

HEALTH-LINK AYURVEDIC CENTRE: DIABETES DIET PLAN CALL: 0721 500 900

VISIT: www.drchris.co.ke

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	250ml Plain yoghurt with 1tsp of chia seeds	A slice of PawPaw	-Chicken breast -Mixed green vegetables - Brown ugali	1 tsp Walnuts .	Mashed sweet potatoes Steamed cabbage Beef stew
TUESDAY	3 boiled eggs + ½ Avocado Black Coffee (NO SUGAR)	Handful peanuts	Brown rice Greengrams (Ndengu) Steamed Spinach	1 thorn Melon	Saulteed trench beans with carrots Fish (BOILED)
WEDNESDAY	Bonebroth Nduma Strawberries	2 tsp pumpkin seeds	Whole wheat Chapati Lentils Terere	1 Kiwi fruit	Matoke Fried Liver Steamed cabbage
THURSDAY	Porridge (Millet/Sorgum) 1 tsp Peanuts	1 Orange	Ugali + Red beans + Pumpkin leaves & Avocado	1 Apple	Chicken Breast Cucumber + Tomato Salad
FRIDAY	Ginger Tea 2 Scrumbled eggs + Steamed spinach	Handful of Peanuts	Boiled Nduma + Beef stew + Managu	1 Pepino fruit	Lentils + Steamed cauliflower + Avocado
SATURDAY	Brocoli 3 boiled eggs ½ Avocado	2 medium guava fruits	Brown rice + green grams (ndengu) + cabbage/spinach	1 Thorn melon	Omena + brown ugali + Sukuma wiki
SUNDAY	250ml plain Mala + 1 banana	1 tsp soaked flax seeds in warm water	Boiled sweet potatoes+ Beef stew + Mixed vegetable salads	Half avocado or banana	Green beans Managu/Terere ½ Avocado

