

CARBOHYDRATES

- **Whole grains like;**

1. **Rice**
2. **Millet**
3. **Acha**
4. **Guinea corn**
5. **Rye**
6. **Wheat**
7. **Oats**

- **Plantain**
- **Yam**
- **Potatoes**
- **Bulgur**
- **Couscous**
- **Beans**
- **Quinoa**
- **Banana**
- **Sphagetti**
- **Pasta**

PROTEINS

- **Lentils**
- **Bambara**
- **Lupin beans**
- **Chickpeas**
- **Soyabeans**
- **Eggs**
- **Any meat of choice**
- **Seafood**
- **Spirulina**
- **Fish**
- **Nuts**
- **Seeds**
- **Egusi**

Dairy

options like;

1. **Cheese**
2. **Milk**
3. **Yoghurt**

FATS

- **Nuts**
- **Coconut**
- **Seeds**
- **Ghee or Manshanu**
- **Tallow**
- **Nut and seed butters**
- **Butter**
- **Egusi**
- **All Healthy oils**

CPF FORMULA

- Every meal should contain at least 2 different vegetables
- Include fruit daily
- Essential vitamins and minerals will always be present in these if you offer a variety