

HEALTH-LINK NATURAL CLINIC: H.PYLORI MANAGEMENT DIET CALL: 0721 500 900 www.drchris.co.ke

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY (Gut Reset)	Fermented soft millet uji (porridge) 1 ½ Cups OR Raw fermented milk With boiled 2 eggs, half an avocado	Papaya slices OR Plain probiotic yoghurt (1Cup)	Brown ugali 250g Steamed traditional vegetables (managu, terere) + Fish (180g) OR Stewed chicken (skinless, mild garlic-ginger) (150g)	A handful of unsalted groundnuts	Boiled matoke or sweet potato with Green Grams (ndengu) and steamed spinach. (200g)
TUESDAY	Soft maize OR fermented sorghum uji with mashed banana (1 cup) and honey. Add a boiled egg	Watermelon slices or papaya slices + plain yogurt	Soft githeri (well-cooked maize + beans) (190g) with steamed cabbage, broccoli, zucchini and carrots. 1 Avocado	1 Arrowroot (nduma) boiled, lightly mashed with a tablespoon of honey OR One cup of yogurt	Pumpkin/Butternut with boiled beans. + Soft-cooked managu/terere or spinach and garlic.
WEDNESDAY	2 Sweet potatoes with (1 cup) plain fermented milk (mala) or probiotic yoghurt.	Pear, apple or papaya slices.	Boiled matoke with fish stew/beef stew + cooked carrots and cabbage	Avocado slices with cucumber	Millet ugali with traditional vegetables (Managu, Terere, Mrenda) ½ Avocado
THURSDAY	2 Arrowroots (nduma) with 2 boiled eggs + A glass of plain yoghurt	Watermelon slices or avocado or Pawpaw	Soft rice with bean stew (180g) Stewed chicken (garlic-ginger mild) with steamed cabbage and carrots.	1 Boiled arrowroot or a boiled egg with a few carrot sticks	Grilled/boiled/stewed fish, mashed sweet potatoes and soft-cooked greens (sukuma or managu) + 1 avocado.
FRIDAY	1 cup Millet porridge with pumpkin seeds OR Yogurt or mursik with mashed banana and honey.	Papaya or steamed sweet potato	Ugali with chicken stew or with steamed fish. + Spinach and avocado.	1 Cup Plain yogurt + 1 ripe banana	Pumpkin with lentil stew + boiled green bananas (190g)
SATURDAY	2 Sweet potatoes Arrow roots 90 g 1 Cup Raw Fermented Milk	1 Apple	Soft Rice with Njahi: 150 g Fermented vegetables: 60 g	Pawpaw slices	Boiled potatoes with green peas, carrots and beef stew. (200g)
SUNDAY	2 weet potatoes with avocado and boiled egg	Papaya slices + 1/2 avocado	Soft githeri or chicken stew with soft ugali/rice + cooked greens and carrots	1 Cup Homemade smoothie made from plain yoghurt, banana and oats	Fish or chicken with boiled sweet potato or matoke + soft cabbage

