

# diaryofakitchenlover's

## MEAL PLAN FOR 9-5 WORKERS

	Breakfast	Lunch	Dinner	Snack
Mon	Chicken sandwich/Toast with Tea or Hot Chocolate	Vegetable Stir fried rice + salad/fish	Sweet Potato Chips and Pepper sauce	Parfait
Tue	Corned beef stew and sweey/irish potatoes	Spaghetti and Chicken stew+ steamed vegetable	Plantain and Egg stew	Plantain Chips/ mixed nuts
Wed	Cereal of choice, boiled or scrambled eggs+ Orage juice	Yam prridge and fish	Egusi/Edikaikong soup/semolina/ Amala and ewedu/Efo	Watermelon and Pineapple
Thur	Pancakes + syrup, ommelette, Tea or Hot chocolate	White rice and fish stew/ Jollof rice + Plantain	Shawarma and Fruit juice	Plantain chips/Potato chips
Fri	Sardine sandwich + Grilled turkey	Beans + corn + plantain	Mackerel fish sauce + white rice + stir fry veggies	Pawpaw + Apple
Sat	Akara/Moimoi + papa/custard/ bread	Minced chicken stew and macaroni/ spaghetti	Vegetable soup and swallow of choice/fish	Banana Milkshake
Sun	Fried or boiled Yam & Egg sauce	Fried rice, plantain and salad	Wheat Swallow and Egusi soup/soup of choice	Pizza or Shawarma/ peppersoup

## MAJOR SHOPPING LIST

### ITEMS

- Eggs
- Oats
- Beef
- Chicken
- Granola
- Chocolate powder
- Turkey
- Fish
- Carrots
- Okro
- Yogurt
- Plantains
- Banana
- Nuts
- Sweet potatoes
- Irish potatoes
- Efo
- Rice
- Beans
- Pasta
- Pepper mix
- Minced meat
- Cabbage
- Watermelon
- Grapes
- Pineapples
- Apples
- Egusi
- Sardine
- Flour
- Granola