Anza na Lishe

7-day meal plan

This plan is the same for everyone. If you are pregnant, have kidney disease or use insulin, ask the nutrition professional for a custom plan (WhatsApp 0629 411 998).

Household measures: 1 cup (kikombe) = 250 ml · palm-size (kiganja) = the size of your palm · matchbox-size (kiberiti).

Monday

Early morning Saa 12 alfajiri · 6:00 am	• Cinnamon and lemon water — 1 glass
Breakfast Saa 1–2 asubuhi · 7–8 am	• Sugar-free whole maize porridge (uji wa dona) — 1 cup (250 ml) • Boiled egg — 1 egg
Morning snack Saa 4–5 asubuhi · 10–11 am	• Peanuts — 1 handful • Cucumber • Grapes — 10–15 grapes
Lunch Saa 7–8 mchana · 1–2 pm	• Ugali — ½ cup (1 cup if you do heavy physical work) • Fish — palm-size • Leafy greens — 1–1½ cups
Afternoon snack Saa 9–11 jioni · 3–5 pm	• Plain yoghurt (mtindi) — 1 glass
Dinner Saa 12–1 usiku · 6–7 pm	• Boiled cooking bananas — 2 bananas • Fish — 1 palm-size piece • Leafy greens — 1 cup (250 ml) • 1 hour after dinner: cinnamon and clove water — 1 glass • 45 minutes before sleep: garlic — 3 cloves

Tuesday

Early morning Saa 12 alfajiri · 6:00 am	• Clove water — 1 glass
Breakfast Saa 1–2 asubuhi · 7–8 am	• Sugar-free spiced tea (lemongrass, ginger, cardamom, etc.) • Boiled taro (gimbi) — 1 palm-size taro • Kachumbari (tomato and onion salad) — 1 cup
Morning snack Saa 4–5 asubuhi · 10–11 am	• Plain yoghurt (mtindi) — 1 glass
Lunch Saa 7–8 mchana · 1–2 pm	• Brown rice — ½–1 cup • Beans — ½ cup • Leafy greens — 1–1½ cups
Afternoon snack Saa 9–11 jioni · 3–5 pm	• Guava — 2 guavas • Cucumber
Dinner Saa 12–1 usiku · 6–7 pm	• Cassava and taro stew (futari) — 1–2 serving spoons • African eggplant (nyanya chungu) — 1 cup • Meat — 3 matchbox-size pieces • 1 hour after dinner: cinnamon and clove water — 1 glass • 45 minutes before sleep: garlic — 3 cloves

Wednesday

Early morning Saa 12 alfajiri · 6:00 am	• Okra water — 1 glass
Breakfast Saa 1–2 asubuhi · 7–8 am	• Milk — 1 cup (250 ml) • Boiled egg — 1 egg
Morning snack Saa 4–5 asubuhi · 10–11 am	• Pumpkin seeds — 1 handful • Grapes — 10 grapes • Cucumber
Lunch Saa 7–8 mchana · 1–2 pm	• Cooking bananas — 2 bananas • Fish — 1 palm-size piece • Leafy greens — 1 cup (250 ml)
Afternoon snack Saa 9–11 jioni · 3–5 pm	• Milk with turmeric, black pepper and cinnamon — 1 glass
Dinner Saa 12–1 usiku · 6–7 pm	• Ugali — ½–1 cup • Dagaa (small dried fish) — ½ cup • Leafy greens — 1–2 cups • 1 hour after dinner: cinnamon and clove water — 1 glass • 45 minutes before sleep: garlic — 3 cloves

Thursday

Early morning Saa 12 alfajiri · 6:00 am	• Turmeric, black pepper, ginger and lemon water — 1 glass
Breakfast Saa 1–2 asubuhi · 7–8 am	• Sugar-free spiced tea (lemongrass, ginger, cardamom, etc.) • Boiled cassava — 2 pieces • Kachumbari (tomato and onion salad) — 1 cup
Morning snack Saa 4–5 asubuhi · 10–11 am	• Cashew nuts — 10 nuts • Cucumber • Grapes — 10 grapes
Lunch Saa 7–8 mchana · 1–2 pm	• Whole maize ugali — ½–1 cup • Fish — palm-size • Leafy greens — 1–2 cups
Afternoon snack Saa 9–11 jioni · 3–5 pm	• An orange, or beetroot, carrot and apple juice with 1 tablespoon of olive oil
Dinner Saa 12–1 usiku · 6–7 pm	• Boiled cassava — 1 piece, half palm-size • Boiled fish • 1 hour after dinner: cinnamon and clove water — 1 glass • 45 minutes before sleep: garlic — 3 cloves

Friday

Early morning Saa 12 alfajiri · 6:00 am	• Warm clove, cinnamon and lemon water — 1 glass
Breakfast Saa 1–2 asubuhi · 7–8 am	• Sugar-free whole maize porridge (uji wa dona) — 1 cup (250 ml) • Peanuts — 1 handful
Morning snack Saa 4–5 asubuhi · 10–11 am	• An orange or a pear — 1 fruit
Lunch Saa 7–8 mchana · 1–2 pm	• Brown rice — ½–1 cup • Beans — ½ cup • Leafy greens — 1–2 cups
Afternoon snack Saa 9–11 jioni · 3–5 pm	• Cucumber, mint, apple and ginger juice — 1 glass
Dinner Saa 12–1 usiku · 6–7 pm	• Cooking bananas — 2 bananas • Meat — 3 matchbox-size pieces • African eggplant (nyanya chungu) — 1 cup (250 ml) • 1 hour after dinner: cinnamon and clove water — 1 glass • 45 minutes before sleep: garlic — 3 cloves

Saturday

Early morning Saa 12 alfajiri · 6:00 am	• Ginger and lemon water — 1 glass
Breakfast Saa 1–2 asubuhi · 7–8 am	• Chicken soup • Cooking banana — 1 banana • Leafy greens — 1 cup (250 ml)
Morning snack Saa 4–5 asubuhi · 10–11 am	• Peanuts or pumpkin seeds • Grapes — 10 grapes
Lunch Saa 7–8 mchana · 1–2 pm	• Makande (whole maize, beans and carrot) — ½–1 cup • Beans — ½ cup • Leafy greens — 1–2 cups
Afternoon snack Saa 9–11 jioni · 3–5 pm	• Cucumber, or baobab (ubuyu) juice with choya
Dinner Saa 12–1 usiku · 6–7 pm	• Ugali — ½ cup • Boiled or baked fish • Okra, tomato, carrot and onion with peanut butter — 1 cup • 1 hour after dinner: cinnamon and clove water — 1 glass • 45 minutes before sleep: garlic — 3 cloves

Sunday

Early morning Saa 12 alfajiri · 6:00 am	• Turmeric, black pepper, ginger and lemon water — 1 glass
Breakfast Saa 1–2 asubuhi · 7–8 am	• Sugar-free spiced tea (lemongrass, ginger, cardamom, etc.) • Sweet potato — 1 piece, half palm-size • Kachumbari (tomato and onion salad) — 1 cup (250 ml)
Morning snack Saa 4–5 asubuhi · 10–11 am	• Avocado — ½ avocado • Cucumber
Lunch Saa 7–8 mchana · 1–2 pm	• Whole maize ugali — ½–1 cup • Dagaa (small dried fish) — ½–1 cup • Leafy greens — 1–2 cups
Afternoon snack Saa 9–11 jioni · 3–5 pm	• Milk with turmeric, black pepper and cinnamon — 1 glass
Dinner Saa 12–1 usiku · 6–7 pm	• Brown rice with green peas and carrot — ½ cup • Beans — ½ cup • Leafy greens — 1 cup • 1 hour after dinner: cinnamon and clove water — 1 glass • 45 minutes before sleep: garlic — 3 cloves

Anza na Lishe supports, but does not replace, advice from a doctor.