

HEALTH-LINK NATURAL CLINIC: ULCER DIET PLAN CALL: 0721 500 900

VISIT: www.drchris.co.ke

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Uji made from wimbi/millet + 1 banana	1 cup plain yogurt or Mala	Ugali + sukuma wiki + boiled/steamed chicken	½ Avocado or 1 boiled sweet potato	Rice + boiled beans + steamed spinach/cabbage (No chili)
TUESDAY	Nduma (Arrow roots) + Avocado + 2 boiled eggs	1 cup plain yogurt with a spoon of honey	Soft ugali + boiled/grilled/cooked tilapia (or other mild fish) + steamed cabbage	1 Banana or avocado	2 Boiled sweet potatoes or Butternut + Stewed skinless chicken + well-cooked carrots/spinach
WEDNESDAY	1 cup fermented millet/sorghum porridge + 1 banana + 1 spoon honey	1 cup unsweetened natural yoghurt or unsweetened Mala	Very soft Githeri (maize and beans) + steamed cabbage and carrots + avocado	1 Apple or Pawpaw (papaya) slices	Soft matoke or mashed potatoes or pumpkin + steamed sukuma wiki/spinach + 2 boiled eggs/scrumbled
THURSDAY	Bone soup + a small amount of groundnuts	1 Ripe banana or pawpaw slices	Ugali + managu + steamed fish/Omena + avocado salad.	1 Small boiled potato or sweet potato	Lentil or ndengu (Not spiced) + brown rice or millet and steamed mixed vegetables
FRIDAY	2 boiled sweet potatoes + a glass of unsweetened yoghurt	Pawpaw slices	Lean beef stew + plenty of sukuma wiki/spinach + avocado	1 banana + unsalted groundnuts	Vegetable stew + 1 cup brown rice + Pumpkin or butternut
SATURDAY	Bone soup + 1 Nduma (arrow root)	1 Apple	Brown rice + green grams (ndengu) + cabbage/spinach	1 cup plain yoghurt + 1 banana	Omena or fish or chicken + managu/terere/kunde + ugali + 1/2 avocado
SUNDAY	2 boiled eggs+ ½ avocado + a small boiled sweet potato	Mala or papaya	vegetables + lean beef/chicken, prepared with little oil	Half avocado or banana	Pumpkin/Butternut + steamed sukuma wiki/cabbage + beans/lentils

