

HEALTH-LINK AYURVEDIC CENTRE: HIGH BLOOD PRESSURE MEAL PLAN: CALL: 0721 500 900

VISIT: www.drchris.co.ke

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Boiled arrowroots Steamed cabbage 2 eggs 1 Banana	½ Avocado	Whole grain ugali Steamed Sukuma Wiki Skinless Chicken	Pumpkin seeds 1 banana	Green beans Boiled fish Mixed vegetables
TUESDAY	1 cup plain yoghurt Handful peanuts 1 banana	1 Apple	Brown Rice Bean stew Steamed spinach Avocado	1 Orange	Whole grain ugali Lean meat/Omena Steamed cabbage
WEDNESDAY	Boiled Maize 2 eggs Avocado	1 banana	Whole wheat chapati Lentils Broccoli	Mango Slices	Beans seasoned with ginger & garlic Pumpkin soup Pinach/Managu Avocado
THURSDAY	Boiled pumpkin Plain yoghurt 1 banana	Pineapple slices	Brown Ugali Chicken breast Managu/Terere	Watermelon Slices	Brown rice Lentils Mixed vegetables Avocado
FRIDAY	Fermented porridge 1 banana Groundnuts	Strawberries Banana	Whole wheat chapati Green grams (Ndegu) Steamed vegetables Avocado	Pumpkin seeds Peanuts	Boiled sweet potatoes Green beans
SATURDAY	Boiled sweet potato Bone broth	Banana Apple	Brown rice Beans + Carrots Mixed vegetables	1 cup Mala/Mursik	Chicken breast Steamed broccoli Avocado
SUNDAY	2 Boiled eggs Boiled cassava Broccoli	Plain Yoghurt	Mashed potatoes with mashed beans Beef stew Steamed spinach	½ Avocado	Boiled Nduma Sardines Steamed cabbage + carrots m

NB: LOWER SODIUM INTAKE, ALCOHOL CONSUMPTION AND MANAGE STRESS