

2,000KCAL SAMPLE DIET PLAN

DAYS	MORNING (7 - 8AM)	AFTERNOON (12 - 2PM)	EVENING (6 - 8PM)
MONDAY	3 slices of Bread sandwich (Cabbage+ shredded carrot + 1 boiled egg + Half avocado+ 1tsp mayonnaise filling)	300g boiled or grilled irish potato Low fat egg sauce (1 tbsp oil + 2 eggs) 3 Cups of Vegetable Salad (see recipe)	1 Cup Yogurt and fruit parfait 100g peppered goat meat or choice fish
TUESDAY	Chicken Salad (200g Chicken +choice veggies + 1 tbsp mayonnaise)	300g of any Swallow 1.5 cups of okro soup OR 2 cups eforiro (low fat) Almost a palm size choice fish	Mackerel Soup (see recipe) Simple veggie salad (see recipe)
WEDNESDAY	1.5 Cup of Oatmeal 3tbsp of skimmed milk 1 boiled egg 1 apple	1 Cup of boiled rice Half cup of cooked beans Low fat stew Almost a palm size grilled Mackerel fish (150g)	2 Cups of Goat meat/Catfish peppersoup (200g goat meat with 150g diced yam) 1 whole cucumber diced with 1 apple
THURSDAY	300g grilled potatoes and 150g peppered chicken	300g cup of any Swallow 1.5 cups of okro soup OR 2 cups vegetables (low fat) 100g Goat meat	1 Cup of cooked beans Low fat fish sauce
FRIDAY	300g boiled yam Egg sauce (low fat)	1 medium size grilled plantain Palm size peppered and grilled mackerel fish 3 cups of simple vegetable salads	Mackerel Soup (see recipe) Simple veggie salad (see recipe)
SATURDAY	1.5 Cups of Pap with 300g Moinmoin	300g Irish potato porridge 3 Cups of Vegetable salad	Yogurt and fruit parfait (see recipe) 100g peppered goat meat or choice fish

SUNDAY	4 medium slices of Oat-Banana Pancakes 1 cup of low fat yogurt	1.5 level Cups of fried rice 3 cups of Egg salad	2 Cups of Goat meat/Catfish peppersoup (200g goat meat with 150g diced yam) 1 whole cucumber diced with 1 apple
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ZINOSON
Specialist Hospital

