

# Healthy Eating Schedule (Monday - Sunday)

## Monday

Breakfast: Oats porridge + banana + boiled egg

Mid-Morning Snack: Handful of groundnuts

Lunch: Brown rice + lentils + steamed spinach

Afternoon Snack: Apple or carrot sticks

Dinner: Ugali + sukuma wiki + grilled tilapia

## Tuesday

Breakfast: Sweet potatoes + black tea (no sugar)

Mid-Morning Snack: Plain yogurt or pawpaw

Lunch: Githeri (beans & maize) + cabbage

Afternoon Snack: Small fruit salad

Dinner: Brown chapati + beef stew + kachumbari

## Wednesday

Breakfast: Whole grain bread + peanut butter + tea

Mid-Morning Snack: Boiled egg + orange

Lunch: Rice + green grams + stir-fried kale

Afternoon Snack: Roasted maize (plain)

Dinner: Ugali + eggs + managu

## Thursday

Breakfast: Millet porridge + avocado slices

Mid-Morning Snack: Banana + peanuts

Lunch: Matoke + minced meat + spinach

Afternoon Snack: Small handful of roasted nuts

Dinner: Rice + ndengu + cabbage

## Friday

Breakfast: Omelet (with tomato/onion) + 2 slices brown bread

Mid-Morning Snack: Boiled maize + tea

Lunch: Ugali + beef + sukuma wiki

Afternoon Snack: Watermelon or mango slices

Dinner: Brown chapati + beans + salad

## **Saturday**

Breakfast: Mandazi (1 or 2) + black tea + boiled egg

Mid-Morning Snack: Apple or cucumber sticks

Lunch: Pilau (lean beef) + kachumbari + greens

Afternoon Snack: Popcorn (plain, no sugar)

Dinner: Ugali + fish + kunde

## **Sunday**

Breakfast: Pancakes (whole wheat) + fruit + tea

Mid-Morning Snack: Avocado + boiled sweet potatoes

Lunch: Rice + chicken stew + steamed veggies

Afternoon Snack: Yogurt or fruit

Dinner: Ugali + omena + spinach