

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

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY (Gut Reset)	Fermented porridge (uji) 300ml Plain yoghurt/ mala: 150ml Banana: 1 medium	1 Apple	Brown rice (cooked): 180 g Ndengu (Cooked) 150 g Steamed vegetables: 100 g Avocado: ½	Papaw: 200 g	Tilapia (steamed/grilled): 120 g Millet ugali: 150 g Fermented vegetables (sauerkraut): 50 g
TUESDAY (Anti-Bloating Focus)	Oats (cooked in water) 60g or dry oats Chia seeds: 10g (1 tbsp) Papaw: 150 g	Plain yoghurt: 200 ml	Brown ugali: 180 g Njahi (black beans cooked): 150 g Avocado: ½	1 Banana	Chicken breast (boiled/grilled): 120 g Steamed vegetables: 150 g Fermented vegetables: 50 g
WEDNESDAY (Constipation Relief)	Fermented uji: 350 ml 1 Apple (with skin) Sweet potatoes 90g Arrow roots 90 g	Sunflower seeds (roasted, unsalted): 30 g	Brown rice: 180 g Lentils (kamande, cooked): 160 g Steamed greens: 100 g	Pawpaw 200g	Omelette (2 eggs) Millet ugali: 150 g Avocado: ½
THURSDAY (Gut Repair & Healing)	Oats: 60 g dry Plain yoghurt: 150 ml Banana: 1 medium	Almonds: 25 g	Brown ugali: 180 g Ndengu: 150 g Fermented vegetables: 50 g	1 Apple	Omena (lightly cooked): 100 g Steamed vegetables: 150 g Coconut oil (added after cooking): 1 tsp (5 ml)
FRIDAY (IBS-Friendly Day)	Fermented porridge 300 ml Papaw: 200 g	Plain mala: 200 ml	Brown rice: 180 g Chicken: 120 g Avocado: ½	1 Banana	Lentil stew: 160 g Millet ugali: 150 g Steamed vegetables: 100 g
SATURDAY (Microbiome Boost)	Oats: 60 g Chia seeds: 10 g 1 Apple	Groundnuts (boiled/roasted, unsalted): 40 g	Brown ugali: 180 g Njahi: 150 g Fermented vegetables: 60 g	1 Pawpaw	Tilapia: 120 g Steamed vegetables: 150 g Avocado: ½
SUNDAY (Maintenance Day)	Fermented uji: 300 ml Banana: 1 medium	Plain yoghurt: 200 ml	Brown rice: 180 g Lentils: 160 g Steamed vegetables: 100 g	Almonds or sunflower seeds: 30 g	Eggs (2) Millet ugali: 150 g Fermented vegetables: 50 g

