



# 7-Day Eazy Plan



	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Monday</b>	Cornflakes/Cocopops/any cereal of choice	Noodles + Eggs + mixed veggies	Suya + Garri soakings	Zobo + Fishroll
<b>Tuesday</b>	Oatmeal porridge + 1 Apple	Spaghetti concoction + Fish or Egg	Watermelon and Banana smoothie	Coconut Chips
<b>Wednesday</b>	Bread + Butter and Tea	Yam or Potato Porridge + fish	Okro soup/vegetable soup and Wheat swallow or Eba	Plantain or Potato chips
<b>Thursday</b>	Risky burger (bread toast)	Concoction rice + steamed vegetables	Garri soakings + Groundnut	Banana Or Any fruit of choice
<b>Friday</b>	Boiled or fried Plantain and Egg	Beans and Rice Stir fry Or Rice and Beans porridge and fish	Suya Or Shawarma	Pawpaw + Apple
<b>Saturday</b>	Moimoi + Pap/oatmeal + Fish	Ogbono soup/any soup of choice +Eba or Oat swallow	Cereal	Banana Milkshake
<b>Sunday</b>	Parfait + Granola or Fries	Stir fried rice + Chicken + Plantain + salad	Swallow and Egusi soup/soup of choice	Order in some Pizza, Suya, Shawarma, Burger

## 1. Noodles

### Ingredients

- Green peas
- Diced carrots
- Sliced spring onions
- Chili flakes
- Chopped onions
- Chopped garlic
- Fresh raw eggs
- Vegetable oil

### Directions

- In boiling water, add noodles and allow to cook for about three minutes
- Strain liquid and set aside
- In a pan heat up some oil, and scramble some eggs
- Once the eggs are well scrambled, set aside in the pan and add some onions and garlic
- Add the green peas, diced carrots, and spring onions
- Next, add the chili flakes and add the instant noodle seasoning
- Stir together and add cooked noodles
- Add some more spring onions for garnish, stir to combine and turn off the heat

## 2. Beef Suya

### Ingredients

- Tender beef (cut into flat chunks)
- African nutmeg
- Cayenne pepper
- Paprika
- Ginger powder
- Garlic powder
- Onion powder
- Salt
- Seasoning powder
- Ground cloves
- Roasted peanuts
- Vegetable oil

### Directions

- In a bowl, combine all the dry ingredients, the African nutmeg, cayenne pepper, paprika, ginger and garlic powder.
- Follow with the onion powder, roasted peanuts, ground cloves, salt and seasoning powder.
- Mix well to combine and set aside
- In another bowl, drizzle some vegetable oil
- Transfer some of the seasoning mix into the beef and mix to combine
- Next, line the beef chunks on a wooden skewer
- Gently rub in the seasoning mix on both sides of the lined beef
- Brush some vegetable oil on the beef
- Grill the beef on both side for 10- 15 minutes
- Garnish with onions rings

### 3. Garri Soakings and Fried Fish

#### Fried fish ingredients

- Frozen Mackerel fish (gutted, cleaned and sliced)
- Fish seasoning
- Ground habanero pepper
- Plain Flour
- Salt (optional)
- Vegetable oil (for frying optional)
- Or an Air fryer (If you have one)

#### Ingredients

- Garri flakes
- Powdered milk
- Sugar or Honey (optional)
- Ice cubes
- Chilled water

#### Directions

- Begin by seasoning the cleaned mackerel with fish seasoning, and ground pepper.
- Set that aside.
- In another bowl, add some plain flour and salt or fish seasoning.
- Mix well, and begin to coat the seasoned fish in the flour mixture.
- Next, fry the fish on both sides in vegetable oil until it turns golden brown.
- Or cook in an Air fryer on both sides till it turns golden brown.
- Next, add in a bowl some garri, milk, sugar, ice cubes and chilled water
- Stir gently and serve with fried fish.

### 4. Spaghetti and Vegetable salad

#### Ingredients

- Pasta
- Vegetable oil
- Sesame oil
- Chopped onions and spring onions
- Sweet chili sauce
- Dry chili flakes
- Dark soy sauce
- Oyster sauce
- Sliced carrot
- Cooked prawns
- Cooked snails

#### Directions for spaghetti

- Boil the pasta in boiling water till almost cooked.
- Strain liquid and set the pasta aside (save some of the pasta liquid for use subsequently)
- In a pan, heat up some vegetable oil and some sesame oil.
- Sauté onions and spring onions to release their flavours.
- Add dry chili flakes, garlic, and some sweet chili sauce.
- Stir well to combine, and add the cooked pasta.
- Next, add dark soy sauce, oyster sauce, sliced carrots, and some pasta liquid.
- Mix well, and go in with the cooked prawns, snails and some more spring onions for garnish.
- Stir to combine, allow to cook for a minute and turn off the heat.

## 5. Fruits Smoothies

### Recipe 1 (Tropical berry smoothie)

#### Ingredients

- Pineapples (peeled and diced)
- Strawberries (washed and diced)
- Soya milk or Almond milk
- Ice cubes

#### Smoothie blender

#### Directions

In a smoothie blender, transfer the pineapple, strawberries and soya milk

Blend till smooth and serve

### Recipe 2

#### Ingredients

- Bananas (peeled and diced)
- Coconut milk
- Ice cubes

#### Directions

- Blend all ingredients in a smoothie blender
- Blend till smooth and serve

### Recipe 3

#### Ingredients

- Pineapples (peeled and diced)
- Pawpaw (peeled and diced)
- Bananas (peeled and diced)
- Ice cubes

#### Directions

- Blend all the ingredients in a smoothie blender
- Blend till smooth and serve

## 6. Nigerian sweet potato porridge

#### Ingredients

- Sweet potato (peeled, cleaned and cut into small bits)
- Vegetable oil
- Smoked Chicken
- Smoked fish
- Chopped onions
- Pepper mix (roughly blended red scotch bonnet pepper and onions)
- Seasoning powder
- Salt

#### Directions

- In a pot heat up some vegetable oil, and fry the smoked chicken and fish.
- Add the chopped onions, pepper mix, salt and seasoning powder.
- Add some water, cover and allow to boil.
- Into the boiling pot, add the sliced potatoes (ensure that the potatoes and water are on the same level).
- Cook the potatoes till soft.
- Stir, allow to simmer for a minute and turn off the heat.

## 7. Yam porridge (asaro)

### Ingredients

- Yam (peeled, washed and cut into small chunks)
- Pepper mix
- Crayfish powder
- Dry prawns
- Chopped onions
- Seasoning powder
- Salt
- Fresh prawns
- Sugar
- Palm oil

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

### Directions

- In a pot, heat some palm oil, go in with chopped onions and sauté for a minute
- Add the pepper mix, stir well, then add seasoning powder, salt and crayfish powder
- Cover and allow to cook for 10 minutes
- Next add dry prawn, yam and a tablespoon of sugar
- Add water to yam level, stir well
- Cover and allow to cook, until the yams soften
- Add the fresh prawns
- Using a spatula, mash the yams slightly to form a paste
- Stir well, allow to cook for 2 minutes and turn off the heat

## 8. Okro Soup

### Ingredients

- Grated and chopped Okra
- Goat meat
- Beef
- Ponmo
- Stockfish
- Smoked fish
- Onion
- Scotch bonnets (yellow and red)
- Cayenne pepper (shombo)
- Ogiri okpei
- Salt
- Seasoning powder
- Chopped Ugu leaves
- Chopped uziza leaves
- Crayfish powder
- Palm oil

### Directions

- Begin by boiling all the proteins the goat meat, beef, ponmo and stock fish, to the pot add onions seasoning cubes, some salt and scotch bonnet peppers.
- Do not add water at the beginning of cooking allow the proteins to cook in their juice.
- Cover the pot and cook till tender.
- Once the proteins are properly cooked add the blended peppers.
- Add the palm oil into the mix.
- Then add some crayfish (add half of the crayfish)
- Stir, cover and allow it to cook for about five minutes.
- Add the washed-up smoked fish then go along with

the ogiri okpei.

- Stir, cover it again and allow this to cook for another three minutes.
- Then add in the grated okra and the chopped okra.
- Add warm water (Do not add too much water at the beginning).
- Add the uziza leaves and ugwu leaves.
- Add the remaining ground crayfish.
- Add salt and seasoning cubes to taste if necessary.
- Once the okra is added do not let it cook for more than two minutes, turn off the heat.

## 9. Vegetable soup

### Ingredients

- Meat stock
- Cooked assorted meat (goat meat/ offals)
- Cooked stockfish
- Red scotch bonnet pepper (blended)
- Crayfish powder
- Palm oil
- Waterleaf (washed and sliced)
- Ugwu leaves (washed and sliced)
- Seasoning powder
- Salt

### Directions

- In a pot, pour in meat stock, cooked assorted meat, cooked stockfish, blended peppers and crayfish powder
- Allow to cook on low heat for 5 minutes
- Go in with more crayfish, seasoning powder, salt and palm oil
- cover and allow to simmer for a minute
- Next add the sliced waterleaf, more blended pepper, and stir well to combine
- Allow to cook for a minute
- Then go in with the sliced ugwu, periwinkle
- Allow to cook for 2 minutes and turn off the heat

Note: Do not overcook the vegetables

## **10. Sliced Bread with sardine and egg mixture (Risky burger)**

### **Ingredients**

- Mayonnaise
- Sardines
- Boiled eggs (mashed)
- Grated carrots
- Loaf or Sliced bread

### **Directions**

- Into a bowl, add two heaped spoons of mayonnaise, sardines, mashed eggs, and grated carrots
- Mix together to combine
- Next, begin to spread the mixture to sliced bread and cover with another slice
- Repeat the process until the mixture is exhausted
- Heat up a grilling pan with butter and grill the bread until golden brown.

## **11. Concoction Rice**

### **Ingredients**

- Pepper mix
- Vegetable oil
- Bay leaves
- Salt
- Curry powder
- Seasoning powder
- Shredded chicken
- Dry prawns

(pepper mix ingredients: Red scotch bonnet peppers, red bell pepper, garlic & Onions)

### **Directions**

- Begin by blending the red scotch, bell peppers, Onions and garlic (blend roughly)
- In a pot, heat some vegetable oil and margarine
- Sauté some chopped onions and add bay leaves
- Then go in with the blended pepper mix
- Stir fry for about 10 minutes
- Add salt, seasoning powder, curry powder, and thyme
- Stir, add very little water, cover and allow to cook
- After cooking for 2 minutes, add the washed rice
- Stir well, and add water to the rice level
- Cover, allow to cook till tender, and turn off the heat.

## 12. Steamed Vegetables

### Ingredients

- Vegetables of your choice (soko, ugwu, spinach)
- Vegetable oil
- Chopped onions
- Crayfish powder
- Giant prawns
- Bonga fish powder
- Seasoning powder
- Salt
- Shredded mackerel fish
- Smoked catfish

### Directions

- Begin by slicing your vegetables
- In a pot of boiling water, add the sliced vegetables (but do not cook the leaves)

**Note: once the leaves are introduced to the boiling water turn off the heat. This is the blanching technique**

- Allow the leaves to sit in water for 4 minutes after this immediately transfer the vegetable to cold running water or an ice bath (this is to stop the cooking process)
- Once the leaves cool, sieve and drain out all the liquid
- Next, heat very little vegetable oil, add chopped onions, crayfish powder, and giant prawns
- Follow with pepper mix, seasoning powder, bonga fish powder and salt
- Stir to combine, add shredded mackerel fish, and smoked catfish
- Cook for 2 minutes
- Finally, add the blanched vegetables, mix to combine and allow to simmer for 5 minutes
- Turn off the heat

**Note: do not overcook the vegetables**

## 13. Grilled fish & Roasted Plantain

### Ingredients

- Mackerel fish (cleaned and gutted)
- Plantains (peeled)
- Scotch bonnet pepper (Blended pepper)
- Paprika powder
- Fish seasoning
- Palm oil

### Directions

- Begin by scoring both sides of the fish, rub in the blended peppers on every part of the fish
- Follow this with fish seasoning, and paprika powder
- Next, rub in palm oil and set aside (ensure that all ingredients are evenly distributed on the fish)
- Transfer, the seasoned fish and peeled plantains into an oven
- Roast for 30 minutes, till properly cooked

## 14. Rice and Beans porridge

### Ingredients

- Cooked beans
- Basmati rice (soaked)
- Onions (chopped)
- Spring onions (chopped)
- Vegetable oil
- Ginger & garlic paste
- Crushed tomatoes
- Scotch bonnet peppers
- Dry fish
- Salt
- Seasoning powder
- Curry powder
- Paprika powder

### Directions

- Heat some cooking oil, sauté chopped onions, spring onions, ginger and garlic paste
- After a minute, add paprika powder, curry powder, crushed tomatoes and pepper
- Add seasoning powder and salt
- Fry till the oil separates from the sauce
- Next, add in the soaked basmati rice, stir with the sauce and ensure it is well combined
- Add in the cooked beans, stir again, and add some hot water (to rice level)
- Go in with the dry fish, and cook till soft
- After cooking for a few minutes, stir and turn off the heat

## 15. Rice and Beans porridge

### Ingredients

- Cooked beans
- Basmati rice (soaked)
- Onions (chopped)
- Spring onions (chopped)
- Vegetable oil
- Ginger & garlic paste
- Crushed tomatoes
- Scotch bonnet peppers
- Dry fish
- Salt
- Seasoning powder
- Curry powder
- Paprika powder

### Directions

- Heat some cooking oil, sauté chopped onions, spring onions, ginger and garlic paste
- After a minute, add paprika powder, curry powder, crushed tomatoes and pepper
- Add seasoning powder and salt
- Fry till the oil separates from the sauce
- Next, add in the soaked basmati rice, stir with the sauce and ensure it is well combined
- Add in the cooked beans, stir again, and add some hot water (to rice level)
- Go in with the dry fish, and cook till soft
- After cooking for a few minutes, stir and turn off the heat

## 16. Suya Shawarma

### Ingredients

- Roasted suya (minced)
- Cabbage (sliced)
- Carrot (grated)
- Cucumber (minced)
- Shawarma cream
- Tortilla wraps

### Cream mixture

- Greek yoghurt
- Mayonnaise
- Yaji
- Honey
- Lemon juice
- Black pepper
- Cayenne pepper

### Directions

- In a bowl, add the sliced cabbage, grated carrots, minced cucumber and suya
- Follow with the shawarma cream
- Mix thoroughly to combine and set aside
- Next, gently separate the tortilla wraps in two
- On a flat surface, gently place the wraps slightly on each other
- Then fill the wraps with the vegetable mix
- Fold and roll the wrap the shawarma, till it is completely sealed
- Grill on each side for 10 minutes, in an iron wrought pan
- Finally, wrap the cooked shawarma in foil paper

## 17. Moimoi

### Ingredients

- Beans (Washed and peeled)
- Red scotch bonnet
- Onions
- Dry crayfish
- Seasoning powder
- Salt
- Vegetable oil
- Water
- Smoked mackerel fish (Shredded and deboned)
- Eggs (boiled and sliced)

### Directions

- Blend peeled beans, scotch bonnet, onions and dry crayfish with water in a blender till a smooth paste-like consistency is achieved
- Turn the mixture into a bowl, add and mix vegetable oil, seasoning powder and salt to taste
- Once the mixture is well combined, add the shredded mackerel fish
- Add some water to loosen up the paste
- Next, transfer the mixture into cooking cups
- Add the sliced eggs and shredded fish as toppings
- Gently put the cooking cups into a pot of boiling water
- Steam for about 35 minutes and turn off the heat

## 18. Ogbono Soup

### Ingredients

- Cooked meat
- Ponmo
- Meat stock
- Stockfish (cleaned and boiled)
- Dried fish (washed and cleaned)
- Red & Yellow scotch bonnet (Grinded)
- Crayfish powder
- Seasoning powder
- Salt
- Ogbono (pounded in red oil)
- Ugwu Leaves (washed and sliced)
- Uziza leaves (washed and sliced)

### Directions

- Begin by adding a generous quantity of meat stock to a pot.
- Add Cameroon pepper, and a generous quantity of crayfish.
- Gradually add in ogbono.
- Stir the mixture well (to prevent lumps).
- Keep stirring till it starts to thicken.
- Add the cooked proteins, stock fish, and ponmo.
- Stir well, and add more water to loosen up (if the soup becomes too thick).
- Add more crayfish.
- Adjust with seasoning powder, salt and pepper if necessary.
- Finally, add dried fish, then go in with ugwu and uziza leaves.
- Stir to combine, cook for a minute and turn off the heat.

## 19. Milkshake recipe

### Ingredients

- Vanilla flavoured Ice cream
- Strawberry flavoured Ice cream
- Liquid milk
- Whipped cream
- Toppings (optional)

### Directions

- Blend the different ice cream flavours with liquid milk separately
- Serve in layers to make it colourful
- Garnish with whipped cream
- Add toppings for garnish

## 20. Fruits and Yoghurt Parfait

### Ingredients

- Apples (washed and diced)
- Banana (peeled and diced)
- African pear (washed and diced)
- And any other fruits of choice
- Granola
- Unsweetened Greek yoghurt
- Honey
- Chia seeds

### Directions

- In a cup, make the first layer by adding some granola
- Next, add Greek yoghurt, drizzle some honey and some chia seeds
- Proceed to add the fruits by layers, apples, banana, and the African pear
- Repeat the layering process until all the ingredients have been exhausted

## 21. Stir Fry Rice

### Ingredients

- Fresh raw eggs (3 medium-sized pieces)
- Chopped frankfurters
- Chopped onions
- Prawns (gutted and cleaned)
- Cooked rice
- Diced carrots
- Sliced Scotch bonnet
- Sliced spring onions
- Seasoning powder
- Salt
- Vegetable oil
- Oyster sauce
- Curry powder

### Directions

- In a pan, fry the cracked eggs
- Add the chopped frankfurters onions and prawns
- Allow to fry for 4 minutes
- Add the cooked rice, diced carrots, sliced peppers, spring onions
- Next add seasoning powder, salt and drizzle some vegetable oil
- Stir well to combine, then go in with oyster sauce and curry powder
- Continue to stir for 2 more minutes and turn off the heat.

## 22. Nigerian Salad

### Ingredients

- Cabbage (thinly sliced)
- Chopped carrots
- Grated carrots
- Baked beans
- Cooked macaroni
- Precooked sausages (diced)
- Cucumbers (peeled and diced)
- Cooked shrimps
- Corned beef
- Lettuce (thinly sliced)
- Boiled eggs (sliced)
- Cream mix

### Cream

- Mayonnaise
- Drops of lemon juice
- Full cream milk
- Sugar
- Parsley flakes

### Directions

- In a bowl, add the thinly sliced cabbage, chopped and grated carrots
- Also go in with the baked beans, cooked macaroni, sausages and diced cucumbers
- Then add the cooked shrimp, corned beef, lettuce and boiled eggs
- Set this aside
- To prepare the cream mix, add a bowl some

mayonnaise, drops of lemon juice, full cream milk

- Also, add some sugar and parsley flakes
- Give it a good mix to combine.
- Finally, add the cream mix to the salad
- Mix well to combine, and refrigerate for an hour before consumption.

## 23. Egusi soup

### Ingredients

- Egusi seeds (ground)
- Stockfish (soaked and seasoned)
- Fresh prawn (optional)
- Chicken/beef stock
- Chicken (Steamed and seasoned)
- Pepper mixture
- Ugwu leaves
- Palm oil
- Dry prawns
- Chopped onions
- Crayfish Powder
- Locust beans
- Crayfish seasoning powder
- Salt

(Pepper mix ingredients: tomato, scotch bonnet, bell peppers, and onions)

### Directions

- Heat some palm oil, and sauté onions in the slightly heated oil.
- Add crayfish powder and allow to fry along with the onions (cook on low heat)
- Stir, add dry prawns, and pepper mix, and allow to cook for 5 minutes
- Add the stockfish and seasoning powder (cook this till the oil starts to separate from the soup base).
- In a bowl, add the ground egusi and mix it with very little quantity of the chicken stock (mix till it thickens into a paste).

- Next, drop the egusi paste into the cooking soup base in small bits.
- Stir carefully till it begins to form tiny lumps or dissolves completely (continue to stir for 5 minutes).
- Add some chicken stock to loosen the soup (very little quantity to avoid over-seasoning).
- Add the fresh shrimp, stir, and allow to cook for 3 minutes.
- Go in with the cooked chicken, and mix well to combine
- Add some more water or chicken stock

**Note: Add chicken stock only if the soup requires more seasoning.**

- Cover and allow to cook for 5 minutes.
- Finally, add sliced ugwu, allow to simmer for 2 minutes and then turn off the heat