

GFCF Nigerian Meal Plan for Autism

By www.autismparentingblog.com

This 7-day gluten-free, casein-free (GFCF) Nigerian meal plan is designed to help support children with autism through clean, nourishing, and gut-friendly foods. Inspired by the GAPS diet and tailored to Nigerian cuisine, it includes simple meals, snacks, and a shopping list.

	Breakfast	Lunch	Dinner	Snacks
1	Pap (fermented) with coconut milk	Boiled plantain & goat meat sauce	Unripe plantain porridge	Tiger nuts & banana
2	Sweet potato mash with olive oil	Ofada rice with palm oil vegetable sauce	Fish pepper soup & yam	Cucumber slices & dates
3	Akamu with almond milk	Moi Moi with boiled ripe plantain	Beef bone broth soup	Carrot sticks
4	Egg-free pancakes with honey	Vegetable yam pottage	Coconut rice with grilled chicken	Boiled corn & pear
5	Fermented millet cereal	Ogbono soup & pounded yam	Fried rice with local spices	Fruit salad (pawpaw, watermelon)
6	Avocado & sweet potato cubes	Beans with ripe plantain	Goat meat pepper soup	Zobo drink & cashews
7	Banana and tigernut milk smoothie	Efo riro & amala (plantain flour)	Boiled yam & egg-free sauce	Coconut flakes

Shopping List

GFCF Shopping List: - Unripe and ripe plantains - Sweet potatoes - Ofada rice - Palm oil, coconut oil, olive oil - Goat meat, chicken, fish - Local vegetables (ugu, waterleaf, okra, spinach) - Coconut milk, almond milk - Tigernuts, bananas, avocados - Millet, fermented pap - Cashew nuts, dates - Fruits: watermelon, pawpaw, oranges

Note

Disclaimer: Always check ingredients for hidden gluten and casein. Introduce new foods gradually. This plan is not a substitute for medical advice. Consult your doctor or dietitian.