

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

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Fermented soft millet uji (porridge) 1 ½ Cups	Plain low-fat yogurt + a handful of roasted groundnuts	1 cup brown rice + ½ cup beans + cucumber/tomato salad add steamed vegetables	1 Orange, watermelon, or papaya slices + water.	Ugali+ plenty of sukuma wiki + boiled potatoes or carrots.
TUESDAY	Scrambled eggs (1–2) and sliced tomato/avocado (small). Unsweetened tea	Apple or banana + water.	Soft githeri (well-cooked maize + beans) (190g) with steamed cabbage, broccoli, zucchini and carrots. 1 Avocado	Carrot sticks or cucumber + plain yogurt.	Boiled sweet potatoes with steamed mixed vegetables (carrots, cabbage, tomatoes) + small portion of skinless chicken.
WEDNESDAY	1 cup plain low-fat yoghurt + a mango + banana/pawpaw.	A handful of roasted groundnuts or pumpkin seeds + an orange	1 cup ugali/Rice + 1 cup spinach + ½ cup ndengu + avocado (¼–½)	Watermelon or Paw paw or passion fruit + water.	2 small boiled sweet potatoes + vegetable stew (plenty of carrots, tomatoes, onions, cabbage) + 2 boiled eggs
THURSDAY	Uji made from oats or millet, 1–1½ cups + 1 Orange	Plain low-fat yogurt with a few banana slices.	1 cup brown rice + 1 cup mixed vegetables + ½ cup beans + avocado	Papaya slices or apple + water.	Boiled or steamed tilapia (small/moderate portion) with ugali and lots of steamed greens + carrots.
FRIDAY	2 small boiled sweet potatoes + 1 boiled egg + unsweetened tea	1 orange + small handful of groundnuts + water	Rice and beans (moderate beans) with steamed sukuma wiki and tomato-onion mix	Watermelon slices + water/lemon water	Vegetable stew + 1 cup brown rice + Pumpkin
SATURDAY	2 slices wholemeal bread + avocado + 1 boiled egg + unsweetened tea	Plain yogurt or a small orange.	Ugali with abundant sukuma wiki and kachumbari + a moderate portion of ndengu or lentils	Banana or papaya + water.	Vegetable-heavy stew (cabbage, carrots, onions, tomatoes, potatoes) served with rice + small grilled chicken or egg.
SUNDAY	Millet or sorghum uji with low-fat milk + banana or a few pieces of pineapple (moderate). Lemon water.	A handful of roasted groundnuts or seeds + apple	Githeri or rice with mixed vegetables and kachumbari + avocado	Watermelon or passion fruit + water.	Ugali or boiled potatoes with plenty of sukuma wiki/cabbage stew and a moderate portion of grilled skinless chicken or a vegetable-only focus

