

HEALTH-LINK AYURVEDIC CENTRE: ARTHRITIS MEAL PLAN: CALL: 0721 500 900

VISIT: www.drchris.co.ke

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Green tea Boiled sweet potato Steamed spinach	1 Orange	Brown Rice Lentils + Carrots + Ginger & Garlic Steamed broccoli	Pineapple slices .	Boiled fish with Ginger & Garlic Broccoli + carrots Avocado
TUESDAY	Ginger + Garlic tea Peanuts Fried Okra	1 Apple Promegenant	Boiled sweet potatoes Grilled chicken Green beans Salad	Pumpkin seeds	Whole grain ugali Lean meat/Omena Steamed kales
WEDNESDAY	1 cup plain yoghurt Chie seeds	Pumpkin seeds Groundnuts	Boiled beans Mixed green vegetables ½ avocado	Melon or Guava	Matooke Beef stew Carrot + tomato salad
THURSDAY	Bone broth 2 eggs Steamed spinach Avocado	1 banana	Brown Rice Ndengu Steamed cabbage ½ Avocado	Peanut/Sesam e seeds	Boile Nduma Grilled chicken Mixed vegetable
FRIDAY	1 cup Mursik Paw paw slices	1 orange	Whole wheat chapati Lentils + garlic Broccoli + carrots	Pineapple slices	Boiled fish with ginger & garlic Steamed cabbage with turmeric Avocado
SATURDAY	Boiled Maize 2 Boiled eggs Fried Okra Spinach	Groundnuts	Boiled sweet potatoes Cabbage + Carrot seasoned with ginger Ndengu	1Apple	Boiled sweet potato Omen Green grams Steamed spinach
SUNDAY	Green tea 2 boiled eggs Green beans	Strawberry or Guava	Githeri Steamed Kales	Pawpaw slices	Chicken breast Boiled beans + Garlic & Ginger Broccoli + Carrots