



Day 1



BREAKFAST:

CANJEERO



TIPS

Add 1 tablespoon of oil to prepare. Serve with vegetables or fruits.

LUNCH:

BASTOO WITH MINCE



TIPS

Serve with 50g whole-wheat Spaghetti. Add a side salad

SNACKS:

PAPAYA



TIPS

Papaya slices 100g

DINNER:

MARAQ AND SABAAYAD



TIPS

Add 2 tablespoon of oil to stew
Serve with a small portion of Sabaayad



Day 2



BREAKFAST:

EGGS WITH MUUFO



TIPS

Serve with small portion of Muufo (Bread). Prepare Muffo with less oil

LUNCH:

FUL MEDAMES



TIPS

Add 2 tablespoon of oil to stew. Replace white rice with brown rice

SNACKS:

BERRIES



TIPS

100g portion of berries. Try with natural yoghurt

DINNER:

STEW AND RICE



TIPS

Add 2 tablespoon of oil to stew replace palm oil with natural sources of oil such as seed oils



Day 3



BREAKFAST:

PORRIDGE



TIPS

use semi-skimmed milk, add less sugar or replace sugar with cinnamon

LUNCH:

SURBIYAAN



TIPS

Add 2 tablespoon of oil to dish.
Add a side salad.

SNACKS:

MUSHADANYA

TIPS

Avoid adding sugar as the fruits provide a natural sweetness

DINNER:

MARAQ DIGAAG



TIPS

Add 2 tablespoon of oil to stew

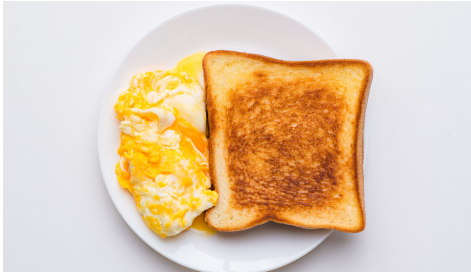


Day 4



BREAKFAST:

FRIED EGG



TIPS

Add 1 slice of wholemeal bread (35g)

LUNCH:

CAMBUULO IYO MARAQ



TIPS

Add 2 tablespoon of oil to stew.
Add a side salad

SNACKS:

MANGO



TIPS

2 mango slices

DINNER:

LAM



TIPS

Add 2 tablespoon of oil to stew.
Add more green vegetables to the stew.



Day 5



BREAKFAST:

BOILED EGGS WITH BEANS



TIPS

Serve with 1 slice of seeded bread

LUNCH:

SPINACH SOUP



TIPS

Add 1 tablespoon of oil to soup, add plenty of vegetables to soup.

SNACKS:

ORANGE



TIPS

Orange 100g

DINNER:

LAMB SHOULDER



TIPS

Add 1 tablespoon of oil
Swap white rice to brown rice



Day 6



BREAKFAST:

MALAWAH



TIPS

Serve with meat or vegetables such as avocados or tomatoes

LUNCH:

PEPPER GOAT SOUP



TIPS

Add 2 tablespoon of oil to stew. Serve with some boiled vegetables.

SNACKS:

HANDFUL OF NUTS



TIPS

20g portion.

DINNER:

BARIIS ISHKUKARI



TIPS

Add 1 tablespoon of oil and add a side salad.



Day 7



BREAKFAST:

VEGETABLE OMELETTE



TIPS

Add vegetables to the dish. Use 1 table spoon of oil in preparation

LUNCH:

SALMON AND SPAGHETTI



TIPS

oven bake the fish instead of frying. Use 2 table spoon of oil in preparation

SNACKS:

MELON SLICES



TIPS

Slices of melon

DINNER:

SPINACH STEW



TIPS

Add 1 tablespoon of oil to stew