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

|  |  |  |  |  |  |  |  |  |
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|  | KUWA MBERE | KUWA KABIRI | KUWA GATATU | | KUWA KANE | KUWA GATANU | KUWA GATANDATU | KUCYUMWERU |
| UKIBYUKA | Amazi ashyushye 500 ml+Citron | Amazi ashyushye500 ml+Citron | Amazi ashyushye  500ml+citron | Amazi ashyushye 500ml+citron | | Amazi ashyushye 500 ml+citron | Amazi ashyushye 500 ml+citron | Amazi ashyushye 500ml+citron |
| MU GITONDO | Igikoma cy’amarante ifu y’inzuzi na soya | Igikoma cy’amarante ifu  y’inzuzi na soya | Igikoma cy’amarante ifu  y‘inzuzi na soya | Igikoma cy’amarante ifu y’inzuzi na soya | | Igikoma cy’amarante ifu y’inzuzi na soya | Igikoma cy’amarante ifu y’inzuzi na soya | Igikoma cy’amarante ifu y’inzuzi na soya |
| 9h – a 11h | Umutobe winanasi /Amazi | Umutobe wa hibiscus | Ikinyomoro | inanasi | | Umutobe wa hibiscus | ikinyomoro | Hibiscus juice |
| Saa sita | Salade(ya carrotte, inyanya, ,ibitunguru, indimu, huile d,olive)  Imyumbati  ,ibishyimbo, dodo  ifi | ,salade ya carotte, igitunguru ,beterave, indimu, huile d’olive) ,  Amateke, Ibishyimbo,  imiteja | Salade ya, karoti, concombre, igitunguru, indimu, persil ,huile d’olive) ,  Umuceli, ubunyobwa  Sambaza, broccoli cg chouxfleur | Salade (concombre, ibitunguru, inyanya, indimu)  Ubugali bw’Imyumbati ,  Isosi y’ubunyobwa , dodo | | salade ya karoti, ibitunguru ,persil, inyanya, indimu,  huile d’olive ,  igitoki  Chouxfleur  inkoko | salade ya karoti ,ibitunguru, indimu ,persil,tomate ,huile d’olive  amateke, Ibishyimbo  Imiteja, igi | Salade ya, karoti, ibitunguru,concombre, huile d’olive,indimu  Umuceli ,  Sambaza  Imiteja |
| 15h – 17h00 | Amazi | Amazi | Amazi | Amazi | | Amazi | Amazi | Amazi |
| NIJORO | Potage ya karoti, epinari, tungurusumu, puwaro, courgette, currypowder,  Tisane ya camomille | Porici  Icyayi cya hibiscus  (30 min nyuma yo kurya ) | Potage ya karoti, igihaza, puwaro, persil, tungurusumu, currypowder, huile d’olive  Tisane ya camomille | Igikoma cy’amarante, ifu y’ inzuzi na soya , | | Porici  Icyayi cya hibiscus | Igikoma cy’amarante ifu y’ inzuzi na soya , | Dodo , karoti,, tungurusumu, tomate , huile d’olive  Tisane ya camomille |

IMYITOZO NGORORAMUBIRI :

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

Regime idafite sport ntago iba yuzuye!

**GUSHAKA NI UGUSHOBORA!**