



# NUTRITION PLAN

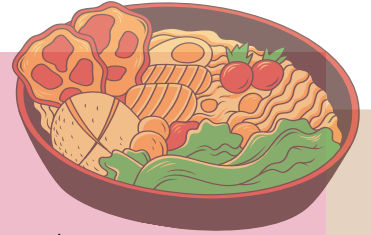
S O F I T

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## Disclaimer



1. **SOFIT** Challenges and meal plans include workouts and meals designed to be used independently at your own pace and risk. This program is not intended to treat or cure any illness and results will vary per participant.
2. Please consult with your physician before beginning any new health and fitness regimen. This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.
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# Welcome,

I created this meal plan to give you a healthy diet to follow in order to see lasting results. This meal plan should help you understand what types of meals are great to include in your diet and also give insight into what I eat everyday. These meals are all easy to make, healthy, well balanced, and are designed to help you shed unwanted fat while building lean muscle mass. I personally do not believe in diets because they don't work. Even if they do, they last for a few weeks before you realize that you can't sustain the amount of food you are eating or they are so restricted that you throw in the towel and go back to your old ways. A healthy meal guide helps you lose body fat and improve your body shape. The major benefits of this eating plan is that you get to eat REAL foods. There is no calorie, macro counting or weighing of food. You may have tried many diets before this or eating plans previously. I recommend you take progress photos at the start and finish of this 3-4 week plan.



The main questions I am often asked are "What workouts do you do?" and "What exercises work best?". What people fail to realise is that getting fit depends more on what you eat than the exercises you do. We've all heard the saying "you can't out train a bad diet" This statement couldn't be more true! Your health and what your body looks like largely depend on what types of foods you eat. People often make big mistakes when trying to get fit. These mistakes include trying to starve themselves, cutting out carbs, and consuming crazy diet pills. All of these things are unhealthy and can sometimes lead to small results that are short-lived but **NOT SUSTAINABLE**. Eating a healthy diet is so important and once it becomes part of your daily life it becomes much more easier to continue.





Two pink sticky notes are placed in the top right corner of the white paper.

# FOOD SHOPPING LIST

AND HOW TO CREATE A  
BALANCED MEAL



# Step 1: Protein

Protein is one of the most important nutrients, not just for muscle building, but for support, transport of nutrients, repairing cells and body tissues, including the skin, hair, muscle, and bone. Protein is also important for blood clotting, immune system responses, hormones, and enzymes.!

For protein, one serving can be measured as one to two palm-sizes of meat, fish, dairy or plant based source of protein. Protein is more than just beans, when you go for protein choose HIGH QUALITY protein!

Here are some examples of high quality protein to include in your shopping list & diet:

- ✓ Chicken breast
- ✓ Turkey mince
- ✓ Lean beef
- ✓ Salmon or other fish
- ✓ Low-fat dairy yogurt
- ✓ Protein bar
- ✓ Whey protein
- ✓ Egg Whites
- ✓ Quinoa
- ✓ Shrimp (seafood)
- ✓ Tuna
- ✓ Beans
- ✓ Greek Yogurt (10g protein per 100g)
- ✓ Salmon, Tilapia, Croaker





## Step 2: Veggies

Fill up half of your plate with vegetables. A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check!

Here are some examples of vegetables you can add to your shopping list, feel free to include your faves:

- ✓ Carrots
- ✓ Cucumbers
- ✓ Vegetable leaves (green leaves)
- ✓ Spinach
- ✓ Corn
- ✓ Cauliflower
- ✓ Lettuce
- ✓ Okra
- ✓ Onions, tomatoes + more!

The recommended serving size of Vegetables is roughly the size of your fist!





## Step 3: Carbs

Fill the remainder of your plate with carbs. Now why does this step come last? Carbohydrates such as rice are NOT BAD when portion control is implemented. However, it often comes as a surprise to see one true serving size of rice, pasta or bread. It is a lot smaller than one would think. That is why I recommend filling the plate up and adding the carb last! As a Nigerian we tend to over eat carbs and starch foods instead of creating a healthier balance so you'll see a plate filled to the top with rice and fried chicken and no vegetable in sight.

Here are some examples of good carbs

- ✓ Oats
- ✓ Brown rice and
  - ✓ Whole Wheat
- ✓ Potatoes
- ✓ Bulger
- ✓ Whole grain
- ✓ Rice cakes
- ✓ Legumes & Lentils
- ✓ Plantains
- ✓ Rice (White, Basmati, Jasmine, Brown)

The recommended serving size of Carbs is roughly  
1/2 a cup!





## Step 4: Fats

Add a source of healthy fats! Healthy fats simply means unsaturated fats, and not saturated. Dietary fat is not only perfectly OK to consume, but is essential. We need fatty acids for several crucial functions including the absorption of vitamins, production of hormones and cell protection! To apply healthy fats to your meals, Stick out your thumb. Depending on your size, try and incorporate 1-2 thumb sizes of fat into your meal.

Here are some examples of unsaturated fats. These are still high in fat but small amounts of these help give your body energy, protects your organs, supports cell growth, keeps cholesterol and blood pressure under control, and helps your body absorb vital nutrients.

- ✓ Extra virgin olive oil (for cooking)
- ✓ Coconut oil
- ✓ Avocados
- ✓ Small sizes of nuts (Peanuts, Almonds, Cashews, Walnuts)
- ✓ Avocado oil for cooking

The recommended serving size of healthy fats is roughly the size of your thumb!





# Fruits

- ✓ Apples
- ✓ Oranges, Tangerines
- ✓ Grapes
- ✓ Bananas
- ✓ Watermelon
- ✓ Mango
- ✓ Pineapple + more

Fruits are generally healthy so feel free to add your own favorites to this list when shopping! There's no right or wrong selection.

# Beverages

- ✓ Almond milk
- ✓ Water
- ✓ Black coffee
- ✓ Green Tea (No milk, no sugar)
- ✓ Homemade smoothies





# Condiments

- ✓ Black pepper
  - ✓ Salt
  - ✓ Garlic powder
  - ✓ Cinnamon
  - ✓ Curry powder/ Curry leaves
  - ✓ Thyme
  - ✓ Nutmeg
  - + more!
- 

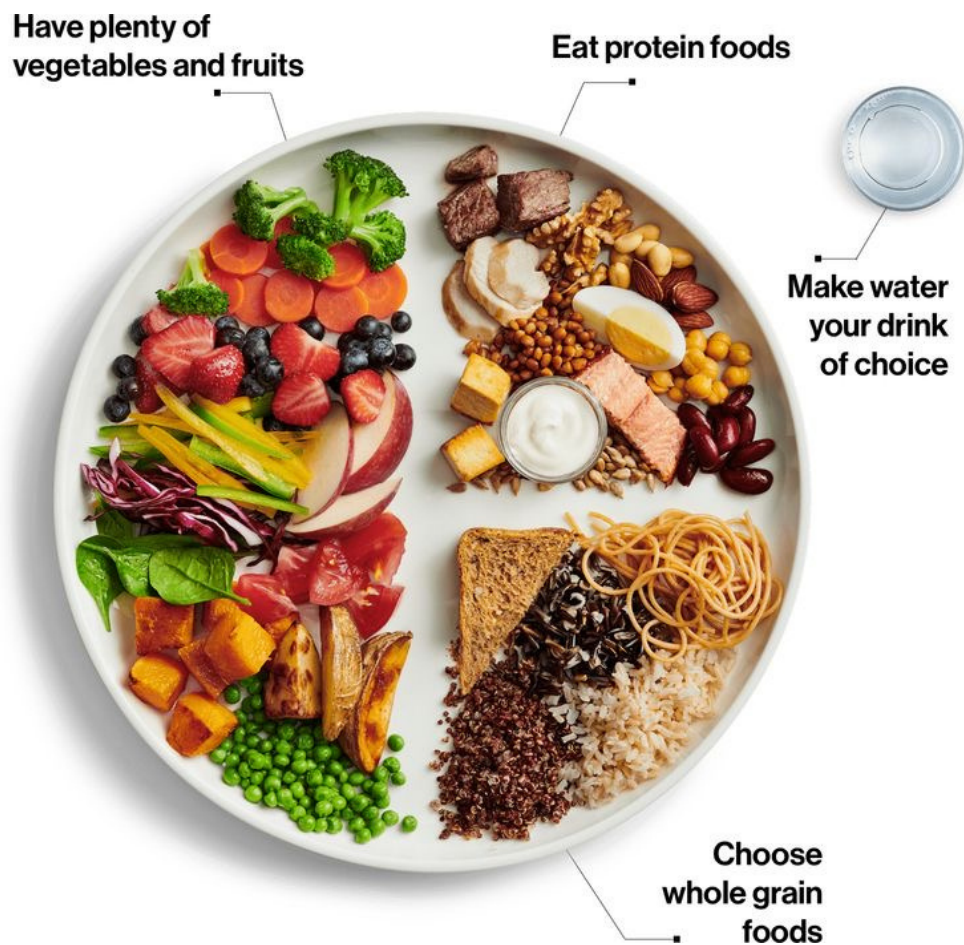
Knowing what to eat is only half the battle when it comes to healthy nutrition. You have to know how much to eat. Over time, food and drink portions have increased in size. And the more food we're served on the plate, the more food we consume which leads to overeating. With this awareness, and by having a guide to manage portion sizes, we can eat foods in a healthy, balanced way; building a better relationship around what we put into our body.

A simple, effective and proven method is the Hand Portion Method. The idea is that you're not measuring or weighing your food using technology, but rather using your own hand to gauge the size of the portion. Your hands are proportional to your body, and they go where you go. This makes them the perfect tool to quickly, and easily gauge your portion size, even when you're eating out. It's the perfect way to build any meal. Follow the four steps mentioned,





# HERE IS WHAT YOUR HEALTHY, BALANCED PLATE SHOULD LOOK LIKE







# M E A L P L A N

S O F I T





# WEEK 1

## BREAKFAST

Quaker Oats with 1/2 cup of Almond milk and sliced bananas (or any fruit of your choice)

select beverage from list

## LUNCH

Boiled/baked sweet potatoes with a oil-free vegetable sauce (mixed with prawns or your choice protein on the side i.e chicken breast)

Glass of water

## SNACK

2 spoons of unsweetened Greek yogurt with a handful (1/2 cup of mixed nuts and sliced bananas or strawberries)



## DINNER

Fist size white garri or wheat and Egusi Soup (or any swallow of your choice)

**This meal is high calorie so make sure to eat in moderation, add vegetables to your plate. Drink water**



# W E E K 2

## BREAKFAST

2 slices of whole wheat toast (100 Calories or less per slice), topped with 2 tbsp peanut butter (optional), serve with sliced avocados and 2 scrambled eggs

select beverage from list

## LUNCH

1/2 cup of pasta, served with 2 cups of steamed vegetables (select vegetables from the list)

protein:

a side of grilled chicken breast or Salmon (or any white fish)

## SNACK

2 medium apples sliced and served with a tablespoon of all natural peanut butter

**High fats**

## DINNER

3 slices of boiled yams served with vegetables and sauce

**This meal is high starch so make sure to eat in moderation,**

**Drink water**



# W E E K 3

## BREAKFAST

1 can of tuna chunks in sunflower oil  
( Brand recommendation **Princes**)  
2 boiled eggs  
served with avocado slices and  
tangerines

✓ **High protein**



## SNACK

2 rice cakes topped with  
peanut butter spread and  
sliced bananas

Drink water



## LUNCH

1/2 cup of steamed vegetables  
(select vegetables from the  
list) with 1/2 cup of  
fried/jollof rice.

protein:

a side of grilled chicken breast  
or Salmon (or any white fish)

## DINNER

3 slices of boiled yams  
served with vegetables  
and sauce

**This meal is high starch so make  
sure to eat in moderation,**

**Drink water**



# W E E K 4

## BREAKFAST

Protein pancakes (1 scoop of whey protein powder)  
topped with sliced banana, and syrup

*If you don't have whey protein ↓*  
Homemade fruit or green smoothie  
with scrambled egg and avocado  
slices and a slice of whole wheat toast  
bread

## LUNCH

1/2 cup of pasta, served with 2  
cups of steamed vegetables  
(select vegetables from the  
list)

protein:  
a side of grilled chicken breast  
or Salmon (or any white fish)

## SNACK

Fruit bowl with a handful  
of nuts (select from list)



## DINNER

1/2 cup of white rice  
served with stew and your  
choice protein and 1 cup  
of steamed vegetables

Drink water



# A note

Your meal plan is divided into 3 weeks and for each week you are given breakfast, lunch and dinner plus a snack option. You are required to recycle this food guide by using the shopping list to add variety to your meals overtime.

*"Are we to repeat the same meal each week?"*

The purpose of the shopping list above is to give you a variety of options! With the shopping list given there are many selections from under each food category. **LEARN HOW TO MEAL PREP.** Buy plastic, re-usable meal prep containers and distribute and package your meals for the week. This is what i do and helps keep you organized and disciplined. What most people don't know is that fitness professionals like myself have little variety in our meals, we eat practically the same meals each day.

You can replace food items daily or weekly so that you don't get bored or feel like you're repeating the same meals every day. For example, if you get bored of eating rice with chicken, swap it with some pasta and fish instead. Rice is carbs so go under your CARBS section and choose any other carb and so on.

Prep your breakfast, lunch and dinner and store them







S O F I T

QUESTIONS?



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