

ARIELLA FITNESS – NIGERIAN CHILDREN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Maize or guinea corn Akamu with milk + soya bean powder	Jollof Spaghetti with minced meat	Yam and vegetable porridge	Homemade popcorn and apples
TUESDAY	Bread with boiled egg and a cup of beverage	Rice and stew with chicken garnished with diced carrots and green peas	Homemade shawarma	Creamy mango and banana smoothie OR Yogurt
WEDNESDAY	Maize or guinea corn Akamu with milk + soya bean powder	Fried sweet potatoes and eggs	Okro soup or ewedu and swallow	Sweet and spicy grilled chicken wings
THURSDAY	Bread with boiled egg and a cup of beverage	Beans and plantain porridge	Fried sweet potatoes and eggs	Homemade popcorn and apples
FRIDAY	Oats porridge + milk	Jollof Spaghetti with minced meat	Yam and vegetable porridge	Bananas or Yogurt
SATURDAY	Akara and Akamu	Egusi soup and swallow	Homemade shawarma	Fruit or vegetable salad
SUNDAY	Vegetable omelette + fried plantains	Rice and stew with chicken garnished with diced carrots and green peas	Okro soup or Ewedu and Swallow	Creamy Avocado and banana smoothie