



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
BREAKFAST	An omelet, with Oatmeal Porridge	Non Spicy Sausage, Arrowroot and Milk Tea	Barley or Malt hot drink and Banana	Scrambled Egg with Oatmeal Porridge with Apple	Cornflakes Cereal with Milk and Banana	Non Spicy Sausage, Arrowroot and Milk Tea	Cornflake Cereal with Milk and Banana
SNACK	Hibiscus Tea with Banana	Cup of Uji	Sweet Potato and Tea	Arrowroot with Hibiscus Tea or any hot drink	Banana with Glass of Mala	Non Spicy Sausage, Arrowroot and Milk Tea	Sweet Potato and Tea
LUNCH	Grilled fresh Fish with Green beans (Michiri) and baked potatoes	Chicken with Rice and Vegetables	Matoke with Meat and Vegetables	Mashed Potato with Minced Meat and Vegetables	Sweet Potato with Chicken and Fresh Vegetable Salad	Rice with Liver and Vegetables	Matoke with Meat and Vegetables
SNACK	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Steak with sweet potato with mixed Vegetables	Pork tenderloin with Mixed vegetables and baked potato	Ugali with Fish and Green leafy Vegetables	Vegetable Fried Rice with Chicken Stew	Ugali with Matumbo and Vegetables	Baked Potatoes with Meat and Mixed Vegetables	Fried Rice with Vegetables and Meat
BEDTIME SNACK	Glass of Yoghurt or Mala	Cheddar cheese with grape	Yoghurt	Yoghurt	Cottage cheese with an Apple	Tea with Milk	Glass of Yoghurt or Mala