



Download our free menu plans to organize healthy and nutritious meals. This no-stress guide points to several local foods easily obtainable here in Nairobi. Written and approved by one of Kenya's Leading Nutritionists.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING							
BREAKFAST							
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
SNACK							
LUNCH							
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
SNACK							
DINNER							
BEDTIME SNACK							

Complementary Feeding tips

- Don't rush your baby - give him / her as much time as he needs to feed
- Make sure you're both relaxed before you start to feed
- Feed your baby on your lap or in a high chair
- When introducing new foods, try to mix them in with familiar ones
- Go at your baby's pace and don't be upset if he/she refuses the food- he/she'll get used to the idea in time

Things to note:

1. Give at least 500ml of Breastmilk or Formula in between meals per day
2. Give Water in between Meals and Snacks