**GAHUNDA Y’IMIRIRE KUMUNTU UFITE O+ MUKUGABANYA IBIRO**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | KUWA MBERE | KUWA KABIRI | KUWA GATATU | KUWA KANE | KUWA GATANU | KUWA GATANDATU | KUCYUMWERU |
| UKIBYUKA | Amazi ashyushye 500ml + gensing ¼ y’akayiko gato | Amazi ashyushye 500ml+ gensing ¼ y’akayiko gato | Amazi ashyushye 500ml+ gensing ¼ y’akayiko gato | Amazi ashyushye 500ml + gensing ¼ y’akayiko gato | Amazi ashyushye 500ml + gensing ¼ y’akayiko gato | Amazi ashyushye  500ml + gensing ¼ y’akayiko gato | Amazi ashyushye 500ml + gensing ¼ y’akayiko gato |
| MU GITONDO | Igikoma (amarante, ifu y’inzuzi na soya y’amata) | Igikoma (amarante, ifu y’inzuzi na soya y’amata) | Igikoma (amarante, ifu y’inzuzi na soya y’amata) | Igikoma (amarante, ifu y’inzuzi na soya y’amata) | Igikoma (amarante, ifu y’inzuzi na soya y’amata) | Igikoma (amarante, ifu y’inzuzi na soya y’amata) | Igikoma (amarante, ifu y’inzuzi na soya y’amata) |
| 9h – a 11h | Umutobe w’inanasi/amazi | Umutobe wa hibiscus/amazi | Ikinyomoro/amazi | Umutobe wa hibiscus/ amazi | Umwembe/ amazi | Umutobe wa hibiscus/ amazi | pomme/amazi |
| Saa sita | Salade (ya carrotte, tomate ,oignon rouge, percil, huile d’olive)  amateke, ibishyimbo,  dodo | Salade (ibitunguru, carotte, concombre, huiled’olive)  umuceri, ifi,imiteja | Salade brocoli, karoti, inyanya, huile d’olive)  Igitoki, inkoko, imiteja | Salade (ya carrotte, tomate ,oignon rouge, percil, huile d’olive)  Ibijumba  Ibishyimbo  dodo zirimo indagara | Salade ya beterave ,oignon rouge ,persil ,tomato ,huile d’olive ,  Ubugali bw’ imyumbati, inkoko na broccoli cg epinard | Salade ya beterave ,oignon rouge, tomate ,huile d’olive  ,igihaza, imiteja na carrotte, igi | Salade concombre, ibitunguru, carotte, indimu, huiled’olive)  Umuceli, amashaza  Inkoko, dodo |
| 15h – 17h00 | Amazi 500ml-750ml | Amazi500-  750ml | Amazi 500-  750ml | Amazi 500ml-  750ml | Amazi 500ml-750ml | Amazi 500ml-  750ml | Amazi  500ml-750ml |
| NIJORO | Potage ya epinari, brocori, percil ,tomate, puwaro, curry powder, carrote, huile d’olive, ) | Dodo, ibibiringanya, carottes, inyanya,  Icyayi cya hibiscus  (30 min nyuma yokurya ) | Igikoma (amarante ifu y’ inzuzi na soya y’amata) | Potage y’ igihaza, carotte, courgette, epinard | Imiteja, carottes, courgette,  Icyayi cya hibiscus  (30 min nyuma yo kurya ) | Igikoma (amarante ifu y’ inzuzi na soya y’amata) | Potage y’ibihumyo, carotte, tomate, puwaro, curry powder, huile d’olive |

**IMYITOZO NGORORAMUBIRI**

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| UBWOKO | IGIHE KU MUNSI | INSHURO MU CYUMWERU |
| Kugenda wihuta n’amaguru | 30-60’ minute | 2 cg 3 mu cyumweru |
| Koga | 30 minute -45min | 3 cg 4 mu cyumweru |

N.B: Repas ya 10h singombwa igihe udashonje

Regime idafite sport ntago iba yuzuye!

**GUSHAKA NI UGUSHOBORA!**