

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

VISIT: www.drchris.co.ke

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Ginger and Lemon Tea 2 boiled eggs Broccoli ½ Avocado	1 Pomegranate 1 tsp Pumpkin seeds	Mashed sweet potatoes + Beans Grilled beef Managu	1 Orange	Brown Ugali Sardines (Omena) Steamed Spinach
TUESDAY	Sweet potatoes Fried Okra Omelette Avocado	1 Banana + Honey	Nduma Chicken Breast Green Peas Kunde	Almond Nuts	Njahi Green beans Broccoli Cucumber
WEDNESDAY	Watermelon Omelette with chilli Fried Spinach	1 Kiwi fruit	Brown Rice Lentils/French Beans Avocado Broccoli	Pumpkin Seeds	Matoke Minced Meat with Ginger Avocado Cauliflower
THURSDAY	Garlic + honey water 3 boiled eggs ½ Avocado Fermented cabbage	Bone broth	Mashed potatoes with Njahi Grilled Chicken Terer/Managu	1 Glass of coconut water	Boiled beef Mixed vegetable with chilli and cucumber
FRIDAY	Fermented milk + 1 banana	Beetroot juice Peanuts	Whole wheat chapati Lentils Broccoli Avocado	Paw Paw slices	Boiled Arrow root Minced meat with ginger & garlic Cauliflower vegetables
SATURDAY	Fermented porridge with Chia seeds	1 Orange	Fried Fish Ugali with Managu	1 Pomegranate	Matoke Liver stew Steamed sukuma wiki
SUNDAY	Ginger + Garlic & Lemon Tea 2 Boiled eggs Broccoli	1 Banana	Githeri Steamed cabbage Beef stew Avocado	Watermelon Slices	Whole Maize Ugali Sauteed sukuma wiki Grilled Fish

NB: TAKE AT LEAST 8 GLASSES OF WATER A DAY, EXERCISE REGULARY, GET ENOUGH SLEEP AND AVOID STRESS