

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY (Gut Reset)	Fermented porridge (uji) 300ml OR Raw Fermented Milk	1 Apple	Brown rice (cooked): 80 g Ndengu (Cooked) 150 g Greens (Managu, Terere, Mrenda) Avocado: ½	Papaw: 200 g	Tilapia (steamed/grilled): 120 g Millet ugali: 150 g Fermented cabbage (sauerkraut): 50 g
TUESDAY (Anti-Bloating Focus)	2-3 boiled or cooked eggs Kefir 100ml	Plain unsweetened yoghurt: 200 ml	Githeri (A mix of maize and beans): 150 g Avocado: ½	1 Banana	Chicken breast (boiled/grilled): 120 g Steamed vegetables, sukuma wiki or spinach: 150 g
WEDNESDAY (Constipation Relief)	Fermented uji: 350 ml Sweet potatoes 90g Arrow roots 90 g	2 Kiwis	Brown rice: 80 g Lentils (kamande, cooked): 160 g Greens (Managu, Terere, Mrenda)	Pawpaw 200g	Omelette (4 eggs) Millet ugali: 80 g Avocado: ½
THURSDAY (Gut Repair & Healing)	2-3 boiled or cooked eggs Plain unsweetened yoghurt: 150 ml Banana: 1 medium	1 Avocado	Boiled Pumpkin 100g Ndengu: 150 g Fermented vegetables: 50 g	1 Apple	Githeri (A mix of maize and beans): 150 g Steamed vegetables, sukuma wiki or spinach: 100 g
FRIDAY (IBS-Friendly Day)	Kefir 100 ml Papaw: 200 g Fermented Cassava	Berries 200g	Boiled Butternut 150g Chicken: 120 g Avocado: ½	1 Banana	Lentil stew: 160 g Rice 80G Greens (Managu, Terere, Mrenda)
SATURDAY (Microbiome Boost)	Sweet potatoes 90g Arrow roots 90 g Raw Fermented Milk	1 Apple	Fermented Cassava or boiled Njahi: 150 g Fermented vegetables: 60 g	1 Pawpaw	Tilapia: 120 g Steamed vegetables: 150 g Avocado: ½
SUNDAY (Maintenance Day)	Fermented uji: 300 ml 2-3 Boiled eggs Banana: 1 medium	Plain unsweetened yoghurt: 200 ml	Boiled Pumpkin Lentils: 160 g Steamed vegetables: 100 g	2 Kiwis	Steamed Cabbage, Spinach, or Sukumawiki Millet ugali: 150 g Avocado: ½

