

7-Day Cholesterol-Lowering Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
Day 1	Oatmeal + banana	Beans stew + brown rice	Grilled fish + veggies	Apple
Day 2	Whole-grain bread + egg + orange	Garden eggs stew + yam	Lentil soup + veggies	Groundnuts
Day 3	Millet porridge + chia seeds	Beans + plantain	Tuna + cabbage	Pineapple
Day 4	Fruit bowl + nuts	Brown rice + stir-fry veggies	Chicken breast + okra	Banana
Day 5	Oats + flaxseed + berries	Cowpea stew + kontomire	Mackerel + vegetables	Watermelon
Day 6	Avocado toast	Light groundnut soup + veggies	Turkey + carrots	Orange
Day 7	Oats or millet porridge	Beans stew + vegetables	Fish + garden eggs	Mango