HEALTH-LINK AYURVEDIC CENTRE: WEIGHT LOSS MEAL PLAN: CALL: 0721 500 900

VISIT: www.drchris.co.ke

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	1 tsp Chia Seeds soaked in warm water	Strawberries	Boiled Sweet potatoes Steamed Cabbage Minced Meat ½ Avocado	1 Thornmelon .	Lentils Mixed Vegetables Cucumber
TUESDAY	Fermented Porridge	Okra Water	Brown Rice Bean stew Steamed Sukuma Wiki Avocado	Pieapple Slices	Grilled Fish Steamed Cabbage
WEDNESDAY	3 Boiled eggs Sauteed Vegetables ½ Avocado	Handful Groundnuts	Mashed sweet potatoes Beef stew Broccolli	1 pomegranate	1 Boiled Butternut French Beans ½ Avocado
THURSDAY	Boiled Maize Black Coffee (NO SUGAR) Omellete	Pepino Fruit	Brown Rice Grilled Chicken Kunde	1 Gauva	Boiled Beans seasoned with Ginger & Garlic 1 Egg Cucumber
FRIDAY	Fermented milk or Plain yoghurt + 1 banana	½ Avocado	Nduma Boiled Fish Murenda	1 Thorn Melon	1 Boiled Pumpkin Chickpeas Broccoli
SATURDAY	Green Tea Boiled Cassava Spinach Avocado	Handful Peanuts	2 Drumstics Steamed cabbage Avocado	1 Apple	Mixed Vegetables Fishe (Boiled with Ginger & Garlic) Cauliflower
SUNDAY	Beetroot Juice Nduma Cucumber 2 Boiled eggs	8 Walnuts	Matoke Lentils Minced meat Avocado	1 Guava	Mushrooms 1 Egg Cucumber

NB: TAKE AT LEAST LITERS OF WATER A DAY