



7-day

Daily meal plan

Supporting your diabetes management

MyWay  Diabetes

African diet



Welcome to our 7-day daily meal plan: African diet edition

Specially designed with individuals living with diabetes in mind. Delve into a flavourful journey that embraces the vibrant and nutritious culinary traditions of Africa while prioritising balanced meals.

Each day brings you a delightful assortment of dishes, rich in wholesome grains, lean proteins, colourful vegetables, and a variety of spices, ensuring a delicious and well-rounded meal plan that supports your health goals.

Let's embark on this culinary adventure together and savour the goodness of an African-inspired diet, tailored to meet the unique needs of diabetes management.

Day 1



Monday

7-day Daily meal plan: African diet edition

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Breakfast

Porridge

Oats (30g) with semi-skimmed milk (200ml)

206
Cals

30g
Carbs

5g
Fat



Lunch

Egusi soup

Soup (400g)

599
Cals

7g
Carbs

41g
Fat



Snack

Papaya

Papaya (100g)

36
Cals

9g
Carbs

0g
Fat



Dinner

Chicken stew & jollof rice

Chicken stew (140g) and rice (100g)

350
Cals

37g
Carbs

17g
Fat



Day 2



Tuesday

7-day Daily meal plan: African diet edition

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Breakfast

Boiled eggs with vegetables

Eggs (2) with vegetables (30g)

197
Cals

3g
Carbs

11g
Fat



Lunch

Fish stew and rice

Fish stew (150g) with brown rice (100g)

291
Cals

33g
Carbs

11g
Fat



Snack

Berries

Berries (80g)

20
Cals

4g
Carbs

0g
Fat



Dinner

Chicken stew and rice

Chicken stew (150g) with brown rice (100g)

353
Cals

35g
Carbs

18g
Fat



Day 3



Wednesday

7-day Daily meal plan: African diet edition

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Breakfast

Poached eggs

Eggs (2) with mushrooms (70g) and avocado (70g)

364
Cals

1g
Carbs

12g
Fat



Lunch

Coated fish and salad

Coated fish (100g) and salad (50g)

232
Cals

23g
Carbs

9g
Fat



Snack

Peaches

Peach (medium sized)

46
Cals

10g
Carbs

0g
Fat



Dinner

Chicken stew with pap and green vegetables

Chicken stew (140g) with pap (200g) and green vegetables (80g)

532
Cals

65g
Carbs

20g
Fat



Day 4



Thursday

7-day Daily meal plan: African diet edition

M T W **T** F S S

Breakfast

Fried egg

Eggs (2) with 1 slice seeded bread and butter (1 tsp)

400
Cals

19g
Carbs

26g
Fat



Lunch

Okra soup

Soup (160g)

96
Cals

5g
Carbs

5g
Fat



Snack

Mango

Mango slices (80g)

46
Cals

11g
Carbs

0g
Fat



Dinner

Beef stew and rice

Beef stew (150g) and brown rice (100g)

291
Cals

36g
Carbs

19g
Fat



Day 5



Friday

7-day Daily meal plan: African diet edition

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Breakfast

Beans with eggs

Boiled eggs (2) with beans (80g) and 1 slice seeded bread

322
Cals

27g
Carbs

16g
Fat



Lunch

Ogbono soup

Soup (200g) with green vegetables (80g)

275
Cals

4g
Carbs

14g
Fat



Snack

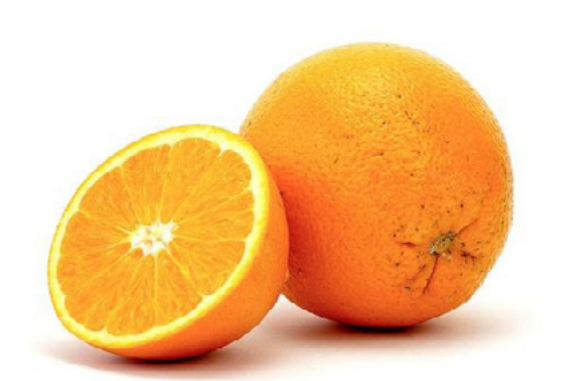
Orange

Orange (1 whole)

38
Cals

4g
Carbs

0g
Fat



Dinner

Black eye bean soup

Soup (85g) with mixed vegetables (80g)

131
Cals

20g
Carbs

1g
Fat



Day 6



Saturday

7-day Daily meal plan: African diet edition

M T W T F **S** S

Breakfast

Poached eggs with salmon and avocado

Eggs (2) with salmon (50g) and avocado (70g)

382
Cals

1g
Carbs

14g
Fat



Lunch

Pepper goat soup

Soup (200g)

142
Cals

2g
Carbs

5g
Fat



Snack

Walnuts

Portion (30g)

206
Cals

1g
Carbs

21g
Fat



Dinner

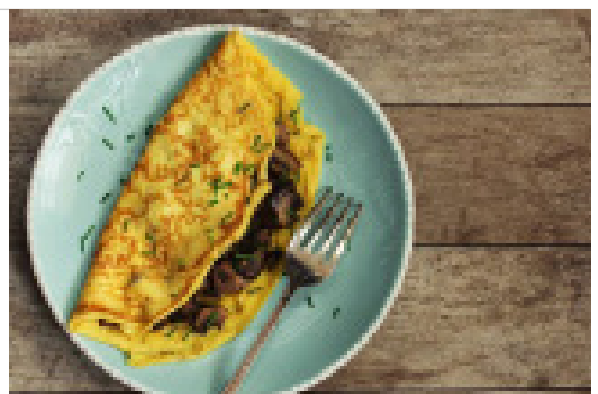
Mushroom omelette

Made with 2 eggs and mushrooms (40g)

233
Cals

0g
Carbs

20g
Fat



Day 7



Sunday

7-day Daily meal plan: African diet edition

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Breakfast

Cornmeal porridge with carnation milk

Portion (200g)

268
Cals

42g
Carbs

7g
Fat



Lunch

Tilapia fish with banku

Tilapia fish (100g) with banku (100g) and vegetables (80g)

450
Cals

44g
Carbs

21g
Fat



Snack

Melon

Melon (125g)

34
Cals

8g
Carbs

0g
Fat



Dinner

Spinach stew

Stew (200g) with pap (100g)

254
Cals

40g
Carbs

8g
Fat





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