



## MEAL PREP MENU

Thank you for your order! We take pride using only the best ingredients for the food that ends up on your table. For every order, we confidently undertake the preparation process, crafting our food with test and true recipes. We hope you will love it and come back to try our other specialties. Health first 

Available In  Keto   
Vegan   
Non-Vegan




[www.healthnhealthy.com](http://www.healthnhealthy.com)



 @healthnhealthy

 @healthnhealthy1

 08089726031

***A healthy diet shouldn't have to be hard to keep up, so we get rid of everything standing in your way.***

Before signing up for a meal prep service, **please ensure to fill the meal prep form, read terms and conditions and properly go through the menu.** Personal changes on the menu attracts extra fees.

- Please note that meal prep runs only **MONDAYS -FRIDAYS (Working days)**
- **Each meal is with 310 - 400 calories**

In-house sauces and traceable ingredient  
Pesticide-free produce. Worry-free nutrition. Freshly  
Made daily.

**FRESH MEALS COOKED  
WITHOUT ADDED  
PRESERVATIVES**

## **WHAT SEPARATES HEALTH N' HEALTHY FOODS FROM OTHER MEAL PREP COMPANIES?**

Health n' healthy is not only a meal prep company, it is a lifestyle. Unlike other meal prep companies, our company is dedicated to helping our customers achieve an affordable, convenient, and deliciously healthy lifestyle. We take the hassle out of meal prepping by giving our customers flexibility in curating their meals to their tastes, but also their nutritional needs.

Our meals are carefully and freshly prepared daily, offering a perfect balance of macronutrients to ensure that both you and your body are satisfied while enjoying our meals. While other meal prep plans may be low-calorie, they are often comprised of high-fat meals. Our foods ensures that whatever meal plan you choose, our meals will keep you on track for the results you desire. See our about page for further information on the ingredients we use.

## **HOW DOES YOUR RECYCLING INITIATIVE WORK?**

Health n' healthy is committed to a healthy and sustainable lifestyle, so we encourage our customers to recycle their used meal containers. This being said, we recognize that this may not be possible for everyone, so we are both happy and willing to recycle your used meal containers for you.

To have your containers recycled in-store, bring your used meal containers with you when you visit one of our locations, and we will handle the recycling for you there. If you are not able to recycle your containers in-store, we ask that you responsibly dispose of them.

## **HOW DO I GET MY MEALS?**

There are two ways of getting your meals:

1. Pick up in store from 8:30 am - 5:30 pm
2. Delivery from 8:30 am - 5:00 pm

# VEGAN MEAL PREP MENU

## WEEK 1 AND 3

*\* Breakfast comes with complementary green smoothie shot\**

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>	Overnight Protein oat - coconut turmeric	Beans, rice and plantain bowl	Vegan tuna salad	Popcorn trail mix
<b>TUESDAY</b>	Vegan frittata	Vegan bolognese pasta bowl	Mediterranean chickpea bowl	Protein bar
<b>WEDNESDAY</b>	Falafel wrap	Coconut tofu sauce with couscous and veggies	Vegetable stir fry with mushroom with burger wheat	Oat cookies
<b>THURSDAY</b>	Scramble tofu and waffle	Village rice with vegan meat	Boiled plantain & tofu Naija bowl	Fruit mix
<b>FRIDAY</b>	Veggie Tofu scramble with toasted bread	Yam and beans pottage with tofu	Soy chunk, mix beans and vegetables	Protein cake slice



## WEEK 2 AND 4

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*\*Breakfast comes with complementary green smoothie shot\**

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>	Overnight protein oat - chocolate chip	Vegan bolognese pasta bowl	BBQ tofu & couscous bowl	Protein bar
<b>TUESDAY</b>	BBQ tofu wrap	Vegan egg fried rice with air fried plantain and green	Tofu & lentil meatball bowl	Popcorn trail mix
<b>WEDNESDAY</b>	Protein carrot muffin with green smoothie	Lentil curry with naan bread	Mediterranean chickpea bowl	Protein cake slice
<b>THURSDAY</b>	Scrambled tofu and pancakes	Soy mince salad	Coconut rice with pineapple tofu sauce	Fruit mix
<b>FRIDAY</b>	Vegan Philly steak sub sandwich	Jollof rice tofu bowl	Vegan tuna salad	Protein balls

## WEEK 5

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*\*Breakfast comes with complementary green smoothie shot\**

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>	Overnight protein oat - Pina colada	Bean stew, rice with vegetable	Veggie no fry couscous with grilled tofu	Oat cookies
<b>TUESDAY</b>	Air fried potatoes with tofu sauce	Lentil and chickpea salad	Stir fry mushroom noodles	Fruit mix
<b>WEDNESDAY</b>	Protein apple muffin with green smoothie	Pasta and scramble tofu mix	Bambara bean curry with naan bread	Mini chia pudding
<b>THURSDAY</b>	French toast, cinnamon apple and scramble tofu	Mushroom, tofu vegetable sauce with bulgur wheat	Sweet and sour tofu & rice bowl	Mix nuts
<b>FRIDAY</b>	Vegan frittata	Stir fry tofu noodles	Bambara bean pottage bowl	Popcorn trail mix

# NON VEGAN MEAL PREP MENU

## WEEK 1 AND 3

*\* Breakfast comes with complementary green smoothie shot\**

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>	Overnight protein oat - coconut turmeric	Beans, rice and plantain bowl	Chicken salad	Popcorn trail mix
<b>TUESDAY</b>	Egg frittata	Pasta bolognese with vegetables	Mediterranean chicken bowl	Protein bar
<b>WEDNESDAY</b>	Chicken wrap	Coconut chicken sauce with couscous and veggies	Vegetable stir fry with grilled chicken and bulgur wheat	Oat cookies
<b>THURSDAY</b>	Scramble eggs and waffle	Village rice with goat meat	Boiled plantain & chicken Naija bowl	Fruit mix
<b>FRIDAY</b>	Chicken sub sandwich	Yam and beans pottage with grilled fish	Grilled chicken, mix beans and vegetables	Protein cake slice

## **WEEK 2 AND 4**

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*Breakfast comes with complementary green smoothie shot\**

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>	Overnight protein oat - chocolate chip	Bolognese pasta bowl	BBQ chicken & couscous bowl	Protein bar
<b>TUESDAY</b>	Chicken wrap	Egg fried rice with air fried plantain and green	Beef & lentil sausage bowl	Popcorn trail mix
<b>WEDNESDAY</b>	Protein carrot muffin with green smoothie	Lentil curry with naan bread	Mediterranean chicken bowl	Protein cake slice
<b>THURSDAY</b>	Scrambled eggs and pancakes	Chicken salad	Coconut rice with pineapple chicken sauce	Fruit mix
<b>FRIDAY</b>	Philly steak sub sandwich	Jollof rice chicken bowl	Chicken and grape salad	Protein balls

## WEEK 5

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*Breakfast comes with complementary green smoothie shot\**

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>	Overnight protein oat - Pina colada	Bean and rice with goat meat vegetable sauce	Veggie no fry couscous with grilled chicken	Oat cookies
<b>TUESDAY</b>	Air fried potatoes with egg sauce	Chicken and grape salad	Stir fry beef noodles	Fruit mix
<b>WEDNESDAY</b>	Protein apple muffin with green smoothie	Beef sausage pasta	Chicken and grape salad	Mini chia pudding
<b>THURSDAY</b>	French toast, cinnamon apple and scramble eggs	Chicken vegetable sauce with bulgur wheat	Lean mince beef salad	Mix nuts
<b>FRIDAY</b>	Egg frittata	Stir fry chicken noodles	Bambara bean pottage bowl	Popcorn trail mix

# KETO MEAL PREP MENU

## WEEK 1 AND 3

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>	Waffle and fried eggs	Baked pumpkin with fish and vegetable sauce	Fish salad	Keto chips
<b>TUESDAY</b>	Egg and cheese casserole	Bolognese noodle bowl	Mediterranean Tuna bowl	Protein ball
<b>WEDNESDAY</b>	Smoothie with almond muffin	Coconut chicken soup with bread	Vegetable stir fry with grilled chicken	Cookies
<b>THURSDAY</b>	Pancake and fried eggs	Dirty keto rice	Cabbage rice with sausage	Brownies
<b>FRIDAY</b>	Beef sausage, eggs and bread	Pumpkin pottage with grilled fish	Broccoli and beef stir fry	Protein cake slice

## WEEK 2 AND 4

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>	Chia pudding	Bolognese noodle bowl	Cauliflower chicken bowl	Protein ball
<b>TUESDAY</b>	Chicken sandwich with lemonade	Sausage and cheese casserole	Meatball pumpkin bowl	Keto chips
<b>WEDNESDAY</b>	Scotch eggs with slaw	Coconut chicken soup with bread	Mediterranean fish bowl	Brownies
<b>THURSDAY</b>	Beef patties with pancakes	Chicken cranberry salad	Beef stir fry with vegetables	Cookies
<b>FRIDAY</b>	Sausage and cheese casserole	Jollof keto rice beef bowl	Sweet and sour chicken wings with slaw	Jar cake

## WEEK 5

<b>DAYS</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>SNACK</b>
<b>MONDAY</b>	Chicken and cheese casserole	Beef veggie stew with pumpkin	Chicken soup with bread	Cookies
<b>TUESDAY</b>	Parfait	Cabbage moimoi with grilled chicken	Stir fry sausage noodles	Keto chips
<b>WEDNESDAY</b>	Chicken burger	Egg and chicken cranberry salad	Egg and cheese casserole	Mini chia pudding
<b>THURSDAY</b>	Waffles with fried eggs	Beef vegetable sauce with keto noodles	Sweet and sour chicken & keto rice bowl	Jar cakes
<b>FRIDAY</b>	Scotch eggs with slaw	Stir fry vegetables with grilled fish	Pumpkin pottage with grilled fish	Protein ball



## **DAILY DELIVERY CHARGES**

<b>LOCATION- Delivery</b>	<b>PRICE</b>
Wuse, jabi, utako, mabuchi, wuye, dawaki, wuse zone 1-7, kado, life camp, jahi	N700
Central area, maitama	N800
Katampe, idu, dutse, kubwa, Durumi, garki, area 1-11, güdü, Asokoro, apo, lokogom, suncity, Sunnyvale, galadimawa, prince & princess, games village, kabusa	N1000
Kubwa (Arab road), lugbe, beware, Abacha Barack, mararaba, Nyanya, deidei, Karu	N1500
Gwarinpa	N500
jikwoyi, kurudu, zuba, airport	N2500
Gwagwalada	N3500