



Healthy Weight Gain Client

Basic Tier

Daily Calorie Target: **2,700 kcal**

- **Breakfast (630 kcal):**

Fruggies Granola Bowl

- ½ cup (60g) Fruggies Granola
- 1 cup (250g) full-fat Greek yogurt
- 1 banana, sliced
- 1 tbsp groundnut paste
- 1 scoop of protein powder

Drink: 1 cup (250ml) mango smoothie (1½ cup diced mango with 1.5 cup full cream milk)

- **Snack 1 (150 kcal):**

- 3 boiled eggs with pepper (kosua ne meko)

- **Lunch (850 kcal):**

Jollof Rice with Chicken

- 2 cups (250g) jollof rice (cooked with minimal oil)
- 150g grilled chicken thigh (skinless)
- 1 cup steamed cabbage and carrots

Side: Small avocado salad (½ avocado, tomato, onion, salad dressing of choice).

- **Snack 2 (450 kcal):**

Banana Smoothie

- ¼ cup roasted groundnuts
- 2 tbsp Fruggies Granola
- 1 banana
- 1 cup (250ml) whole milk
- 1 tbsp Fruggies Granola (blended or sprinkled).

- **Supper (750 kcal):**

Beans Stew with fried Plantain

- 1½ cups (300g) red-red (bean stew cooked with palm oil)
- 1 medium sliced and fried plantain (150g)
- 2 boiled eggs .

Drink: 1 cup (250ml) pineapple juice.



Healthy Weight Gain Client Intermediate Tier

Daily Calorie Target: **2954 kcal**

Breakfast (800 kcal):

Fruggies Granola Smoothie Bowl

- ½ cup (60g) Fruggies Granola
- 1 cup (250g) full-fat Greek yogurt
- ¾ cup blended banana-avocado smoothie base
- 2 tbsp peanut butter + ¼ cup mango chunks

Snack 1 (99 kcal):

- 1 cup pineapple

Lunch (800 kcal):

Banku with pepper and tilapia

- 2 balls of banku (fist size)
- 1 large tilapia
- grinded pepper

Snack 2 (350 kcal):

Protein-Packed Smoothie

- 1 banana
- 1 scoop whey protein (or ½ cup Greek yogurt)
- 1 cup whole milk
- 1 tbsp Fruggies Granola.

Supper (905 kcal):

Chicken-Veggie with Plain rice

- 200g grilled chicken thigh
- 3 cups cooked rice
- 2 cups vegetable stew



Healthy Weight Gain Client Advance Tier

Daily Calorie Target: **3201.5 kcal**

- **Breakfast (1600 kcal):**

Fruggies Granola

1.5 cup (220g) Fruggies Granola

- 1.5 cup whole milk
- 1 banana
- 2 tbsp groundnut paste
- 1 scoop protein powder

- **Snack 1 (38 kcal):**

- Watermelon chunks

- **Lunch (850 kcal):**

Fufu with Groundnut Soup

- 1½ cups (200g) fufu (pounded yam/cassava mix)
- 1½ cups (350ml) groundnut soup (with chicken, 150g)
- 1 cup steamed okra and carrots

- **Snack 2 (55.5 kcal):**

- 1 coconut water with jelly.

- **Supper (658 kcal):**

Chicken Jollof

- 200g grilled chicken thigh
- 1 cup jollof rice

Drink: 1 cup (250ml) watermelon-pineapple juice.