

# Portion Control: African Plate

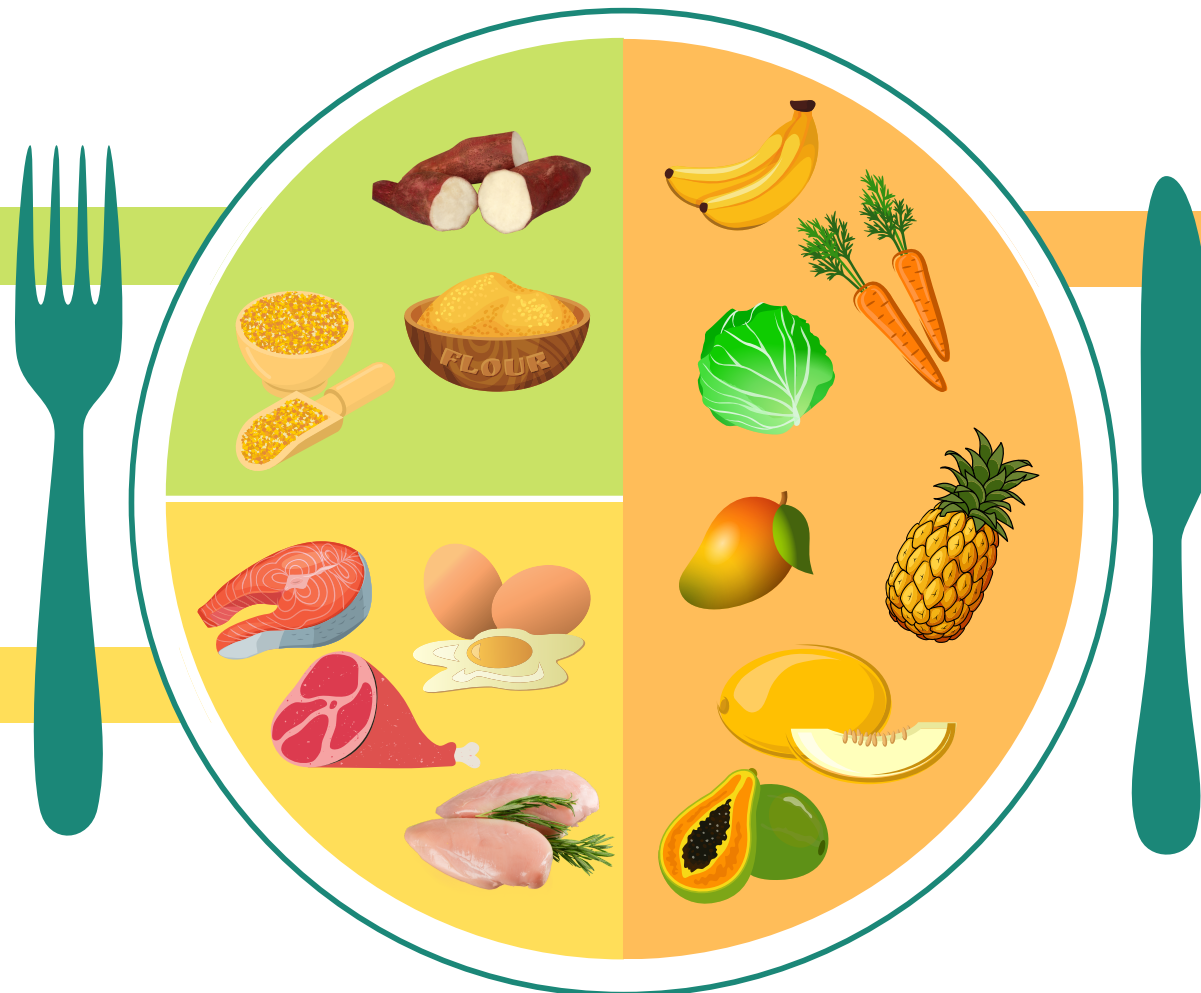


## Carbohydrates

- Amala
- Gari
- Fufu
- Banku

## Protein

- Fish
- Eggs
- Beans
- Eggs
- Fish
- Chicken
- Goat meat



## Fruits / Vegetables

- Carrots
- Potato
- Cabbage
- Avocado
- Pineapple
- Pawpaw
- Melon
- Banana
- Mangos
- Papaya

