

African Heritage Diet



The African Heritage Diet is both vibrant in colors and flavors as well as rich in fiber, protein, antioxidants, iron, healthy fats, and all other nutrients necessary in attaining good health. It engages a variety of flavors in delicious and unique ways that guarantees meals for everyone to enjoy!

What Is It?

The African Heritage Diet uses the knowledge of traditional diets from Western and Central Africa, South America, The Caribbean, and the American Southeast. It has many proven health benefits including but not limited to the following: decrease risk of heart disease, stroke, high blood pressure, cancers, asthma, glaucoma, and kidney disease, help treat or avoid diabetes, promote healthy children, reduce depression, and encourage a healthy weight.

The African Heritage Diet is easily adaptable, unrestrictive, and encourages a diverse daily food intake of nutrient-rich leafy greens, whole grains, vegetables, fruits, herbs and spices, beans, nuts, & root plants. It includes regular consumption of nutritious fish and seafoods. This diet includes eggs, meat and poultry products, healthy oils, and occasional dairy products in small amounts, but it seeks to limit the consumption of sweets.

Day 1

BREAKFAST: [Baked Plantain and Egg Frittata](#) is a healthier version of a delicious, traditional breakfast from West Africa.

LUNCH: [Ethiopian Red Lentil Stew](#) is a wonderfully filling lunch option for everyone, including vegans! If desired, serve with brown rice or injera, a traditional spongy flatbread.

DINNER: Enjoy [Stewed Shrimp and Spinach](#) for a tasty, warm dinner.



Day 2

BREAKFAST: Warm and enjoy leftovers from yesterday's [Baked Plantain and Egg Frittata](#).

LUNCH: This [Caribbean Inspired Quinoa and Beans Bowl](#) is a lighter version of a Caribbean meal. For extra protein, feel free to top with chicken or shrimp!

DINNER: Serve your leftovers from yesterday's [Ethiopian Red Lentil Stew](#) with [Ethiopian Collards](#) for a nutritious and filling meal.

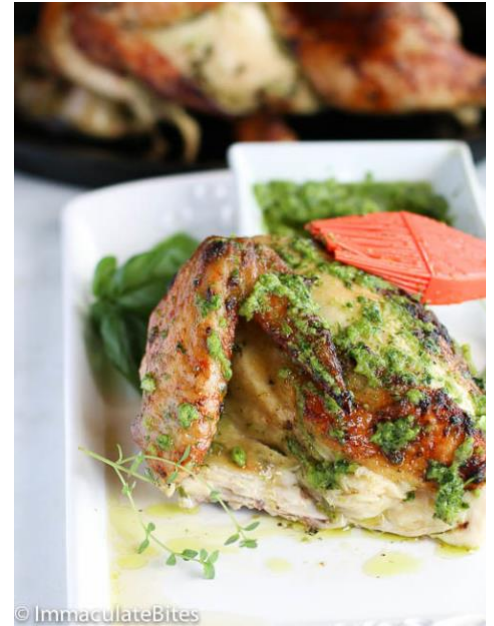


Day 3

BREAKFAST: Quickly prepare and enjoy this [Jamaican Corn Meal Porridge](#) as a tasty variation of your typical oatmeal, and top with fresh fruit as desired.

LUNCH: [Kachumbari](#) is a delicious East-African inspired salad. Light but filling, it is the perfect, fresh lunch on-the-go!

DINNER: Enjoy this tasty [Caribbean-seasoned chicken entrée](#) and serve with any leftovers from the previous days or atop a bed of leafy greens.



Day 4

BREAKFAST: Warm up yesterday's [Jamaican Corn Meal Porridge](#) and top with fresh fruit as desired.

LUNCH: Enjoy warm leftovers from [last night's chicken dinner](#) alone or atop a salad filled with your favorite vegetables.

DINNER: Prepare this simple but tasty recipe for a warm, comforting night in. [Stuffed Baked Plantains](#) may be prepared with your preferred choice of protein.



Day 5

BREAKFAST: [Nigerian-inspired scrambled eggs](#) make for a wonderfully filling breakfast.

LUNCH: Warm and serve your leftover [Stuffed Baked Plantains](#) for an easy lunch or prepare another serving of [Kachumbari](#) from earlier in the week.

DINNER: Enjoy this tasty [Caribbean-seasoned chicken entrée](#) and serve with any leftovers from the previous days or atop a bed of leafy greens.



Day 6

BREAKFAST: [Overnight Oats with plum and almonds](#) makes the perfect to start your day. Prepare more than one serving for the following morning.

LUNCH: This [North African inspired salad](#) provides a nutritious and filling mid-day meal. Tip: Try preparing the dressing the night before.

DINNER: Enjoy this lighter take on [Shrimp and Grits](#) for a rich and satisfying supper.



Day 7

BREAKFAST: Enjoy your second serving of [Overnight Oats with plum and almonds](#) for an energizing and filling morning meal.

LUNCH: Warm up last night's [Shrimp and Grits](#) for a delicious and nutritious lunch!

DINNER: Prepare this healthier version of a traditional [Seafood Gumbo](#). Make sure to plan ahead to allow time for the soup to simmer.



Remember that diets should be more than just meals.

Traditionally, meal-times were shared among families and friends. Try to unite your diet and lifestyle by making mealtimes a time to connect with others and relax and enjoying physical activity.

Incorporating the African Heritage Diet into *Your* Lifestyle



Although this week-long meal guide makes a wonderful outline to follow meal-for-meal, it also provides excellent recipes to incorporate into your lifestyle however often you would like.

The information and recipes found within this handout are meant to be a resource that makes incorporating the African Heritage Diet into your lifestyle simple, intuitive, and tasty!