



BONUS #2: “WHAT DO I EAT NOW?” MEAL PLANNER

Have you ever been busy all day and suddenly asked yourself:

“Ah-ah... what am I going to eat now?”

This bonus is made for moments like that!

The **“What Do I Eat Now?” Meal Planner** helps you plan simple meals for the week using foods you already know and enjoy.

You can write down your:

- Breakfast
- Lunch
- Dinner
- Simple meal ideas

You do not need expensive foreign foods.

You can plan meals using familiar foods like rice, beans, eggs, fish, chicken, yam, vegetables, fruits, and other foods available to you.

Planning ahead can make life easier when you are tired and busy with your baby.

SIMPLE MEAL COMBINATION IDEAS FOR POSTPARTUM MUMS

Mom, you do not need expensive foreign foods to eat well. You can create simple, nourishing meals using foods you already know and enjoy.

Here are some easy meal combinations.



BREAKFAST IDEAS

1. Boiled Eggs + Yam + Vegetables

A simple and filling breakfast.

2. Moi Moi + Pap

A familiar Nigerian combination that can be easy to prepare.

3. Oatmeal + Banana + Groundnuts

Simple and convenient for busy mornings.

4. Boiled Plantain + Eggs

Add vegetables to the eggs when possible.

5. Whole-Grain Bread + Eggs + Fruit

A quick option for busy moms.

6. Beans + Plantain

Keep portions balanced and add vegetables when available.

7. Sweet Potatoes + Eggs

A simple combination that can keep you satisfied.

8. Pap + Moi Moi + Fruit

A good option when you want something light but filling.



LUNCH IDEAS

9. Rice + Fish + Vegetables

You can enjoy rice and make the meal more balanced.

10. Jollof Rice + Chicken + Salad

Yes, Mom—you can still enjoy jollof rice!

11. Beans + Fish + Vegetables

A simple and familiar Nigerian meal.

12. Yam + Egg Sauce + Vegetables

Try adding tomatoes, spinach, or other vegetables to your sauce.

13. Plantain + Beans + Vegetables

A filling meal with different food groups.

14. Rice + Beans + Fish

Add vegetables or salad when possible.

15. Boiled Potatoes + Fish + Vegetables

Simple, easy, and satisfying.

16. Ofada Rice + Vegetables + Protein

Enjoy a reasonable portion and add fish, chicken, or another protein.



DINNER IDEAS

17. Eba + Okra Soup + Fish

Enjoy a reasonable portion of swallow and plenty of soup.

18. Amala + Ewedu + Fish

A familiar meal that can fit into a balanced eating pattern.

19. Semolina + Vegetable Soup + Chicken or Fish

20. Pounded Yam + Vegetable Soup + Fish

Keep the portion comfortable and enjoy plenty of soup.

21. Semo + Okra Soup + Fish

22. Wheat + Egusi Soup + Vegetables

Enjoy the meal with plenty of vegetables where possible.

23. Eba + Vegetable Soup + Fish

24. Rice + Vegetable Sauce + Chicken

A simple dinner when you do not want swallow.



QUICK MEALS FOR VERY BUSY DAYS

Sometimes the baby is crying.

You are tired.

You have not slept well.

And cooking a big meal feels impossible!

Try simple combinations like these:

25. Boiled Eggs + Fruit

26. Bread + Eggs

27. Moi Moi + Fruit

28. Leftover Rice + Fish + Vegetables

29. Beans + Vegetables

30. Yam + Eggs

31. Oatmeal + Fruit

32. Plain Yogurt + Fruit

Choose an option that suits your dietary needs and preferences.



SIMPLE SNACK IDEAS

When you need something between meals, you can consider:

- Banana
- Orange
- Apple
- Watermelon
- Pawpaw
- Groundnuts in a moderate amount
- Boiled eggs
- Yogurt
- Fruit with a small handful of nuts, if suitable for you



DRINK IDEAS

Try to make water your regular everyday drink.

You can also enjoy:

- Plain water
- Unsweetened or lightly sweetened beverages
- Homemade drinks with limited added sugar

Try to reduce sugary drinks when possible.



MOM'S SIMPLE MEAL REMINDER

When planning your meals, try to remember:



ADD VEGETABLES

When possible, make vegetables a regular part of your meals.



ADD PROTEIN

Examples include fish, eggs, chicken, beans, and moi moi.



WATCH PORTION SIZES

You do not have to stop eating rice, yam, plantain, or swallow.

DRINK WATER

Keep water close to you during the day.

DON'T AIM FOR PERFECTION

Some days will be easier than others.

The goal is not to eat perfectly.

The goal is to make better choices more often.

One meal at a time, Mom. 