

HEALTH-LINK NATURAL CLINIC: HIGH BLOOD PRESSURE MANAGEMENT DIET CALL: 0721 500 900

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	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Uji made from oats or millet, with little/no added sugar + 1 boiled egg + a banana	1 medium orange or pawpaw slice + small handful of unsalted groundnuts	Brown ugali + sukuma wiki + steamed/grilled tilapia + tomato/onion salad	Plain low-fat yogurt (mala) or a boiled sweet potato.	Githeri (maize and beans) + plenty of managu or spinach and avocado slices
TUESDAY	2 boiled sweet potatoes or arrowroots + avocado slices and a boiled egg. Unsweetened black tea with lemon.	1 apple or pawpaw	Brown rice + beans + mixed vegetables (carrots, cabbage, spinach) + avocado	Plain unsweetened yoghurt + pawpaw	Boiled pumpkin or butternut + grilled chicken (skin removed) + steamed vegetables (sukuma/terere)
WEDNESDAY	Oats or millet porridge cooked with low-fat milk + pawpaw + a small handful of unsalted groundnuts	Apple + plain yogurt	Omena (or tilapia) + plenty of leafy greens and tomatoes + small ugali or boiled Irish potatoes and salad.	1 banana + a few unsalted nuts	Bean stew + vegetables (carrots, spinach, onions) + boiled cassava or sweet potato (moderate portion).
THURSDAY	Soft-boiled or scrambled eggs + 1–2 slices wholemeal bread + tomato + unsweetened tea	1 Banana or orange	Ugali + managu, steamed fish, and tomato-onion- avocado salad.	Cucumber with lemon or low-fat yogurt	Lentil or ndengu curry (lightly spiced with garlic/ginger) + brown rice or millet and steamed mixed vegetables
FRIDAY	2 boiled sweet potatoes with avocado and a glass of low-fat milk.	Pawpaw or passion fruit + a small handful of groundnuts	Githeri (maize and beans) with plenty of vegetables + avocado	Plain yogurt + banana slices + unsalted groundnuts	Vegetable stew + 1 cup brown rice + Pumpkin or butternut
SATURDAY	1 cup Millet/sorghum porridge +1 banana, low-fat milk, and groundnuts. Herbal or black tea (no sugar).	1 Apple or Orange	¼ Skinless chicken + plenty of vegetables (carrots, spinach, tomatoes), with 1 cup brown rice and salad.	1 cup plain yoghurt + unsalted groundnuts.	Omena or fish + managu/terere/kunde + ugali + 1/2 avocado
SUNDAY	2 boiled eggs+ 1/2 avocado, tomatoes, and a small boiled sweet potato or arrowroot. Unsweetened tea.	Banana or pawpaw + plain yogurt.	Lean beef stew + plenty of sukuma wiki/spinach + avocado	1 banana + unsalted groundnuts	Grilled or steamed fish/chicken + steamed vegetables (sukuma, carrots, cabbage) + moderate boiled potatoes or pumpkin.

