

Sample Menu for Mums



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Egg omelet, with Wimbi/sorghum Porridge	Arrow root with milk Tea	Tea with Milk and Cornflakes & Banana	Boiled Egg with Porridge and a banana	Cereal with milk and a banana	Bone soup with leftover ugali with some vegetables	Cornflake Cereal with Milk and Small Banana
SNACK	Hibiscus Tea with Banana	Cup of porridge	Sweet Potato and Camomile tea	Arrowroot with Tea	Glass of Mala	Hibiscus Tea with Banana	Sweet Potato and Herbal tea
LUNCH	Fish with courgettes/ carrots and mashed potato with pumpkin soup	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	Mashed potato with maize and pumpkin leaves (muki-mo)with Meat and Mixed Vegetables	Pork/ Beef Stew with Greens and Mashed potato	Ugali with Fish and Mboga	Vegetable Fried Rice with Chicken Stew	Ugali with Matumbo/or beef and Vegetables	Mashed potato with maize and pumpkin leaves (mukimo)with Meat and Mixed Vegetables	Fried Rice with Vegetables and Meat
SNACK	Small Glass of Yoghurt or Mala	Herbal Tea	Small Glass of Yoghurt or Mala	Oxtail soup	Herbal Tea	Tea with Milk	Oxtail soup

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.