

WEIGHT LOSS DIET PLAN CALL: 0721 500 900 www.drchris.co.ke

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	2 Boiled eggs (100g) 2 slices of whole wheat bread (40g) ½ Avocado Black tea/coffee (no sugar)	1 Apple (150g)	Ugali (100g) Steamed Sukuma wiki (150g) Chicken breast (120g)	Cup of Groundnuts	Steamed broccoli/cabbage (150g) Tilapia/Fish/ (120g)
TUESDAY	Uji (porridge) made from millet/sorghum, no sugar (250ml) 2 Boiled eggs (50g)	1 Banana	Beef (lean, boiled/grilled, 120g) Brown rice (100g cooked) Spinach (150g) Avocado: ½	Plain fermented milk (mursik or mala) (200ml)	150g cassava (muhogo) boiled Mixed vegetable stew (200g: zucchini, carrots, capsicum) 80g Beans (Maharagwe) Avocado: ½
WEDNESDAY	Omelette (2 eggs, onions, tomatoes, spinach) – 150g total 2 Slices whole wheat bread (40g)	Pineapple slices (150g)	Goat meat (nyama choma, Fried, boiled, trimmed fat, 120g) Small sweet potato (100g) Steamed greens: 100 g	Handful of roasted sunflower seeds (30g)	Lentil stew (dengu, 200g cooked) Steamed cabbage (150g) Avocado: ½
THURSDAY	Plain Greek-style yogurt (200g) 1 Tablespoon chia seeds (15g)	1 orange (130g)	Tilapia (120g) Sukuma wiki (150g) Small ugali (100g)	10 Almonds (15g) 100g Guava	Chicken vegetable soup (250g: chicken 100g + vegetables 150g) 100g Brown rice
FRIDAY	2 Boiled eggs (100g) Small sweet potato (100g)	Watermelon (200g)	Githeri (beans + maize, 250g cooked) Avocado: ½ Terere/Managu/Kunde	Groundnuts (30g)	Steamed broccoli (150g) Grilled beef strips (100g)
SATURDAY	Millet porridge (250ml, unsweetened) 1 Tablespoon peanut butter (15g)	1 Apple	Skinless chicken (120g) Brown rice (100g cooked) Spinach (150g)	Mala (200ml)	Dengu stew (200g) Steamed vegetables: 150 g ½ Avocado
SUNDAY	Omelette (2 eggs + vegetables, 150g) ½ Cup of sorghum porridge	Mango slices (150g)	Tilapia (120g) Sukuma (150g) Steamed vegetables: 100 g Small ugali (100g)	Sunflower seeds (30g) Groundnuts	Vegetable stir fry (250g mixed vegetables) Boiled beans (150g)

