

African & Caribbean Low Carbohydrate Meal Plans

African Meal Plan (30g fibre per day)

Breakfast




1 serving vegetable
2 egg omelette (3g
carbs) with 1 slice of
wholemeal bread
(13g carbs)

Lunch



1 serving
chicken stew
(6g carbs) 1/2
cup green beans
(2g carbs) 50g
of pap (25g
carbs)

Evening Meal



50g serving pounded
yam (15g carbs) 1 cup of
lentil soup (3g carbs)


Snacks



2 slices (160g)
of melon (11g
carbs)


Total: 78g carbs

Breakfast



1 cup all bran wheat
breakfast cereal (27g
carbs)

Lunch




140g serving
chicken stew (6g
carbs), 100g
serving coconut
rice (30g carbs),
30g of plantain
(10g carbs)

Evening Meal



200g serving of egusi
soup (3g carbs) 130g
serving of fufu (40g
carbs) and 40g green
beans (2g carbs)

Snacks



28g (a Handful)
of nuts (2g
carbs)

Total: 120g carbs

! Top Tip: Keep the portion of carbs to a quarter of your plate. !

Caribbean Meal Plan (30g fibre per day)

Breakfast



100g serving of cornmeal porridge (21g carbs)

Lunch



140g stewed chicken (6g carbs), 100g serving brown rice (30g carbs)

Evening Meal



115g serving dumplings (44g carbs) with 60g boiled yam (20g carbs) and 100g callaloo (3g carbs)

Snacks



1 apple (10g carbs)

Total: 134g carbs

Breakfast



1 cup all bran wheat breakfast cereal (27g carbs)

Lunch



100g serving of curried goat (5g carbs), 1 spinach salad (2.2g carbs)

Evening Meal



100g serving jerk chicken (5g carbs) small 30g portion of rice and peas (25g carbs), spinach salad (2.2g carbs)

Snacks



28g (a Handful) of nuts (2g carbs)



80g papaya (7g carbs)

Total: 75.4g carbs

Top Tip: Swap sugar drinks with water and sweetened hot drinks with herbal teas.