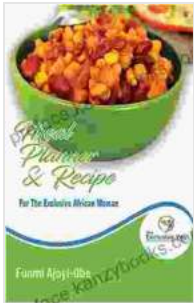


# Meal Planner Recipe For The Exclusive African Woman: Unlock the Secrets of Healthy, Delicious African Cuisine



## Meal Planner & Recipe For The Exclusive African

**Woman** by Funmi Ajayi-Obe

★★★★☆ 4.5 out of 5

Language : English

File size : 33812 KB

Screen Reader: Supported

Print length : 137 pages

Lending : Enabled



Are you tired of the same old boring meals? Do you want to experience the vibrant flavors of Africa in the comfort of your own kitchen? Then look no further than the Meal Planner Recipe For The Exclusive African Woman.

This comprehensive cookbook features a curated collection of recipes that cater to the unique tastes and dietary needs of African women. With over 100 recipes to choose from, you'll never run out of ideas for what to cook.

## What's Inside the Book?

- A variety of recipes from all over Africa, including dishes from Nigeria, Ghana, Senegal, Ethiopia, and more.
- Recipes for every occasion, from everyday meals to special occasions.

- Detailed instructions and beautiful photographs that make cooking easy and fun.
- Nutritional information for each recipe, so you can make healthy choices.

## **Benefits of the Book**

- **Discover the vibrant flavors of Africa.** With recipes from all over the continent, you'll be able to experience the rich and diverse culinary traditions of Africa.
- **Cook healthy and delicious meals for your family.** The recipes in this book are not only delicious, but they're also healthy and nutritious.
- **Save time and money on meal planning.** With over 100 recipes to choose from, you'll never have to worry about what to cook again.
- **Learn about the culture and history of Africa.** Each recipe includes a brief to the dish and its origins, so you can learn more about the African diaspora.

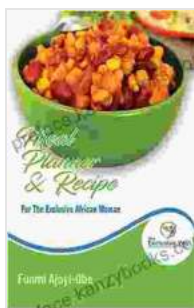
## **Free Download Your Copy Today!**

The Meal Planner Recipe For The Exclusive African Woman is the perfect way to add some variety and excitement to your meals. Free Download your copy today and start cooking delicious African dishes that your family and friends will love.

Free Download Now

**The Nourishing Home's**  
**Weekly Meal Plan for October 22-28**  
(For more meal planning ideas and recipes visit <http://TheNourishingHome.com>.)

Meal	MON-22	TUES-23	WED-24	THURS-25	FRI-26	SAT-27	SUN-28	
Dinner	<ul style="list-style-type: none"> <li>Grilled Herb Chicken</li> <li>Wild Rice</li> <li>Steamed Asparagus</li> </ul>	<ul style="list-style-type: none"> <li>One-Pan Turkey</li> <li>Garlic Roasted Potatoes</li> <li>Cultured Apples</li> </ul>	<ul style="list-style-type: none"> <li>Zucchini Feta Pasta</li> <li>Spinach Salad</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Chicken</li> <li>Quinoa Sandwiches w/ Guacamole</li> </ul>	<ul style="list-style-type: none"> <li>Mexican Soup</li> <li>Scruboough Rolls w/ Butter</li> <li>Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Steak</li> <li>Baked Sweet Potatoes</li> <li>Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Steamed Sweet Potatoes</li> <li>Roasted Asparagus</li> </ul>	
Lunch	<ul style="list-style-type: none"> <li>Pizza Squares</li> <li>Raw Veggies w/ Ranch Dip</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Sandwiches</li> <li>Homemade Apple Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Whole Grain Sopes w/ Turkey Slices &amp; Culi Cream Cheese</li> <li>Carrot Salad</li> </ul>	<ul style="list-style-type: none"> <li>Hot Turkey Sandwiches w/ Honey Mustard</li> <li>Vanilla Yogurt w/ Berries</li> </ul>	<ul style="list-style-type: none"> <li>Avocado Egg Salad Sandwiches</li> <li>Cultured Pickles</li> </ul>	<ul style="list-style-type: none"> <li>Leftover Mexican Soup, Rolls w/ Butter &amp; Garden Salad</li> </ul>	<ul style="list-style-type: none"> <li>Milly Cheese Stack Wraps</li> <li>Fruit Salad</li> </ul>	
Breakfast	<ul style="list-style-type: none"> <li>Greek Yogurt w/ Honey &amp; Berries</li> <li>Scrambled Eggs w/ Butter</li> </ul>	<ul style="list-style-type: none"> <li>Spinach Muffin Egg &amp; Cheese Sandwich</li> <li>Fruit Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>Lebanese Muffins</li> <li>Scrambled Eggs</li> <li>Fruit Smoothie</li> </ul>	<ul style="list-style-type: none"> <li>Soaked Oatmeal w/ Fresh Raspberries &amp; Honey</li> <li>Boiled Eggs</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Granola w/ Fresh Berries &amp; Almond Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mexican Q.P. Muffins</li> <li>Mixed Berry Muffins</li> </ul>	<ul style="list-style-type: none"> <li>Eggs Over Easy</li> <li>Leftover Mixed Berry Muffins</li> <li>Fruit Smoothie</li> </ul>	
Do Ahead	MON	TUES	WED	THURS	FRI	SAT	SUN	
Tasks to do to "prep" for next day	<ul style="list-style-type: none"> <li>Get extra chicken for tomorrow's lunch and lunch dinner</li> </ul>	<ul style="list-style-type: none"> <li>Save extra potato for tomorrow's lunch</li> </ul>	<ul style="list-style-type: none"> <li>Soak oats for tomorrow's breakfast</li> </ul>	<ul style="list-style-type: none"> <li>Soak extra eggs for tomorrow's lunch</li> </ul>	<ul style="list-style-type: none"> <li>Make meal plan</li> <li>Go to market</li> <li>Save leftover taco mix &amp; add for tomorrow's lunch</li> </ul>	<ul style="list-style-type: none"> <li>Save extra muffins for tomorrow's breakfast</li> <li>Save extra milk for tomorrow's lunch</li> </ul>	<ul style="list-style-type: none"> <li>Save extra milk for tomorrow's lunch</li> </ul>	<ul style="list-style-type: none"> <li>Prep extra milk for tomorrow's lunch</li> </ul>



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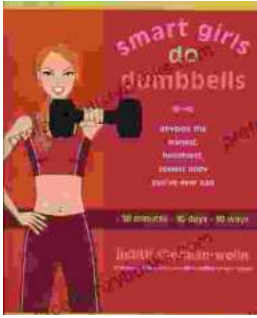
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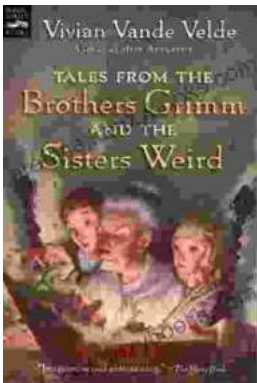
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