

31 DAYS HEALTHY DIET PLAN

BY OAKLEAF PHARMACEUTICALS LIMITED

DAY	BREAKFAST	LUNCH	SUPPER	SNACK
DAY 1	1 boiled Egg+ wheat Bread+ GreenTea (With Honey)	Banana smoothie and Nuts	Oatmeal	Cashew nuts+Natural Fruit Juice
DAY 2	Boiled plantain and poached eggs	Noodles+Carrot +Green Beans+Chicken (or Egg)	Moin Moin (With Fish or Beef)	Watermelon+Pineapple
DAY 3	1 Boiled Egg+Whole Wheat Bread+Tea	Ewedu+Amala (or Wheat)+Meat (or Chicken)	Grilled Fish)+Salad (Cucumber+Carrot+Watermelon)	Tangerine+ Banana
DAY 4	Unsweetened Yhogurt	Watermelon and cucumber smoothie	Vegetable Salad+1 Boiled Egg	Groundnuts+Cucumber
DAY 5	Fruit salad	Seafood salad	Boiled Plantain+Red Oil (or Stew)+Boiled Fish (or Boiled Beef)	Cashew nuts+Yoghurt
DAY 6	1 Egg+Fried Yam+Tea (With Honey)	Potatoe Salad	White Beans+stew (ewa iganyin)	Fruit Salads
DAY 7	Boiled Yam+Egg Source (Plus Fresh Pepper+Fresh Tomato)	Fish peppersoup	Beans (With Fish)	Cashew nuts+Natural Fruit Juice
DAY 8	1 Egg+ wheat Bread+Tea (With Honey)	Vegetable salad	Plantain flour with efo riro	Apple+Cucumber
DAY 9	Green smoothie	Salad and grilled chicken	Fish pepper soup	Watermelon+Pineapple+Cucumber

DAY 10	Grilled irish potatoes	Eja Kika (Roasted fish and raw tomatoes and pepper)	Steamed Green Vegetables	Garden Eggs+Groundnuts
DAY 11	Poached eggs and Fresh orange Juice	Boli (Roasted plantain) and Groundnuts	Beans (With Fish)	Watermelon+Pineapple+Cucumber
DAY 12	Cooked Irish potatoes and Steamed vegetables	Ceasars salad and smoothie	1 Boiled Egg+Salad (Cucumber+Carrot+Tomato+Watermelon)	Tangerine+Orange
DAY 13	1 Fried Egg (With Fresh Tomato+Pepper)+wheat Bread+Tea	Plantain flour+Egusi Soup (With Green Leaves+Fish)	Boiled Plantain+Steamed Vegetable	Cashew nuts+Yoghurt
DAY 14	Yhoghurt and mixed nuts	Irish Potato+Sauce+Salad	Green Tea and Wheat snack	Pawpaw+Cucumber+Pineapple
DAY 15	Fruit salad	Fried Rice+Vegetable Salad	Moin Moin (With Fish)+Oatmeal	Fruit Salads
DAY 16	Moin Moin (with fish or Beef)+Oatmeal+Milk	Bitter Leaf Soup (With Egusi)+ Wheat	Green smoothie	Apple+Cucumber+Pawpaw
DAY 17	1 Fried Egg (With Fresh Tomato+Pepper)+Bread +Tea	Plantain Porridge and Fish	Fruit salad	Cashew nuts+Natural Fruit Juice
DAY 18	Vegetable salad and mango Juice	Half grilled chicken and Orange Juice	Boiled Plantain+Steamed Vegetable	Tangerine+Orange
DAY 19	Wheat cereal and skimmed milk	Full Grilled fish and Fruit salad	Garden egg sauce with fish .	Watermelon+Pineapple+Cucumber
DAY 20	Fruit salad	Brown rice and Mixed vegetables	Apple and pear smoothie	Apple+Cucumber+Pawpaw

DAY 21	Cereal and Skimmed Milk	Fried Rice+Coleslaw+Chicken (or Beef)	Vegetable Salad	Cashew nuts+Yoghurt
DAY 22	Irish potatoes with mushrooms and eggs	Seafood salad	Goat meat peppersoup	Tangerine+Orange
DAY 23	Vegetable Salad	Plantain Porridge and Fish	Smoothie	Cashew nuts+Yoghurt
DAY 24	Wheat bread and cheddar cheese	Catfish peppersoup and smoothie	Fruit salad	Pawpaw+Cucumber+Pineapple
DAY 25	Baked beans and Eggs	Sardine and Bread	Boiled Meat (or Fish)+Salad (Cucumber+Carrot+Watermelon)	Garden Eggs+Groundnuts
DAY 26	Green smoothie	Chicken peppersoup and Bananas	Oatmeal	Cashew nuts+Natural Fruit Juice
DAY 27	Unripe plantain and garden egg sauce	Red smoothie and Grilled fish	Ceasars salad	Watermelon+Pineapple+Cucumber
DAY 28	Pap and Akara	Ofada Rice+Green Leaf Stew+Meat (or Fish)	Vegetable Salad+1 Boiled Egg	Garden Eggs+Groundnuts
DAY 29	1 Egg+Bread+Tea (With Honey)	Roasted fish and raw pepper and tomatoes	Irish Potato+Red Tomato Stew (With Fish)	Cashew nuts+Natural Fruit Juice
DAY 30	Yam and Egg	Boli (Roasted plantain) and Groundnuts	Oatmeal	Pawpaw+Cucumber+Pineapple
DAY 31	Boiled Irish Potato+Egg Source (Plus Fresh Pepper+Fresh Tomato)	Ofada Rice+Green Leaf Stew+Meat (or Fish)	Boiled Meat (or Fish)+Salad (Cucumber+Carrot+Watermelon)	Garden Eggs+Groundnuts

N/B: The following can be used in your salad: Avocado, Tomato, Tuna, Carrot, Cucumber, Onion, Corn, Green Beans, Romaine Lettuce, Cabbage,