

The 3-Day Meal Plan For Eating Healthy

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IMPORTANT NOTE: The information in this book reflects the author's research, experiences and opinions and is not intended as medical advice. Before beginning any nutritional or exercise program, consult your doctor or physician to ensure it's appropriate for you.

Thank you for downloading the 3 Day Meal Plan for healthy eating.

Are you trying to eat healthier, but don't know what to eat?

This 3-day healthy meal plan provides many healthy options for breakfast, lunch, dinner and snacks.

The 3-Day Plan

	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	1 wrap of Moi Moi	1 cup cooked Rice 2 cups - Mixed Vegetable 1 portion Beef Stew	Watermelon (1 Cup)	1 Portion - Fish Pepper soup
DAY 2	Oat Meal Porridge with Diced Banana	1 cup - Boiled Beans ½ cup - Fish Stew	1 Boiled Egg	Sweet Potato with Egg Stew
DAY 3	Vegetable Omelette Egg 1 diced Avocado 1 slice - Bread	1 Boiled Plantain 1 portion - Vegetable Stew	1 cup - Fruit Salad	½ cup Oat or Eba 1cup - Okra soup

Your Healthy Meals should contain a decent amount of 3 major nutrients:

1. Carbohydrates
2. Protein
3. Fats

Portion Control: The simple Step to determine what size of food to eat daily:

When eating your meals, you need to have them in specific portions on your eating plate to ensure that you are consuming less calories.

Get yourself a medium size food plate.

Divide the plate into two equal halves and further divide one of the halves into two.

Half of your plate should be filled with vegetables. One quarter with starchy carbs and the last quarter with protein as seen in picture below:



Below are examples of what your plate will look like:

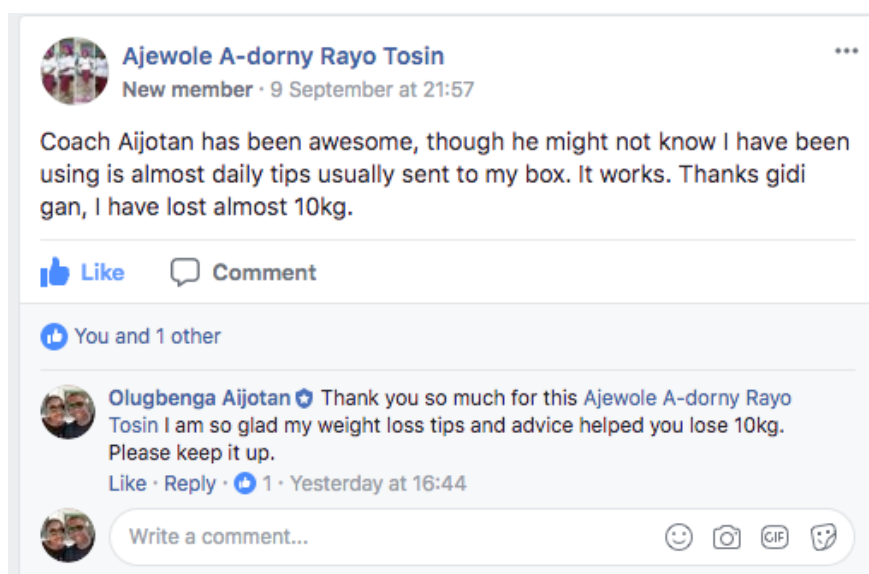


This type of plating ensures that your meals are lower in calories, have high quality nutrients and supports your fitness journey.

Add these low-calorie healthy meals on this meal plan to your daily eating starting from today and you'll enjoy every bit of it.

When you do, you'll feel healthier and become fitter and stronger.

See what Tosin has to say about following my healthy eating advice daily:



Thanks for reading.

I wish you a healthy life.

Olu Aijotan

Nutrition & Fitness Coach