

Family Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	A egg omelet, with wimbi Porridge	Arrow root (Nduma) with Milk tea	Porridge with a little milk	Brown bread with tea with little milk	1/2 cup of cereal e.g Cornflakes Cereal or weetabix with little Milk	Brown bread with tea with little milk	A egg omelet, with 1/2 cup Porridge
SNACK	Banana	Groundnuts or peanuts with Tea	Banana	Avocado	1/2 Glass mala or yoghurt	Cup of Uji	Sweet potato and Herbal Tea
LUNCH	Mashed potatoes with Peas and green vegetables	Ndengu with Rice and Vegetables	Matoke (mashed banana) with beef/peas and Vegetables	Arrow roots with Dhal seeds / kamande/ beans with vegetables	Sweet Potato with Michiri Fresh Vegetable Salad	Rice with Liver and Vegetables	Matoke with Ndengu and Vegetables
SNACK	Fruit salad (2 -3 fruits in season)	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Chicken liver with sweet potato with mixed Vegetables	Baked or mashed Potatoes with Peas and Mixed Vegetables	Ugali with Fish and Mboga	Vegetable Fried Rice with Chicken Stew	Ugali with Matumbo and Vegetables	Chapati with Meat and Mixed Vegetables	Mukimo with Minced Meat stew and vegetables
SNACK	Tea with milk	Cocoa drink	Yoghurt	Tea with little milk	Cocoa drink	Herbal Tea with 1/2 banana	1/2Glass of Yoghurt or Mala

PRINCIPLES OF LOW GLYCEMIC EATING

- Eat a lot non starchy vegetables, and fruits e.g apples, pears, mangoes, pawpaws
- Eat grains in the least processed state possible (unbroken -eg brown rice, wimbi, sorghum, seeds,
- Limit concentrated sweets e.g sodas, sweets, fruit juice
- Eat a type of protein at most meals eg beef, fish, chicken, egg
- Choose foods with healthy fats e.g olive oil, nuts, avocado
- Have 3 main meals with snacks in between and never skip breakfast
- Eat small portions at each meal and stop if you get full

Created by: Esther Kimani - Certified Doula at the bottom.