

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

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Fermented porridge (uji) 300ml 1 or 2 Boiled Eggs ½ Avocado	1 Apple ¼ Cup of Groundnuts	Brown ugali (1 fist) sukuma wiki 100g Tilapia (steamed/grilled): 120 g	Plain maziwa mala (200ml)	Boiled sweet potato (2 small) Cabbage & carrots 80g Beans ½ cup
TUESDAY	Arrow roots (1 medium) Black tea (no sugar) Peanut paste (1 tbsp)	1 orange	1 chapati (whole wheat) Ndengu stew 100g Avocado: ½	1 Medium kiwi fruit Handful of pumpkin seeds (1/4 cup)	Cabbage stir-fry- 150g Boiled plantain- 100g Goat meat stew, lean- 100g
WEDNESDAY	1 Cup millet porridge (30g millet with water) 1/2 Avocado 2 Boiled eggs	1 Mango Handful of cashews (1/4 cup)	Boiled sweet potato Beef stew, lean- 120g Steamed greens: 100 g	1/2 cup natural yogurt Boiled maize 1 cob	Vegetable omelette (2 eggs + vegetables) Cassava (boiled) Avocado: ½
THURSDAY	2 Boiled arrowroots Milk tea with NO sugar 2 Eggs	Almonds: 25 g Handful of walnuts (1/4 cup)	Brown rice: 180 g Fish curry Steamed vegetables: 150 g	Handful of sunflower seeds (1/4 cup) Mala (200ml)	Pumpkin soup (1 bowl) Beans (½ cup) Spinach/Managu/Kunde
FRIDAY	Fermented porridge 300 ml Papaw: 200 g 1 Boiled egg 1/2 avocado	1 small banana Groundnuts (boiled/roasted, unsalted): 40 g	Ugali (small) Chicken: 120 g Avocado: ½ Terere/Managu/Kunde	1/2 cup yogurt 1 Medium orange	Grilled tilapia Steamed vegetables: 100 g Avocado (¼)
SATURDAY	Arrow Roots (2 small) 2 Eggs with veggies Peanut butter (1 tbsp)	1 Mango 1 apple	1 Chapati Ndengu: 150 g Fermented vegetables: 60 g	½ Pawpaw Yoghurt unsweetened (150ml)	Boiled sweet potato Steamed vegetables: 150 g Goat stew 100g ½ Avocado
SUNDAY	Omelette 2 slices of whole wheat bread Tomato	Handful of roasted groundnuts	Sweet potato Fish/Omena Steamed vegetables: 100 g	1 Apple 1 grapefruit 1/2 yogurt	Lentils Spinach Cassava