The Eye-Friendly Nigerian Meal Plan

A 7-day plan built on food from your local market

BONUS #2

A word before you start cooking

This bonus builds on Chapter 5 of the Eye Restore Protocol™. It gives you seven full days of eating, using the same eye-friendly foods from the guide: ugu, moringa, carrots, pawpaw, mango, tatashe, tomatoes, oranges, eggs, fish and groundnuts. Nothing here is rare or imported. Everything can be bought fresh from an ordinary Nigerian market.

Swap any meal for another day's meal if you prefer, or repeat your favourites. The idea is not to follow this plan word for word. The idea is to keep eye-friendly food on your plate, every single day, for the 21 days and beyond.

The foods doing the work this week

LEAFY & GREEN	ORANGE & RED	PROTEIN & FAT
Ugu, moringa (zogale), cabbage	Carrots, tatashe, tomatoes, pawpaw, mango	Eggs, fish (titus, sardines), groundnuts

A note on health conditions

This meal plan is for general wellness and does not replace medical or dietary advice. If you live with diabetes, high blood pressure, kidney problems or any long-term illness, or if you are pregnant or breastfeeding, please check with your doctor or a dietitian before making changes to your diet. Adjust portion sizes and oil, salt and sugar to whatever your doctor has already advised for you.

Your One-Week Shopping List

Print & Take to Market

Buy what you need for the week in one trip. Choose fresh, firm vegetables and ripe (not overripe) fruit. Tick items off as you shop.

Leafy Vegetables & Herbs

- [ ] Ugu (fluted pumpkin leaves) – 2 bunches
- [ ] Moringa leaves (zogale), fresh or dried – 1 bunch or 1 small pack
- [ ] Cabbage – 1 small head
- [ ] Spinach or waterleaf (optional) – 1 bunch
- [ ] Scent leaf or basil (optional, for flavour) – a few sprigs

Protein

- [ ] Eggs – 1 crate (or as needed)
- [ ] Titus or mackerel, fresh or frozen – 4 to 6 pieces
- [ ] Sardines, tinned (optional, for busy days) – 2 to 3 tins
- [ ] Chicken or beef (optional, for variety) – to taste
- [ ] Groundnuts, roasted – 1 small bag
- [ ] Beans (optional) – 2 cups

Roots, Fruit & Vegetables

- [ ] Carrots – 1 kg
- [ ] Tatashe (red bell pepper) – 8 to 10
- [ ] Tomatoes – 1.5 kg
- [ ] Onions – 5 to 6 medium
- [ ] Ripe pawpaw – 1 medium
- [ ] Ripe mangoes – 4 to 6 (in season)
- [ ] Oranges – 6 to 8
- [ ] Cucumber – 2 (also useful for compresses)
- [ ] Ginger and garlic – small pieces

Pantry & Herbal Drinks

- [ ] Palm oil or groundnut oil – as usual
- [ ] Seasoning, salt and pepper – as usual, used lightly
- [ ] Moringa tea leaves (dried) – 1 small pack
- [ ] Fennel seeds – 1 small pack
- [ ] Dried zobo (hibiscus) leaves – 1 small pack
- [ ] Honey or lemon (optional, for drinks) – small amount

Shopping tip: buy leafy vegetables 2 to 3 times during the week rather than all at once, since they wilt fast. Keep fruit at room temperature to ripen, and refrigerate once ripe if you can.

Day 1: Ugu & Eggs

Day 1 of 7

MORNING	A glass of water, then 2 slices of ripe pawpaw. Boiled eggs and bread or akara.
MID-MORNING	Moringa leaf tea (1 cup), made as in Chapter 5.
LUNCH	Ugu and egg sauce (fry tatashe, tomato and onion, add chopped ugu, crack in 2 eggs) with yam, plantain or a little rice.
SNACK	A carrot, eaten raw or grated into a small salad.
EVENING	Light vegetable soup with your usual swallow, or grilled fish with a side salad.

Don't forget: your compress and evening ritual, plus water through the day.

Swap any meal here for another day's meal if it suits you better — consistency matters more than order.

Day 2: Carrot & Fruit

Day 2 of 7

MORNING	A glass of water. Oats or pap with a boiled egg.
MID-MORNING	Light zobo (unsweetened or lightly sweetened with honey).
LUNCH	Carrot and cabbage salad with tomato, cucumber, a little oil and lemon juice, alongside beans or rice.
SNACK	An orange or a small handful of groundnuts.
EVENING	Pepper-fish (grilled titus or mackerel) with a tomato and pepper sauce and steamed greens.

Don't forget: your compress and evening ritual, plus water through the day.

Swap any meal here for another day's meal if it suits you better — consistency matters more than order.

Day 3: Moringa Day

MORNING	A glass of water, then a slice of pawpaw or mango. Bread and eggs, or moi-moi.
MID-MORNING	Moringa leaf tea (1 cup).
LUNCH	Moringa leaf stew (moringa cooked into your usual stew or egusi) with rice or swallow.
SNACK	A ripe mango or pawpaw slice.
EVENING	A light vegetable soup with ugu and fish, and your usual swallow in moderation.

Don't forget: your compress and evening ritual, plus water through the day.

Swap any meal here for another day's meal if it suits you better — consistency matters more than order.

Day 4: Fish & Vegetables

MORNING	A glass of water. Boiled eggs and a slice of bread, with a cucumber slice on the side.
MID-MORNING	Moringa leaf tea or light zobo.
LUNCH	Fish with vegetables: grilled or lightly fried titus or mackerel with a tomato-pepper sauce and sautéed ugu or cabbage.
SNACK	A carrot or an orange.
EVENING	A light bean or vegetable soup, with fruit to close the day.

Don't forget: your compress and evening ritual, plus water through the day.

Swap any meal here for another day's meal if it suits you better — consistency matters more than order.

Day 5: Market Salad Day

MORNING	A glass of water, then 2 slices of pawpaw. Akara or oats.
MID-MORNING	Fennel seed drink (1 cup), taken after a meal.
LUNCH	Carrot and cabbage salad with boiled eggs or grilled fish on the side, and a fruit for dessert.
SNACK	Groundnuts and an orange.
EVENING	Vegetable soup (ugu or waterleaf) with your usual swallow, kept light.

Don't forget: your compress and evening ritual, plus water through the day.

Swap any meal here for another day's meal if it suits you better — consistency matters more than order.

Day 6: Family Favourite

MORNING	A glass of water. Your usual weekend breakfast, with a side of pawpaw or mango.
MID-MORNING	Light zobo or moringa tea.
LUNCH	Your family's usual Nigerian favourite (jollof, fried rice or soup and swallow), served with a side of carrot and cabbage salad or steamed greens.
SNACK	Groundnuts or an orange.
EVENING	A lighter meal: pepper-fish or vegetable soup, with fruit.

Don't forget: your compress and evening ritual, plus water through the day.

Swap any meal here for another day's meal if it suits you better — consistency matters more than order.

Day 7: A Full Eye-Friendly Day

MORNING	A glass of water, then pawpaw or mango. Boiled eggs and bread.
MID-MORNING	Your favourite herbal drink from the week.
LUNCH	Ugu and egg sauce or fish with vegetables, with rice, yam or beans.
SNACK	Carrot, orange and a small handful of groundnuts.
EVENING	Vegetable soup with your usual swallow, followed by your evening ritual from Chapter 4.

Don't forget: your compress and evening ritual, plus water through the day.

Swap any meal here for another day's meal if it suits you better — consistency matters more than order.