

Calorie deficit Meal Plan

for

you



Meal planner

for a week



	BREAKFAST	LUNCH	DINNER
MON	1/2 cup of oat, one tablespoon of chia seed and greek yogurt	White rice and vegetable sauce (no oil). Any protein of choice	Watermelons and one banana. 1 teaspoon f peanut butter or 1 handful of groundnuts
TUE	Greek yogurt and fruits topping	Pasta and vegetables. Chicken	Cucumber (s) and two boiled eggs
WED	1/2 cup of oat, one tablespoon of chia seed and greek yogurt	Potatoes, vegetable sauce plenty veggies and two boiled eggs.	Fruit Salad (mix any fruit of choice
THU	1 Boiled Plantain, vegetable sauce and two eggs.	White rice and vegetable sauce (no oil). Any protein of choice	Two apples and one boiled egg
FRI	Greek yogurt and fruits topping	Pasta and vegetables. Chicken	Watermelons and one banana. 1 teaspoon f peanut butter or 1 handful of groundnuts
SAT	Two apple and two boiled eggs	Potatoes, vegetable sauce plenty veggies and two boiled eggs.	Fruit Salad (mix any fruit of choice
SUN	Two slices of bread, two boiled egg and lipton tea	White rice and stew with a side of cucumbers	Cucumber(s) and one Apple



Preparation Tips

Cooking Techniques and Tips

1. Steaming and Boiling: Ideal for sweet potatoes, yam, plantains, and vegetables.
2. Sautéing without Oil: Use a non-stick pan, broth, or water instead of oil for cooking vegetables and sauces.

Meal Preparation

1. Portion Control: Measure portions to ensure they align with your calorie goals. Use smaller plates or bowls to help control portion sizes.
2. Seasoning: Use herbs and spices generously to enhance flavor without adding calories. Options like garlic, ginger, pepper, and fresh herbs work well.
3. Simplicity: Keep recipes simple to avoid layering the calories

Other tips

1. Keep cucumbers and apples fresh by storing them in a cool place.
2. Prepare vegetable sauces with a base of tomatoes, onions, and peppers, cooked without oil. You can cook a lot of this base and refrigerate it for a week for easy access.
3. Vegetables can be any one of your choice eg cabbage, celery, pumpkin, green peas etc.



Portion Guidance

Food	Recommended Portion size
Rice	Two kitchen spoons per meal.
Pasta	Two kitchen spoons per meal.
Potatoes	Aim for two medium-sized potatoes.
Any other carbs	Two kitchen spoons per meal.
Oat	1/2 cup of oat, equals to 4 tablespoons

Additional Tips for Portion Control:

Use smaller Plates and smaller spoons

Eat slowly and stop eating when you're comfortably full,
not stuffed. You must not finish the recommended portion.



Stay committed, embrace the
progress, and watch as you
transform physically, mentally
and emotionally.

You've got this!

Thank you



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