

West African low carb meal plan < 130 grams of carbohydrates per day

Reducing weight and maintaining a healthy weight through lifestyle interventions can reduce your risk of developing type 2 diabetes. Evidence suggests that low-carb diets are safe and can improve blood glucose levels in the short term, as well as helping to achieve weight loss and reducing the risk of heart disease.

Common staple carbohydrates such as bread, white rice, and plantain can increase your blood glucose post-meal. These foods should be reduced in portion or replaced with high fibre choices such as wholegrain or with increasing portion sizes of vegetables at meal times.

Your healthcare teams can assist you with suitable dietary advice which is culturally tailored and sign post you towards suitable resources.

Find recipes and snacks on our website: www.preventingdiabetes.org.uk



7-day West African low carb meal plan

< 130 grams of carbohydrates per day

	Breakfast:	Lunch:	Dinner:	Snacks:
Monday	 <p>Scrambled eggs with 1 slice of seeded bread 150g</p> <p>29g carbs</p>	 <p>Egusi soup 300g</p> <p>8 carbs</p>	 <p>Chicken stew 150g Jollof Rice 100g Plantain 30g</p> <p>42g carbs</p>	 <p>Papaya 200g</p> <p>15g carbs</p>
Tuesday	 <p>Boiled eggs 100g Cucumber, tomatoes, & mushrooms 150g Dumplings 60g</p> <p>22g carbs</p>	 <p>Fried coated fish 200g Fufu 120g</p> <p>32g carbs</p>	 <p>Spinach stew 300g Banku 100g</p> <p>30g carbs</p>	 <p>Berries 100g</p> <p>10g carbs</p>
Wednesday	 <p>Poached eggs with mushroom and avocados 160g</p> <p>4g carbs</p>	 <p>Pepper goat soup 300g Fufu 100g</p> <p>29g carbs</p>	 <p>Chicken Stew 140g Rice 100g Salad 75g</p> <p>38g carbs</p>	 <p>Handful of nuts 20g</p> <p>2g carbs</p>

	Breakfast:	Lunch:	Dinner:	Snacks:
Thursday	 <p>Mushroom omelette 200g 1 slice of seeded bread 35g</p> <p>20g carbs</p>	 <p>Okra Soup 200g Mixed salad 100g</p> <p>10g carbs</p>	 <p>Fish stew 300g Coconut rice 100g Fried plantain 60g Salad 100g</p> <p>48g carbs</p>	 <p>Mango slices 100g</p> <p>10g carbs</p>
Friday	 <p>Poached eggs, salmon & asparagus 200g</p> <p>3g carbs</p>	 <p>Grilled fish 250g Salad 200g</p> <p>7g carbs</p>	 <p>Chicken stew 100g Pap 150g Green vegetables 80g</p> <p>38g carbs</p>	 <p>Handful of nuts 20g</p> <p>2g carbs</p>
Saturday	 <p>Fried egg 1 slice of bread 35g</p> <p>15g carbs</p>	 <p>Ogbono soup (fish, beef and onion soup) 200g</p> <p>4g carbs</p>	 <p>Fish stew 300g Rice 100g</p> <p>32g carbs</p>	 <p>Orange 100g</p> <p>10g carbs</p>
Sunday	 <p>Vegetable Omelette 200g</p> <p>10g carbs</p>	 <p>Tilapia fish 400g Banku 100g</p> <p>40g carbs</p>	 <p>Black eye bean soup 200g Amala 100g</p> <p>35g carbs</p>	 <p>Handful of seeds 20g</p> <p>2g carbs</p>