

HEALTH-LINK NATURAL CLINIC: MALE PERFORMANCE: CALL 0721 500 900: www.drchris.co.ke

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	3 whole eggs (boiled or fried with little oil) 2 medium arrowroots (nduma) 200g 1 avocado Black tea or coffee (no sugar)	1 handful roasted groundnuts 30g 1 banana	Grilled goat meat or beef steak (150–180g) Ugali (1 fist-sized 150g) Sukuma wiki or managu 100g	1 cup fermented milk (mala / mursik)	Tilapia (whole medium or fillet 180g) Steamed vegetables (carrots, cabbage, broccoli) Sweet potato (1 medium)
TEUSDAY	2 boiled eggs 4 slices of whole maize bread 1 medium banana mashed on top 1 tablespoon peanut butter	1 Orange Handful of pumpkin seeds (50g)	Chicken (kienyeji if possible) – 150g Brown rice (1 cup cooked) cabbage stir-fried with ginger and garlic	1 slice of watermelon Cashew nuts or Groundnuts	Beef liver (120–150g) Boiled matoke 250g Mixed vegetables – 2 serving spoons
WEDNESDAY	3 eggs scrambled with onions & tomatoes 1 cup millet porridge or Black coffee or tea	1 Avocado Roasted peanuts Or Roasted Maize	Grilled tilapia or sardines (omena) – 150g Ugali (1 fist) Steamed kale or cabbage	1 large banana and 100g plain yogurt	Goat stew – 150g Sweet potatoes – 2 small Steamed vegetables – 2 serving spoons
THURSDAY	Millet porridge (300ml) 2 boiled eggs 1 tablespoon honey	Handful of peanuts (50g) 1 pineapple slice (200g) Watermelon slices	Beef stew – 180g Brown rice or githeri – 60g Managu or terere seasoned with ginger	Handful of pumpkin seeds 25g 1 medium mango	Grilled chicken – 150g Boiled arrowroots – 200g Mixed vegetables seasoned with Ginger
FRIDAY	3 eggs 1 avocado Sweet potato (1 medium)	1 Orange Handful of groundnuts/Almonds	Fish stew – 180g Ugali – 1 fist Steamed Sukuma wiki	Mala – 1 cup 1 slice of watermelon	Boiled matoke and tomato salad Beef or goat meat – 150g Steamed cabbage + carrots
SATURDAY	Omelette with 2 eggs, garlic, and onions 1 banana	1 medium avocado Pumpkin seeds (50g) Pawpaw	Omena stew 200g Brown rice Steamed cabbage/Kunde	Handful of sunflower/sesame seeds/peanuts 1 Banana	Goat meat – 180g Sweet potatoes – 2 small Steamed Vegetables
SUNDAY	3 scrambled eggs Peanut butter – 1 tablespoon Whole-grain bread – 4 slices 1 Banana	1 pineapple slice (200g) Orange or mango (1 medium)	Tilapia fish/Omena Ugali – 1 fist Steamed spinach (200g) with ginger	Handful of peanuts (50g) Mala or yogurt – 1 cup	Beef liver OR 150g beef stew Boiled matoke – 1 cup Carrot-tomato salad Steamed Cabbage