

THE 1:1 DIET

by Cambridge Weight Plan®

RAMADAN PLAN

	STEP 1(600/800 Kcal)	STEP 2 (800 Kcal)	STEP 3 (1000Kcal)	STEP 4(1200Kcal)
SUHOOR	One2onediet meal	One2onediet meal	One2onediet meal & 200Kcal meal from Appendix B	One2onediet meal & 200Kcal meal from Appendix B
IFTAR	One2onediet meal	Break with water, 3 Dates and fruit option from Appendix A & One2onediet meal	Break with water, 3 Dates and fruit option from Appendix A & One2onediet meal	Break with water, 3 Dates and fruit option from Appendix A & One2onediet meal
ISHA	One2onediet meal	200 Calorie meal plan option from Appendix B & *water , tea & coffee	300 Calorie meal plan from Appendix C & *water, tea or coffee	400 Calorie meal plan from Appendix D & water, tea or coffee
TARAWAI	*One2onediet meal for people having 4 meals daily else 3 for people having 3 meals daily *Water, Tea & Coffee.	One2onediet meal *Water, Tea & coffee	Tea, coffee & skimmed milk	Pop square, ½ pack of bites, Bar or a 100 calorie snack

***it is important to stay hydrated on the plan**

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APPENDIX A

S/N	FRUITS	CALORIES
1	3 dry dates	180 Kcal
2	1 banana	105kcal
3	100g kiwi	61kcal
4	148g pear	85kcal
5	A hand full of grapes (92g)	62kcal
6	1 med size apple (182g)	92 kcal
7	200g African Cherry- Agbalumo	100kcal
8	280g Watermelon	85kcal
9	200g Pawpaw	78kcal
10	165g Mango - pieces	99kcal

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APPENDIX B

<p>MEALS & INGREDIENTS</p>	<p>Vegetable egg Muffin</p> <p>80g egg 114kcal</p> <p>80g of green vegetables 72kcal</p> <p>Total: 186 kcal</p>	<p>Oats and Banana</p> <p>40g Oats 113 kcal</p> <p>100ml Almond milk 13kcal</p> <p>1 Med Banana (7") 105kcal</p> <p>Total:231kcal</p>	<p>Green Smoothie</p> <p>1 cup raw spinach 7kcal</p> <p>1 cup Almond milk 40 kcal</p> <p>100g banana 89 kcal</p> <p>1 cup of cucumber 16 kcal</p> <p>Total: 152 kcal</p>	<p>French Toast</p> <p>40g slice of whole meal bread (Toasted) 95kcal</p> <p>60g egg 86kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>1 tsp Black pepper 6kcal</p> <p>Total:208 kcal</p>	<p>Cauliflower fried rice with grilled chicken</p> <p>200g Cauliflower 33 kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>50g Green pepper 10kcal</p> <p>25g Spring Onions 8kcal</p> <p>1 tsp Black pepper 6kcal</p> <p>1-tbs of mint leaf 2kcal</p> <p>90g of diced chicken 108 kcal</p> <p>Total:208 kcal</p>
<p>MEALS & INGREDIENTS</p>	<p>Peppered Hake / white Fish</p> <p>200g Stock fish (panla) 156kcal</p> <p>150g Green & white vegetable 34kcal</p>	<p>Steam cabbage with turkey gizzard/ diced snail.</p> <p>200g Steam cabbage 46kcal</p>	<p>Stir vegetables with Shrimps/ baked fish</p> <p>150g Green & white vegetable 34kcal</p> <p>10g Golden vegetables 12kcal</p>	<p>Oil-less seafood okra</p> <p>100g Okra 33kcal</p> <p>100g Pepper 15 kcal</p> <p>3g Iru 10kcal</p>	<p>Fish Pepper soup</p> <p>100g Dried fish 180 kcal.</p> <p>2tbs Max Pepper soup spice 20 kcal.</p>

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	<p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>Total:231Kcal</p>	<p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>120g turkey gizzard 113 kcal</p> <p>/120g of diced snail 114kcal</p> <p>Total: With Turkey gizzard: 200kcal With snail : 201kcal</p>	<p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>60g of baked Croaker fish114kcal/</p> <p>90g shrimps 99 kcal</p> <p>Total: With Croaker: 189 kcal/ With Shrimps: 174 kcal</p>	<p>45g shrimps 50 kcal</p> <p>80g farmed dried cat fish 106 kcal</p> <p>Total:214kcal</p>	<p>5g Golden vegetable 12kcal</p> <p>Total: 212kcal</p>
	<p>Peppered Snail & steamed cabbage</p> <p>300g Cabbage 70kcal</p> <p>120g of diced snail 114kcal.</p> <p>Total: 184kcal</p>	<p>Steam cabbage with grilled chicken</p> <p>100g of grilled chicken 96 kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>120g Green pepper 10kcal</p> <p>150g Cabbage 47kcal</p>	<p>Chicken pepper Soup</p> <p>160g boiled chicken 176 kcal.</p> <p>2tbs Max Pepper soup spice 20 kcal.</p> <p>Total:196kcal</p>	<p>Oil-less Efo Riro</p> <p>150g washed cut and steamed Shoko/UGU/GREEN/KALE leaves 35kcal</p> <p>80g Onions 40kcal</p> <p>100g Pepper 15 kcal</p> <p>3g Iru 10kcal</p> <p>5g Golden vegetable 12kcal</p> <p>60g farmed dried cat fish 92 kcal</p> <p>Total: 204kcal</p>	

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		Total: 194kcal			
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APPENDIX C

<p>MEALS & INGREDIENTS</p>	<p>Oats and Banana</p> <p>40g Oats 150 kcal</p> <p>200ml Almond milk 16kcal</p> <p>1 Med Banana (7") 105kcal</p> <p>Total: 268 kcal</p>	<p>French Toast</p> <p>80g slice of whole meal bread (Toasted) 190kcal</p> <p>60g egg 86kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>1 tsp Black pepper 6kcal</p> <p>Total: 303 kcal</p>	<p>Grilled peppered scaly fish with Moimoi.</p> <p>100g fish 150kcal</p> <p>150g of Moimoi 178kcal.</p> <p>Total: 328 kcal</p>	<p>Baked potatoes & stewed vegetables with fish</p> <p>148g Irish baked potato 150 kcal</p> <p>20g Onions 20kcal</p> <p>100g Pepper 15 kcal</p> <p>5g Golden vegetable 12kcal</p> <p>120g farmed dried cat fish 184 kcal</p> <p>Total: 306kcal</p>	<p>Cauliflower fried rice with grilled chicken</p> <p>200g Cauliflower 33 kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>50g Green pepper 10kcal</p> <p>25g Spring Onions 8kcal</p> <p>1 tsp Black pepper 6kcal</p> <p>1-tbs of mint leaf 2kcal</p> <p>180g of diced chicken 216kcal</p> <p>Total: 308 kcal</p>
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<p>MEALS & INGREDIENTS</p>	<p>Chicken Pepper soup</p> <p>250g Chicken 235 kcal</p> <p>2tbs Max Pepper soup spice 20 kcal.</p> <p>Total: 255kcal</p>	<p>Steam cabbage with turkey gizzard</p> <p>200g Steam cabbage 46kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>240g turkey gizzard 226 kcal</p> <p>Total: 316kcal</p>	<p>Steam cabbage with diced snail.</p> <p>200g Steam cabbage 46kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>240g of diced snail 228kcal</p> <p>Total: 314kcal</p>		<p>Pasta with turkey & spinach</p> <p>1 tsps. Of Olive oil 40 kcal</p> <p>100g Turkey breast 157kcal.</p> <p>10g Golden vegetable 24kcal</p> <p>4g Seasoning {Chili, Black pepper, and garlic cloves} 20kcal</p> <p>10g Golden vegetable 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>25g Onions 10kcal</p> <p>50g Mushroom 11 kcal</p> <p>180g Broccoli 77kcal</p> <p>200g Spring Onions 6kcal</p> <p>100g Colored bell peppers 26kcal</p>
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					180g of Pasta 235 kcal Total: 627 kcal ** Eat half portion 313.5kcal
MEALS & INGREDIENTS	<p>Steamed beans & boiled sweet with Fish Sauce.</p> <p>100g of steam beans 132kcal</p> <p>50g of boiled sweet potatoes 38 kcal</p> <p>60g farmed dried cat fish 91.2 kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>Total: 302 kcal</p>	<p>Stir vegetables with Shrimps and baked fish</p> <p>150g Green & white vegetable 34kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>60g of baked Croaker fish 114kcal/</p> <p>90g shrimps 99 kcal</p> <p>Total: 288 kcal</p>	<p>Oil-less seafood okra With Acha-Fonio</p> <p>100g Okra 33kcal</p> <p>100g Pepper 15 kcal</p> <p>3g Iru 10kcal</p> <p>45g shrimps 49 kcal</p> <p>80g farmed dried cat fish 106 kcal</p> <p>With</p>	<p>Oil-less seafood okra with Nigerian garden egg swallow</p> <p>100g Okra 33kcal</p> <p>100g Pepper 15 kcal</p> <p>3g Iru 10kcal</p> <p>90g shrimps 99 kcal</p> <p>80g farmed dried cat fish 106 kcal</p> <p>Nigerian garden egg swallow</p> <p>110g Green garden egg 38 kcal</p> <p>½ TSP psyllium husk 6 kcal</p> <p>Total:307kcal</p>	<p>Oil-less seafood okra With Green plantain</p> <p>100g Okra 33kcal</p> <p>100g Pepper 15 kcal</p> <p>3g Iru 10kcal</p> <p>45g shrimps 49 kcal</p> <p>80g farmed dried cat fish 106 kcal</p> <p>With</p> <p>100g green plantain Amala 85kcal</p> <p>Total: 306kcal</p>

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			<p>30g Acha-Fonio 113kcal</p> <p>Total: 321kcal</p>		
MEALS & INGREDIENTS	<p>Fish Pepper soup</p> <p>2tbs Max Pepper soup spice 20 kcal.</p> <p>5g Golden vegetable 12kcal</p> <p>180g farmed dried cat fish 275 kcal Total: 307kcal</p>	<p>Steam cabbage with grilled chicken</p> <p>250g of grilled chicken 192 kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>25g Onions 10kcal</p> <p>50g Green pepper 10kcal</p> <p>150g Cabbage 35kcal</p> <p>Total: 321kcal</p>	<p>Chicken pepper Soup</p> <p>260g boiled chicken 286 kcal.</p> <p>2tbs Max Pepper soup spice 20 kcal.</p> <p>Total: 306kcal</p>	<p>Oil-less Efo Riro</p> <p>150g washed cut and steamed Shoko/UGU/GREEN/KALE leaves 35kcal</p> <p>80g Onions 40kcal</p> <p>100g Pepper 15 kcal</p> <p>3g Iru 10kcal 5g Golden vegetable 12kcal</p> <p>120g farmed dried cat fish 182 kcal Total: 294 kcal</p>	<p>Peppered Hake / white Fish</p> <p>300g Stock fish (panla) 234kcal</p> <p>150g Green & white vegetable 34kcal</p> <p>10g Golden vegetables 12kcal</p> <p>25g Habanero pepper 9kcal</p> <p>50g Onions 20kcal</p> <p>Total: 309Kcal</p>

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APPENDIX D

<p>400kcal MEAL OPTIONS FOR STEP 4-1200 KCAL</p>	<p>Catfish Pepper soup 250g Catfish 378kcal 2tbs Max Pepper soup spice 20 kcal. Total: 398 kcal</p>	<p>Dried fish Pepper soup 200g Dried fish 360 kcal. 2tbs Max Pepper soup spice 20 kcal. Total: 380kcal</p>	<p>Hake/ white Pepper soup 450g Stock fish (panla) 312kcal 2tbs Max Pepper soup spice 20 kcal. Total: 371kcal</p>	<p>Chicken Pepper soup 450g Chicken 363 kcal 2tbs Max Pepper soup spice 20 kcal. Total: 383kcal</p>
<p>400kcal MEAL OPTIONS FOR STEP 4-1200 KCAL</p>	<p>Oil-less Efo Riro & Nigerian garden egg swallow 150g washed cut and steamed Shoko/UGU/GREEN/KALE leaves 35kcal 80g Onions 40kcal 100g Pepper 15 kcal 3g Iru 10kcal 5g Golden vegetable 12kcal 60g farmed dried cat fish 91.2 kcal 110g Green garden egg 38 kcal ½ TSP psyllium husk 6 kcal Total: 365kcal</p>	<p>Oil-less Efo Riro & Plantain Swallow 150g washed cut and steamed Shoko/UGU/GREEN/KALE leaves 35kcal 80g Onions 40kcal 100g Pepper 15 kcal 3g Iru 10kcal 5g Golden vegetable 12kcal 60g farmed dried cat fish 91.2 kcal 100g green plantain 85kcal Total: 400kcal</p>	<p>Irish baked potato with of peppered dried fish 148g Irish baked potato 150 kcal 80g Onions 40kcal 100g Pepper 15 kcal 10g Golden vegetable 24kcal 120g farmed dried cat fish 182 kcal Total: 421kcal</p>	<p>Melting sweet potatoes with herbs and garlic 200g melting sweet potatoes 220kcal 50g of grilled chicken 75kcal. 1 tbs extra-virgin olive oil 40kcal 1 teaspoons chopped fresh thyme 3kcal 1 teaspoons chopped fresh rosemary 4kcal 1 teaspoon paprika 6kcal 5g Golden vegetable 12kcal Max 100g Pepper 15 kcal 2 tablespoon chicken broth 10 kcal Total: 386kcal</p>
<p>400kcal</p>	<p>Unripe plantain porridge 250g of Unripe plantain</p>	<p>Grilled peppered scaly fish with moimoi.</p>	<p>Boiled/grilled semi ripe plantain with peppered scrambled eggs</p>	<p>Oil-less Ewedu (jute leaves)</p>

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<p>MEAL OPTIONS FOR STEP 4-1200 KCAL</p>	<p>10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 100g Onions 40kcal 100g dried Fish 160kcal 50g Shoko/greens/kale/ugu 15kcal 200g Simi ripe plantain 160kcal Total: 406 kcal</p>	<p>100g fish 150kcal 200g of Moimoi 238kcal. Total: 388 kcal</p>	<p>250g just ripe plantain 200kcal 80g egg 114kcal 80g of green vegetables 72kcal Total: 386 kcal</p>	<p>2 cups of raw Ewedu 68kcal, 140g farmed dried cat fish 214kcal 25g Habanero pepper 9kcal 10g Golden vegetables 12kcal 45g shrimps 50 kcal 6g Iru (locus beans) 18 kcal - Optional Total: 362 kcal</p>
<p>400kcal MEAL OPTIONS FOR STEP 4-1200 KCAL</p>	<p>Oil-less Ewedu (jute leaves) with Plantain swallow 1 cups of raw Ewedu 34kcal, 70g farmed dried cat fish 107kcal 45g shrimps 50 kcal 25g Habanero pepper 9kcal 10g Golden vegetables 12kcal 6g Iru (locus beans) 18 kcal – Optional 200g green plantain 170kcal Total: 400 kcal</p>	<p>Stir-fry vegetables and chicken 150g Green & white vegetable 34kcal 10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 50g Onions 20kcal 300g boiled chicken 318kcal. Total: 393kcal</p>	<p>Green & white vegetable salad & peppered Guinea fowl 350g Green & white vegetable 80 kcal 200g Peppered Guinea fowl 316kcal Total: 396 kcal</p>	<p>Steamed beans & boiled sweet with Fish Sauce 100g of steam beans 132kcal 50g of boiled sweet potatoes 38 kcal 120g farmed dried cat fish 182 kcal 10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 50g Onions 20kcal Total: 393 kcal</p>
<p>400kcal</p>	<p>Couscous and chicken 157g Couscous 176 kcal</p>	<p>Salad and roasted chicken</p>	<p>Fish Salad</p>	<p>Stir vegetables with Shrimps</p>

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<p>MEAL OPTIONS FOR STEP 4-1200 KCAL</p>	<p>10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 50g Onions 20kcal 180g chicken 191 kcal Total: 408 kcal</p>	<p>150g of green and white vegetable 34 kcal 160g roasted chicken 228 kcal. 25g Habanero pepper 9kcal 2 medium tomatoes 44kcal 110g grated carrots 45kcal 25g Onions 10kcal 192g cucumber 8kcal 50g Green pepper 10kcal Total: 388 kcal</p>	<p>150g of green and white vegetable 34 kcal 2 medium tomatoes 44kcal 110g grated carrots 45kcal 25g Onions 10kcal 192g cucumber 8kcal 50g Green pepper 10kcal 240g Tuna Fish 264 kcal. Total: 415 Kcal</p>	<p>200g stir-fry green or white vegetables 45 kcal 270g shrimps 198kcal 10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 100g Onions 40kcal Total: 403kcal</p>
<p>400kcal MEAL OPTIONS FOR STEP 4-1200 KCAL</p>	<p>Stir vegetables with baked fish 200g stir-fry green or white vegetables 45 kcal 60g of baked Croaker fish 224kcal 10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 50g Onions 20kcal Total: 185kcal</p>	<p>Steam cabbage with grilled chicken 300g of grilled chicken 288 kcal 10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 25g Onions 10kcal 50g Green pepper 10kcal 200g Cabbage 47kcal Total: 376Kcal</p>	<p>Peppered Hake/white fish with Steamed Cabbage 10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 50g Onions 20kcal 50g Green pepper 10kcal 300g Hake 234kcal 200g Cabbage 47kcal Total: 332kcal</p>	<p>Peppered chicken with green & white vegetables 350g Green & white vegetable 80 kcal 200g boiled chicken 212kcal 10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 50g Onions 20kcal 50g Green pepper 10kcal Total : 341kcal</p>

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<p>400kcal MEAL OPTIONS FOR STEP 4- 1200 KCAL</p>	<p>Vegetable egg omelet 160g egg 228kcal 160g of green vegetables 144kcal Total: 432kcal</p>	<p>Cauliflower fried rice with grilled chicken 200g Cauliflower 33 kcal 10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 50g Onions 20kcal 50g Green pepper 10kcal 25g Spring Onions 8kcal 1 tsp Black pepper 6kcal 1-tbs of mint leaf 2kcal 250g of diced chicken 300 kcal Total: 400 Kcal</p>	<p>Steamed Broccoli, cauliflower and Chicken 100g Tofu 76kcal 200g Cauliflower 32 kcal 10g Golden vegetables 12kcal 25g Habanero pepper 9kcal 50g Onions 20kcal 200g Broccoli 68kcal 180g of diced chicken 216 kcal Total: 357kcal</p>	<p>Oil-less seafood okra 200g Okra 66kcal 100g Pepper 15 kcal 6g Iru 20kcal 5g Golden vegetable 12kcal 90g shrimps 100 kcal 100g farmed dried cat fish 183 kcal Total: 396 kcal</p>
<p>400kcal MEAL OPTIONS FOR STEP 4- 1200 KCAL</p>	<p>Oil-less seafood okra with Tuwo Shinkafa 100g Okra 33kcal 100g Pepper 15 kcal 3g Iru 10kcal 45g shrimps 50 kcal 60g farmed dried cat fish 81 kcal 125g Tuwo shinkafa 216 Kcal Total: 404kcal</p>	<p>Grilled peppered scaly fish with Salad 150g fish 225kcal 350g Green & white vegetable 126 kcal 2 medium tomatoes 44kcal 110g grated carrots 45kcal Total: kcal</p>		