of water	1½ Portion of Pounded Yam (NOT Pouno Yam) + 1½ Portion of Bitter Leaf Soup + 2 Portion of Beef + 70cl of water			35cl of water	1 Portion of Yoghurt (Plain & Unsweetened Full fat) + 1½ Portion of Banana + 1 Portion of Nut + 35cl of water
Friday	1½ Portion of Boiled Potatoes + 1 Portion of Fried Eggs (Fried With 1Tsp of Oil) + 1 Portion of Avocado/pear + 35cl of water	35cl of water	1½ Portion of Ofada Rice + 1½ Portion of Vegetable Sauce + 2 Portion of Fish + 70cl of water			35cl of water	1 Portion of Grilled Chicken + 1½ Portion of Moi-Moi + 1½ Portion of Watermelon Juice + 35cl of water		
Saturday	1½ Portion of Oats + 1½ Portion of Diced pineapple			35cl of water	1½ Portion of Boole (Roasted/Grilled Plantain)		35cl of water	2 Portion of Yoghurt (Plain & Unsweetened Full fat) + 1½ Portion of Banana	

**MEAL TIMES TABLE (EVEN WEEKS)**

Week 2,4,6... etc..	Breakfast	In-between meals	Snack 1	In-between meals	Lunch	In-between meals	Snack 2	In-between meals	Dinner
		+			+			+	
		2 Portion of Chicken +			1 Portion of Nut +			70cl of water	
		70cl of water			1 Portion of Fish +				
					35cl of water				
Sunday	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water		35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE	35cl of water		35cl of water	CHEAT MEAL – EAT ANYTHING YOU LIKE

Where:

- 1 portion of Protein = about the size of the palm of your hand 
- 1 portion of Energy Carb = about the size of your clenched fist. 
- 1 portion of Nutrient Carb = about the size of your clenched fist. 
- 1 portion of good fat = about the size of your clenched fist. 
- 1 portion of good oil = a table spoon 

**IMPORTANT CHANGES:**

- In these weeks, Energy carb and Nutrient carb portions are increased by 50%. I.e. you will be eating one and half (1½ ) Energy carb portion or 1½ Nutrient carb (fruit /vegetable) portion.
- These weeks, we change to eating each day a MAXIMUM TOTAL of “5 portion of Protein” ...AND... “4½ portions of Energy Carbs” ... AND... “3 portions of Nutrient Carb... AND...”1 portion of good oil” AND...”1 portion of good Fat” from the recommended food list.
- Note that we add ”1 portion of good Fat” in these weeks. That’s why if you look at the food time table above you’ll see foods like Nuts, Avocado/pear and Egusi soup added.



Guys, like I said earlier, portion size is everything. Now, to drill this into your head, I will show you what 1 portion for each food type looks like in real life. Here they are:

### **1 Portion of Energy Carb**



### **1 Portion of Nutrient Carb (Fruits and Vegetables)**



### **1 Portion of Protein**



## 1 Portion of Good fats



Now, that's out of the way, here are the low calorie Nigerian soups

### Low Calorie Nigerian Soups

- Boiled Okra and Stew (With little oil)
- Ewedu and Stew (With little oil)
- Vegetable Soup (With little oil)

NB: \*Egusi soup is higher in calories because it's has a lot of fat. So you should mostly be eating Egusi soup on calorie confusion weeks (Even Weeks)

Now, let see swallows you should be mostly eating:

### Weight Loss Friendly and Healthy Swallows

- Garri (Eba)
- Fufu/Akpu
- Amala

- Pounded Yam (NOT Pouno Yam)

And finally here are some...

### **Fresh Herbs and Spices to Liven Up Your Food**

- Anise
- Allspice
- Basil
- Bay leaf
- Caraway
- Cardamom
- Cayenne
- Celery seed
- Chili flakes
- Chives
- Chervil
- Cilantro
- Cinnamon (ground or sticks)
- Cloves
- Coriander
- Cumin
- Dill
- Fennel
- Garlic
- Ginger

- Lemon balm
- Marjoram
- Mint
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppercorns
- Rosemary
- Sage
- Saffron
- Savory
- Tarragon
- Turmeric
- Thyme
- Vanilla bean

There you have it. Don't hesitate to contact me if you have any questions.

GOOD LUCK!