



3-day meal plan curated for Weight Loss

As a nutrition enthusiast and an advocate for staying fit with the right combination of our everyday Ghanaian meals without necessarily breaking the bank, this meal plan will serve as a guide to help you get some ideas as well. We have included but not limited to: Fruggies Granola, juices, salads, smoothies, wraps, and Ghanaian staples like rice, beans, banku, and others.

The plan is structured in three tiers

1. Basic,
2. Intermediate,
3. Advanced, all engineered to accommodate different levels of commitment, and nutritional precision. Each tier includes: breakfast, lunch, supper and healthy snacks with portion control for body goals, ensuring balanced nutrition aligned with their goals. Ghanaian flavors and ingredients are woven in for cultural relevance.

General Guidelines

1. Weight Loss Client (WL): Focus on calorie deficit (approx. 1,500–1,800 kcal/day), high fiber, lean proteins, and low refined carbs. Portions are smaller, with emphasis on nutrient density.
2. Healthy Weight Gain Client (WG): Focus on calorie surplus (approx. 2,500–3,000 kcal/day), high protein, healthy fats, and complex carbs. Portions are larger to support muscle growth.



- Fruggies Granola: Used as a nutrient-packed ingredient for breakfast and snacks, rich in oats, nuts, and dried fruits.
- Portion Control for Ghanaian Meals: Measured using standard cups, spoons, or hand-sized references to simplify adherence.
- Hydration: Both clients should drink 2–3 liters of water daily, supplemented with juices/smoothies and coconut water

Basic Meal Plan

Overview: Simple recipes, minimal prep, and familiar ingredients for beginners. Focus on accessibility and portion awareness.

Breakfast (350 kcal):

Daily Calorie Target: 1,600 kcal

- Fruggies Granola Yogurt Bowl
 - ¼ cup (30g) Fruggies Granola
 - ½ cup (125g) low-fat Greek yogurt
 - ½ cup sliced pineapple or any preferred fruit options
- Drink: 1 cup (500ml) freshly pressed juices (no sugar). Or coconut water

Snack 1 (100 kcal)

- Veggie Sticks 1 small carrot + ½ cucumber, sliced or
- 1 tbsp groundnut paste on 1 apple sliced or 2 fingers local banana or 1 foreign banana.

Lunch option 1 (475 kcal):

- Regular meal – rice, banku, other.
 - 1 cup (250ml) vegetable stew or any preferred sauce
 - ½ cup cooked banku (size of a small fist, 100g)



Or

Lunch option 2 (475 kcal)

- 1 cup cooked rice with vegetable stew or preferred sauce as aforementioned.
- 2 boiled egg

Or

Lunch option 3 (162 kcal):

- Side: Small portion salad (lettuce, cucumber, bell pepper, onion, carrots.) with a sprinkle of salt and pepper and a tin of tuna.

Snack 2 (100 kcal):

- Fruggies Granola Handful
- 2 tbsp (15g) Fruggies Granola

Supper (500 kcal):

Full protein Wrap

- 1 medium whole-wheat wrap (8-inch)
- 100g or 1 cup of proteins (chicken, eggs and tuna)
- 1 cup shredded lettuce, bell pepper, onion, carrots etc.
- 1 tbsp salad dressing or mayo.

Drink:

1 cup (500ml) watermelon & beetroot juice (no sugar).

Intermediate Meal Plan

Overview: Incorporates meal prep and balanced activity schedule.

Intermediate Tier

Daily Calorie Target: 1,393 kcal

Breakfast (400 kcal):

Fruggies Granola Smoothie Bowl

- ½ cup blended mango + spinach + ½ cup (125g) low-fat yogurt smoothie base
Topped with the following.
- ¼ cup (30g) Fruggies Granola
- 1 tbsp chia seeds.

**Snack 1 (99 kcal):**

Drink: 1 medium cucumber, 1 medium lemon (juiced), 1 cup chunk pineapple.

Lunch (476 kcal):

Waakye with Veggie Stew

- 1 cup (195g which is 216 kcal) waakye (rice and beans mix)
- 1 cup (250ml) light vegetable stew (tomatoes, minimal oil)
- 100g grilled chicken breast

Snack 2 (68 kcal):

Fruggies Granola Energy Bite

- 1 tbsp (10g) Fruggies Granola mixed with 1 tsp honey, rolled into 2 small balls frozen for an hour.

Supper (350 kcal):

Boiled potatoes with chicken vegetable sauce

- 0.5 cup boiled potatoes
- 1 cup (250ml) vegetable stew or any preferred sauce
- 100g chicken chunks.

Drink: 1 cup (250ml) green tea unsweetened.



Advanced Meal Plan

Overview: Practicing one-meal a day with intermittent fasting. The goal is condition the body to feed or reserves.

Advanced Tier

Daily Calorie Target: 974 kcal

Breakfast (2 kcal):

- 1 cup (250 ml) green tea sweetened with zero calorie sweetener (stevia) no milk.

OR

- 1 cup (250 ml) coffee sweetened with zero calorie sweetener (stevia) no milk.

Lunch (111 kcal):

- 2 coconuts with the jelly (coconut food)

Supper (149 kcal):

Fruggies Granola green smoothie:

- ¼ cup (30g) Fruggies Granola
- 1 cup (150ml) almond milk
- ½ cup blended kale or spinach or dandelion or moringa
- 1 cup pineapple chunk.

Main meal (710 kcal)

- 1 cup cooked quinoa stir-fry
- 1 cup chopped onions, carrots, bell pepper.
- 3 eggs
- 100g chicken breast