**GAHUNDA Y’IMIRIRE KUMUNTU UFITE B MU KUGABANYA IBIRO**

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|  | 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 (uburo) | Porici irimo amata avanywemo amavuta | Icyayi cy’amata avanywemo amavuta | igikoma(uburo) | | Porici irimo amata avanywemo amavuta | Icyayi cy’amata avanywemo amavuta | Igikoma(uburo ) |
| 9h – a 11h | Inzabibu /amazi | Umutobe wa hibscuss /amazi | Ananas /amazi | Umutobe wa hibscuss /amazi | | Papaye/amazi | Ikinyomoro /amazi | Umutobe wa hibscuss /amazi |
| Saa sita | Salade ya carrotte,amashu ,indimu, persil huile d,olive  Ifi ,umuceli  Dodo | Salade ya carrotte , inyanya, beterave ,indimu,persil huile d,olive  ibishyimbo  Ibijumba, imiteja, igi | Salade ya igitunguru, carrotte,indimu, persil ,betterave ,huile d,olive  Imyumbati  Ibishyimbo, amashu | salade ya cocombre, ibitunguru, carotte, indium, huile d’olive  Igitoki ,isambaza  dodo | | Salade(ya concombre, carrotte,beterave , ,indimu, huile d,olive)  Ifi ,ubugali bw’imyumbati  Ibishyimbo, brocoli | Salade laitue, igitunguru, carotte, indimu, huile d’olive  Ibishyimbo  Ibirayi ,amashu ,indagara cg ifi | Salade ya carrotte,amashu ,indimu, persil huile d,olive  Igitoki ,  dodo  amashaza |
| 15h – 17h00 | Amazi | Amazi | Amazi | Amazi | | Amazi | Amazi | Amazi |
| NIJORO | Potage ya broccoli, courgette ,tomate, puwavuro ,persil, , carrote, currypowder, huile d’olive, | Igikoma cy’uburo | choux fleur ,persil ,puwavuro ,tomate, , carrote, curry powder, huile d’olive, | Porici irimo amata avanywemo amavuta | | Igikoma (uburo ) | Potage y’ibihumyo, ,tomate, , carrote currypowder, huile d’olive | Porici irimo amata avanywemo amavuta |

IMYITOZO NGORORAMUBIRI :

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

N.B: Repas ya 10h singombwa igihe udashonje

Regime idafite sport ntago yuzuye

**GUSHAKA NI UGUSHOBORA!**