

# Lunch & Dinner: 20 Full Recipes

A full rotation across chicken, beef, turkey, fish, beans, lentils and tofu, paired with rice, yam, sweet potato, plantain, quinoa and semovita, and a vegetable in almost every plate — Nigerian, African and American home cooking side by side.

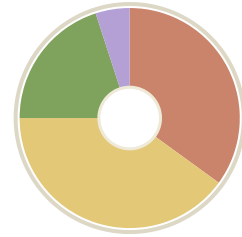
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· 2 recipes per page

Rotate through these across the month rather than repeating the same 2-3 — variety within an accepted range is what actually builds a wider diet over time<sup>[15]</sup>.

## Chicken, Rice & Steamed Carrots

📖 2 servings ⚡ 30 minutes



### INGREDIENTS

- 1 chicken breast, boiled and shredded fine
- 1 cup cooked white rice
- 1 cup carrots, steamed soft and sliced
- 1 tsp olive oil

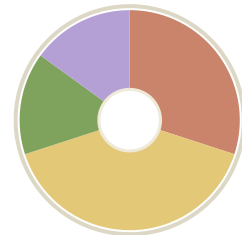
### HOW TO MAKE IT

1. Boil the chicken breast in lightly salted water 15-18 minutes until fully cooked; shred finely.
2. Steam the carrot slices 8-10 minutes until a fork goes through easily.
3. Toss the rice with olive oil, plate with chicken and carrots on the side (or mixed in, per your child's preference).

**340 kcal** **24g** protein **40g** carb **8g** fat per serving, estimated

## Beef Stew with Yam

📖 3 servings ⚡ 50 minutes



### INGREDIENTS

- 250g beef, cut small
- 2 cups peeled, cubed yam
- 1 cup blended tomato
- ½ cup diced bell pepper
- 1 tbsp red palm oil

### HOW TO MAKE IT

1. Boil the beef in a little water until tender, about 25 minutes.
2. In a separate pot, boil the yam cubes until soft, 15-20 minutes; drain.
3. Cook the blended tomato and pepper in the palm oil for 10 minutes until it darkens slightly, then add the cooked beef and its broth.
4. Simmer 5 more minutes and serve over or beside the yam.

**310 kcal** **20g** protein **34g** carb **9g** fat per serving, estimated

## Turkey & Sweet Potato Mash with Green Beans

📖 2 servings ⚡ 30 minutes



### INGREDIENTS

- 200g ground turkey
- 1½ cups sweet potato, boiled and mashed
- 1 cup green beans, steamed and cut small
- 1 tsp olive oil

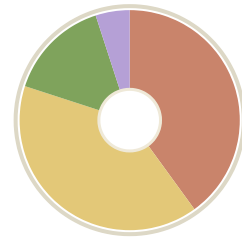
**300 kcal**   **22g protein**   **32g carb**   **8g fat**   per serving, estimated

### HOW TO MAKE IT

1. Cook the ground turkey in a pan over medium heat, breaking it up, 8-10 minutes until no longer pink.
2. Mash the boiled sweet potato with olive oil until smooth.
3. Serve the turkey over the mash, green beans on the side.

## Baked Tilapia with Mild Rice & Cucumber

📖 2 servings ⚡ 30 minutes



### INGREDIENTS

- 1 tilapia fillet, deboned well
- 1 cup cooked white rice
- ½ cup cucumber, peeled and diced
- 1 tsp olive oil
- pinch of salt

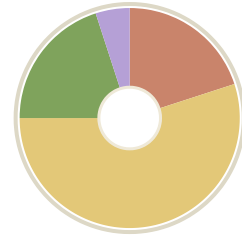
**290 kcal**   **23g protein**   **33g carb**   **6g fat**   per serving, estimated

### HOW TO MAKE IT

1. Bake the tilapia at 190°C (375°F) for 15 minutes until it flakes easily; check carefully for bones and flake by hand.
2. Toss the rice with olive oil.
3. Serve fish over rice with cool cucumber on the side for contrast.

## Lentil & Rice Bowl with Spinach

📖 2 servings ⚡ 25 minutes



### INGREDIENTS

- ¾ cup dry red lentils
- 1 cup white rice
- 1 cup chopped spinach
- 1 tsp olive oil

### HOW TO MAKE IT

1. Cook the lentils in water 15 minutes until soft; blend partially for a smoother texture if needed.
2. Cook the rice separately as usual.
3. Wilt the spinach in olive oil for 2 minutes, then combine everything in one bowl.

**280 kcal**   **13g protein**   **44g carb**   **5g fat**   per serving, estimated

## Moi-Moi with Plain Rice & Tomato Sauce

📖 2 servings ⚡ 45 minutes



### INGREDIENTS

- 1 batch moi-moi (see breakfast batch recipe)
- 1 cup cooked white rice
- ½ cup simple tomato sauce (blended tomato, cooked down)

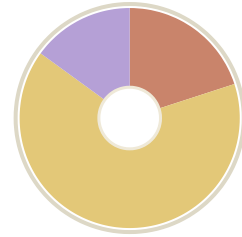
### HOW TO MAKE IT

1. Steam or reheat the moi-moi as in the breakfast batch method.
2. Cook the tomato down over low heat for 12-15 minutes until thick and mild.
3. Serve rice with moi-moi and a spoon of tomato sauce.

**320 kcal**   **15g protein**   **42g carb**   **9g fat**   per serving, estimated

## Chickpea & Sweet Potato Mash

📖 2 servings ⚡ 25 minutes



### INGREDIENTS

- 1 cup cooked chickpeas, mashed
- 1 cup boiled sweet potato, mashed
- 1 tsp olive oil
- pinch of salt

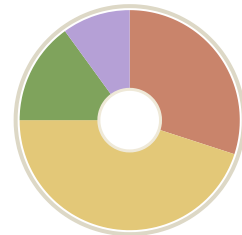
### HOW TO MAKE IT

1. Mash the chickpeas and sweet potato together until mostly smooth.
2. Stir in olive oil and a small pinch of salt.
3. Serve warm — a good soft, one-bowl option for a low-appetite day.

**270 kcal**   **10g protein**   **45g carb**   **6g fat**   per serving, estimated

## Turkey Meatballs with Pasta & Broccoli

📖 3 servings ⚡ 35 minutes



### INGREDIENTS

- 250g ground turkey
- 1 egg
- 2 tbsp oats (as binder)
- 200g whole-wheat pasta
- 1 cup broccoli, steamed very soft

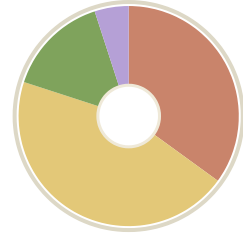
### HOW TO MAKE IT

1. Mix turkey, egg and oats; roll into small meatballs.
2. Bake at 190°C (375°F) for 18 minutes, or pan-fry gently until cooked through.
3. Cook pasta per packet instructions; steam broccoli until soft enough to mash slightly.
4. Combine and serve warm.

**330 kcal**   **22g protein**   **38g carb**   **9g fat**   per serving, estimated

## Baked Tilapia with Mashed Yam & Okra

📖 2 servings ⚡ 35 minutes



### INGREDIENTS

- 1 tilapia fillet, deboned
- 1½ cups yam, boiled and mashed
- ½ cup okra, thinly sliced and cooked soft

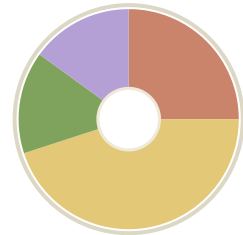
### HOW TO MAKE IT

1. Bake the fish as in the earlier tilapia recipe; flake and check for bones.
2. Mash the yam smooth with a little warm water.
3. Cook okra gently for 6–8 minutes; introduce slowly if texture is new.

300 kcal 24g protein 34g carb 6g fat per serving, estimated

## Beef & Vegetable Stew with Semovita

📖 3 servings ⚡ 45 minutes



### INGREDIENTS

- 250g beef, cut small
- 1 cup mixed diced carrot and bell pepper
- 1 cup blended tomato
- 1½ cups semovita (prepared per packet)

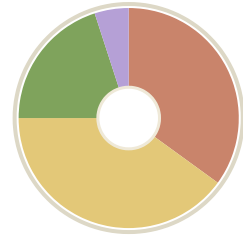
### HOW TO MAKE IT

1. Boil the beef until tender, about 25 minutes.
2. Cook the tomato and vegetables in a little oil for 10 minutes, then add the beef and its broth; simmer 8 minutes.
3. Prepare the semovita smooth per packet directions and serve alongside.

320 kcal 20g protein 36g carb 8g fat per serving, estimated

## Chicken & Quinoa Bowl with Bell Pepper

📖 2 servings ⚡ 30 minutes



### INGREDIENTS

- 1 chicken breast, boiled and diced small
- $\frac{3}{4}$  cup quinoa, cooked
- $\frac{1}{2}$  cup bell pepper, roasted soft and diced small

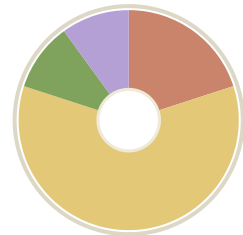
### HOW TO MAKE IT

1. Cook quinoa per packet instructions (about 15 minutes).
2. Boil and dice the chicken.
3. Roast the pepper at 200°C for 10 minutes until soft, then dice small and combine everything.

**310 kcal**   **24g** protein   **36g** carb   **7g** fat   per serving, estimated

## Black-Eyed Bean Porridge with Plantain

📖 2 servings ⚡ 40 minutes



### INGREDIENTS

- 1 cup black-eyed beans, cooked soft
- 1 ripe plantain, cubed
- $\frac{1}{2}$  cup blended tomato
- 1 tsp red palm oil

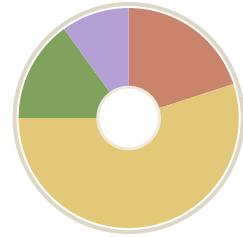
### HOW TO MAKE IT

1. Cook the beans until very soft (or use pre-cooked from a batch).
2. Add the tomato, palm oil and plantain cubes; simmer 12-15 minutes until the plantain is soft and the porridge thickens.
3. Mash slightly for a smoother texture if needed.

**300 kcal**   **13g** protein   **48g** carb   **6g** fat   per serving, estimated

## Egg Fried Rice with Peas & Carrots

📖 2 servings ⚡ 20 minutes



### INGREDIENTS

- 1½ cups cooked white rice (day-old works best)
- 2 eggs
- ½ cup finely diced carrot
- 1 tsp olive oil

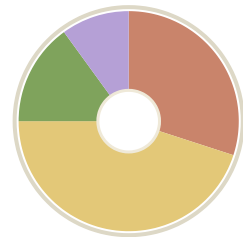
### HOW TO MAKE IT

1. Scramble the eggs in olive oil, then set aside.
2. Sauté the carrot in the same pan 3-4 minutes until soft.
3. Add the rice, breaking up clumps, then fold the egg back in and warm through.

**290 kcal**   **11g protein**   **40g carb**   **9g fat**   per serving, estimated

## Turkey Chili (Mild) with Rice

📖 3 servings ⚡ 35 minutes



### INGREDIENTS

- 250g ground turkey
- 1 cup cooked black beans
- 1 cup blended tomato
- 1 cup cooked white rice

### HOW TO MAKE IT

1. Brown the turkey in a pan, 8 minutes.
2. Add the tomato and black beans, simmer 15 minutes on low heat (no chili spice, kept mild for sensitive palates).
3. Serve over rice.

**310 kcal**   **22g protein**   **38g carb**   **7g fat**   per serving, estimated

## Tofu & Vegetable Stir-Fry with Rice

📖 2 servings ⚡ 25 minutes



### INGREDIENTS

- 200g firm tofu, pressed and cubed
- 1 cup mixed broccoli and carrot, chopped small
- 1 cup cooked white rice
- 1 tsp olive oil

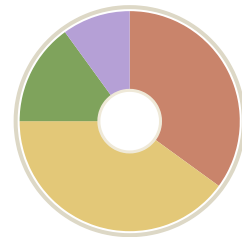
### HOW TO MAKE IT

1. Pan-fry the tofu cubes in olive oil until lightly golden on each side, about 8 minutes.
2. Add the vegetables and cook 5-6 minutes until soft.
3. Serve over rice.

**280 kcal**   **14g protein**   **38g carb**   **8g fat**   per serving, estimated

## Grilled Chicken Tenders with Sweet Potato Fries & Cucumber

📖 2 servings ⚡ 35 minutes



### INGREDIENTS

- 2 chicken tenders
- 1 sweet potato, cut into thick fries
- ½ cup cucumber, sliced
- 1 tsp olive oil

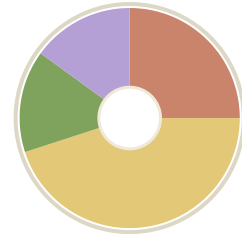
### HOW TO MAKE IT

1. Toss sweet potato fries in olive oil, bake at 200°C (400°F) for 20-25 minutes, flipping once.
2. Grill or pan-cook the chicken tenders 5-6 minutes per side until cooked through.
3. Serve with cool cucumber slices on the side.

**320 kcal**   **25g protein**   **34g carb**   **8g fat**   per serving, estimated

## Beef & Garden Egg Stew with Garri

📖 2 servings ⚡ 45 minutes



### INGREDIENTS

- 200g beef, cut small
- 1 garden egg, cubed and cooked soft
- 1 cup blended tomato
- 1 cup garri (prepared soft, small introductory portion)

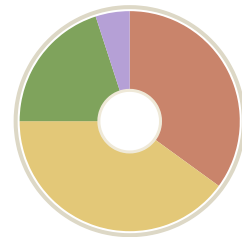
### HOW TO MAKE IT

1. Boil the beef until tender, about 25 minutes.
2. Cook the tomato with the garden egg for 12 minutes until both are soft and the garden egg's bitterness has mellowed.
3. Add the beef; simmer 5 minutes. Serve a small side portion of garri, introducing the texture gradually.

**300 kcal**   **18g protein**   **36g carb**   **8g fat**   per serving, estimated

## Baked Fish with Millet Swallow & Mild Ugu Soup

📖 2 servings ⚡ 40 minutes



### INGREDIENTS

- 1 fish fillet, deboned
- 1 cup millet, prepared as a soft swallow
- 1 cup ugu (fluted pumpkin leaves), finely chopped and cooked soft

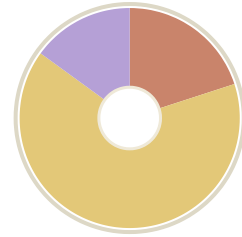
### HOW TO MAKE IT

1. Bake the fish at 190°C for 15 minutes; flake and check carefully for bones.
2. Prepare the millet swallow per packet method until smooth.
3. Cook the chopped ugu in a little broth for 8 minutes until soft and mild, then serve alongside.

**290 kcal**   **23g protein**   **32g carb**   **7g fat**   per serving, estimated

## Simple Beans & Plantain Pottage

📖 2 servings ⚡ 35 minutes



### INGREDIENTS

- 1 cup black-eyed beans, cooked soft
- 1 ripe plantain, cubed
- 1 tsp red palm oil
- pinch of salt

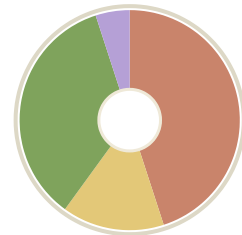
### HOW TO MAKE IT

1. Combine the cooked beans and plantain in a pot with a little water.
2. Simmer 12–15 minutes until the plantain breaks down slightly and the pottage thickens.
3. Stir in the palm oil at the end.

**310 kcal**   **12g** protein   **52g** carb   **6g** fat   per serving, estimated

## Chicken & Cauliflower "Rice" Bowl

📖 2 servings ⚡ 25 minutes



### INGREDIENTS

- 1 chicken breast, boiled and diced
- 2 cups cauliflower, grated or pulsed in a food processor
- 1 tsp olive oil
- ¼ cup diced bell pepper

### HOW TO MAKE IT

1. Sauté the grated cauliflower in olive oil 6–8 minutes until soft, like fried rice.
2. Add the diced pepper for the last 2 minutes.
3. Top with the diced chicken and serve warm.

**260 kcal**   **26g** protein   **18g** carb   **9g** fat   per serving, estimated

*A lighter, extra-vegetable version of a rice bowl — introduce alongside regular rice, not as a swap, unless your child already enjoys cauliflower.*