

Day	Breakfast	Lunch	Supper
1	Maheu smoothie with peanut butter + boiled eggs	Grilled tilapia + sadza + green vegetables	Quinoa + grilled chicken + mixed salad
2	Sweet potato porridge + moringa tea	Chicken breast + brown rice + pumpkin leaves	Pumpkin soup + wholegrain bread + avocado
3	Sorghum sadza with eggs and avocado	Goat meat stew + millet sadza + okra	Roasted guinea fowl + rice + broccoli
4	Millet pancakes + fresh fruit + honey	Beef strips + sorghum sadza + cabbage	Fish stew + millet sadza + carrots
5	Oats with banana, chia seeds and almonds	Groundnut stew + cassava + spinach	Lean beef + plantains + spinach
6	Rice cakes with sardines and a banana	Oxtail + rice + rape greens	Tofu stir fry + ugali + tomatoes
7	Boiled plantains + groundnut sauce + hibiscus tea	Lentil curry + sweet potato + kale	Chicken livers + brown rice + beets
8	Masau smoothie + scrambled eggs	Offals + maize rice + chomolia	Pigeon peas + cassava + okra
9	Yam with black beans + lemon water	Kapenta + sadza + cowpea leaves	Grilled rabbit + mashed sweet potato + peas
10	Cassava porridge + boiled eggs + mango slices	Beans stew + yam + green beans	Vegetable stew + maize meal + mushrooms
11	Maheu smoothie with peanut butter + boiled eggs	Grilled tilapia + sadza + green vegetables	Quinoa + grilled chicken + mixed salad
12	Sweet potato porridge + moringa tea	Chicken breast + brown rice + pumpkin leaves	Pumpkin soup + wholegrain bread + avocado
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