



Chinny 10 Day Meal Plan

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DAY 1 Don't Forget to drink Lots of Water TODAY

Breakfast

Smoothie mix

1 cup Spinach or Kale

1 Apple

1/4 pineapple

chai seeds (optional)

3 Tbsp Oats

Blend with water

2 Tbsp Honey (optional)

(I normal use a big glass)

Lunch

Steamed vegetables

bowl (season to Taste)

Fish Grilled or Steamed

pick any fish of your choice)

(2 slices)

Uriel's choice

(Salmon Titus (Mackerel)

Finish Lunch with (pick1)

Green Tea

Hot water with Lemon/Lime

Herbal Tea

If you are suffer from Acid reflux or
Ulcer Do not use Lemon or Lime

Dinner

Aim to Eat Dinner
before 8pm.)

2 Glasses of water 20 min
before Dinner

Salad bowl

choice of protein

1 Fish

2) Turkey

3) prawns

4) Chicken (Breast preferably)

5) Tofu

pls Note you can Not fry
your meat in heavy oil

I Grill or steam my Protein, if

I need to fry I use small
amounts of coconut

oil to light fry





DAY 2 Don't Forget to drink Lots of Water TODAY

Breakfast

Smoothie mix

1 Cup spinach or kale

1/2 Cucumber

1 banana

1/2 Apple

Thicken with 1/2 Cup (pick 1)

Greek Yogurt or Natural yogurt)

Oats Milk

Almond milk

2 Tbsp Honey (optional)

Add 1/2 cup water to blend.

Lunch

2 Glass of water 20 minute

before Lunch

Cabbage Carrot Stirfry

Fry Onion and Garlic

Add sliced Carrots

sliced Cabbage

sweet pepper (optional)

season with Fresh or Dry pepper.

1 Seasoning cube

Crayfish (optional)

serve with Steamed seasoned fish

(2 slices Max)

Drink a Glass of Favourite

Herbal Tea I prefer Green Tea.

Dinner

Salad Bowl

2 boiled Eggs

I love to add cooked
seasoned

beans into my salad.

Uriels favourite
(pick

kidney beans

white beans

butter beans

Negro black beans

Aim to Eat Dinner before
8pm





DAY 3 Don't Forget to drink Lots of Water TODAY

Breakfast

pick 1
 Green Tea with honey
 Hot water lemon/Lime
 Grape Fruit
 2 Glasses water
 Drink 20 mins before breakfast
smoothie mix
 paw paw 2 slices
 1 banana
 Carrot
 1/2 Apple
 3 Tbsp Oats
 THICKEN WITH
 WATER 1/2 cups
 Add 1/2 cup pick 1
 yogurt
 or Almond
 Soya milk
 Oats milk

Lunch

Salad bowl of choice
 half Grilled/boiled Plantain
 (you can season)
 serve with
 Egg white omelette

Dinner

pick 1
 Green Tea
 2 cups of water
 Hot water lemon/Lime
 Drink 20 minutes
 before Dinner
Green Smoothie
 1 cup spinach Or Kale
 1/2 Cucumber
 1/2 berries (optional)
 Chia seeds (optional)
 THICKEN with 1/2 Natural
 or Greek yogurt
 1/cup water
 Serve with
 protein of choice
 (enjoy more protien
 and vegetables)





DAY 4 Don't Forget to drink Lots of Water TODAY

Breakfast

1 cup of Oats
add water try to create
a smooth paste
2 Tbsp honey
Top oats with

1 Banana

1 Kiwi

you can Use any fruit of Choice.

Milk options (pick 1)

- 1) 1/4 cup Oats milk
- 2) 1/4 cup Almond milk
- 3) 1/4 cup Soya or any
low fat milk..

Uriels choice Oats milk or
Nothing

Lunch

Coconut sweet potato

Onions /Garlic

Carrot/ Thyme

fresh pepper

Curry

1 medium size sweet potato

Coconut milk

low cholesterol oil

(Uriels choice Coconut oil)

In 3 Tbsp oil Fry Onion/Garlic

Add sliced carrots

Add Fresh or Dry Thyme

add seasoning cubes

Curry powder / pepper

Coconut milk cook for 5 minutes

Add sweet potato chopped

serve with

Chicken or Fish

Dinner

steamed vegetables

Uriels choice Broccoli,

Cabbage spinach Carrots

I love to season my

vegetables

with onions and mild spices

serve with 2 boiled eggs

Pick your Drink

Green Tea

Hot water lemon/Lime

Chamomile Tea





DAY 5 Don't Forget to drink Lots of Water TODAY

Breakfast

Drink green tea 20 mins
before breakfast
(omelette remove the egg yoke)
white Egg omelette
season Egg to taste
3 Eggs remove yoke
Serve with 1 slice whole
wheat bread (No butter)
sliced 1/2 cucumber

Lunch

Steam and season 1 small
sweet potato season to taste
Add Greens or spinach
Bring to boil until we'll done
Serve with with Fish
Uriel's choice Grilled or steamed
Titus

Dinner

Salad bowl
Uriels Tip:
I love putting sweet Bell
peppers in my salad
I sprinkle black pepper
for Taste.





DAY 6 Don't Forget to drink Lots of Water TODAY

Breakfast

1 cup of Oats
add water try to create a
smooth paste
2 Tbsp honey
you can Use any fruit of Choice.
Milk options
1) 1/4 cup Oats milk
2) 1/4 cup Almond milk
3) 1/4 cup Soya or any low
fat milk..
Uriels choice
Oats milk or Nothing

Lunch

Chicken GREENS
Lightly Fry Onions/Garlic/
in oil 3 to 4 Tbsp max
ADD pre boiled chicken
Add pepper
Curry
Crayfish (optional)
Seasoning cubes
Add chopped
fresh tomatoes
(Tomato paste is ok)
Add sliced cabbage
Sliced Greens or Spinach

Dinner

Dinner
Salad bowl





DAY 7 Don't Forget to drink Lots of Water TODAY

Breakfast

Bran flakes 1 Cup
weetabix (2)
milk Options pick1
Almond
Oat Milk
Soya Milk
lactose free milk
Fat free Milk
Serve with 2 Fruits of choice.
1 Boiled Egg

Lunch

Steamed Mix vegetables
Serve with Grilled Chicken
or Fish (2 slices)

Enjoy a Glass of Green Tea

Dinner

1/2 boiled or Roasted plantain
Serve with veggie sauce
Lightly Fry Onions/ Ginger
in oil 3 to 4 Tbsp max
Add pepper Fresh or Dry
You can Use steamed
Dry fish or Fresh
Add Crayfish
Seasoning cubes
Add chopped fresh pepper/
tomatoes
(Tomato paste is ok)
Sliced Greens or Spinach
Don't forget to Drink water!!!

(enjoy more protien
and vegetables)





DAY 8 Don't Forget to drink Lots of Water TODAY

Breakfast

1 cup of Oats
add water try to create
a smooth paste

2 Tbsp honey

Top oats with

1 Banana

1 Kiwi

you can Use any fruit of Choice.

Milk options

1) 1/4 cup Oats milk

2) 1/4 cup Almond milk

3) 1/4 cup Soya or any low fat milk..

Uriels choice : Oats milk or
Nothing

Lunch

Salad bowl of your choice
serve with Choice of protein.

Uriels Tip: Now you can pick
your protein but I would
stay away from Red meat
Try some Turkey

Dinner

Steamed vegetables

Now you can introduce Rice!!!

Brown Rice

Buglur wheat

Cous Cous

measurements 1/2 a cup

Serve with Seasoned

vegetables

and your choice of protein





DAY 9 Don't Forget to drink Lots of Water TODAY

Breakfast

1 Cup of spinach
1 Carrot
1/2 Cucumber
1 banana
Ginger
4 Ugu leaves (optional)
blend with 1cup water
Two boiled eggs
1 slice whole wheat Toasted
bread..
Uriel's Tip: I like sprinkle
Coconut oil and a little
black pepper
on my Toast since
I don't Eat Butter

Lunch

1 small steamed Sweet potato
season to Taste
which vegetables are you adding??
its Day 9 make the right choice!!
(I would do Spinach or mixed
vegetables)
serve with Choice of protein

Dinner

Lets have some Green Tea!!
20 mins before dinner

1 Nigerian bean Cake
(moi moi)
Serve with Steamed
or Grilled fish
Don't forget your
vegetables!!!





DAY 10 Don't Forget to drink Lots of Water TODAY

Breakfast

1 cup of Oats
add water try to create
a smooth paste

2 Tbsp honey

Top oats with
any fruit of Choice.

Milk options

- 1) 1/4 cup Oats milk
- 2) 1/4 cup Almond milk
- 3) 1/4 cup Soya or any
low fat milk..

Uriels choice: Oats milk or
Nothing

Lunch

Black beans porridge
(you can use black eye beans)

parboil beans set aside
Onion, Garlic, Fresh pepper

Thyme

Curry

paprika

Crayfish (optional)

Fresh Tomatoes (chopped)
lightly Fry Onions/Garlic in

3 Tbsp of oil

Add chopped Tomato
pepper

Thyme/Curry powder
paprika

Add par boiled beans
cook until soft

Serve with Choice of protein

Dinner

1/2 Grilled Plantain or boiled
So thats one cut in Half)

Serve with steamed
vegetables

Grilled chicken or Fish



Congratulations you made it to Day 10!!