

HEALTH-LINK NATURAL CLINIC: ARTHRITIS DIET PLAN: CALL 0721 500 900: www.drchris.co.ke

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Porridge 1 medium bowl (300 ml) Made from millet/sorghum/finger millet (wimbi) Boiled sweet potato – 1 medium (150 g)	½ Pawpaw Or Watermelon Or 1 Orange	Brown ugali Stewed tilapia or Omena (boiled or lightly fried) – 1 medium piece Sukuma wiki/Spinach/Managu(steamed))	Groundnuts (boiled or dry-roasted) – 1 small handful (30 g)	Ndengu (green grams) stew – 1 cup (200 g) Or Beans Steamed cabbage & carrots (150 g)
TEUSDAY	Boiled arrowroots (nduma) – 2 medium (180 g) Unsweetened tea with ginger – 1 cup	1 Orange	Rice (preferably brown) – 1 cup cooked (150 g) Beans stew – 200 g Kachumbari (tomato, onion, coriander)	Plain yoghurt (maziwa lala) – 1 cup (200 ml)	Pumpkin stew – 1 cup (200 g) Steamed spinach (terere/managu) (150 g)
WEDNESDAY	2 Boiled eggs 2/3 Mashed plantains (matoke) seasoned with turmeric and ginger.	1 Ovacado	Ugali (millet or sorghum) – 1 fist-sized Lean beef stew (boiled, not fried) – 100 g Kunde (cowpea leaves) – 1 cup	Roasted maize – 1 small cob Or 1/4 cup chia seeds	Lentil stew – 1 cup Steamed mixed vegetables – 1 cup
THURSDAY	Sweet potato – 1 medium Boiled egg – 1	¼ Watermelon	Boiled matoke Stewed chicken (skin removed) – 120 g Steamed sukuma wiki	1 cup mixed berries (if available) A handful of almonds (1/4 cup).	Beans & vegetable soup – 1½ cups
FRIDAY	3/4 slices whole-grain bread toasted with 1/2 avocado spread and sliced tomatoes. Groundnuts – 1 tablespoon	1 Apple	2 or 3 Serving spoons of githeri (maize and kidney beans mix) Steamed spinach- 100g	1 Plain Yoghurt - 1 Cup	Vegetable soup (pumpkin, carrots, onions, tomatoes) – 150g
SATURDAY	Nduma – 2 medium Ginger tea – 1 cup	1 Mangoe	Ugali (sorghum/millet) – 1 fist-sized Fish stew/Omena – 120 g Managu – 100G	Boiled maize 1/4 cup pumpkin seeds	Vegetable omelette (2 eggs, minimal oil) Steamed cabbage – 1 ½ serving spoon
SUNDAY	2 boiled eggs 2/3 Mashed sweet potatoes seasoned with ginger	1 Pawpaw	Mukimo (with pumpkin or greens) – 1 cup Stewed beef or goat (lean) – 100 g	1 Avocado	Light vegetable soup – 1½ serving spoon