



...Oooh the joys of motherhood!

Simple meal plans for first time mums when breastfeeding

Monday:

Breakfast: Fried eggs, wholemeal bread and tea

Snack: Fruit salad

Lunch: Bone-soup, rice and vegetable of choice

Snack: Peanut butter sandwich

Dinner: Ugali and mixed vegetables

Tuesday:

Breakfast: Drinking chocolate or Milk with cocoa and sweet potatoes

Snack: Yoghurt

Lunch: Lentils, brown chapati's and a vegetable of choice

Snack: Fruit Smoothie

Dinner: Rice, meat stew and a vegetable of choice

Wednesday:

Breakfast: Arrow-roots and tea

Snack: Fresh apple

Lunch: Boiled/ grilled bananas, meat stew and a vegetable of choice

Snack: Fruit salad

Dinner: Ugali and kienyeji vegetables

Thursday:

Breakfast: Porridge, hard-boiled egg and wholemeal toast

Snack: Fruit in season

Lunch: Spaghetti, minced meat and vegetable of choice

Snack: Fruit salad

Dinner: Brown chapati's, lentils and a vegetable of choice



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Friday:

Breakfast: Porridge and arrowroots

Snack: Fruit smoothie

Lunch: Rice and a vegetable stew

Snack: Yogurt

Dinner: Mashed potatoes, chicken stew and a vegetable of choice

Saturday:

Breakfast: Drinking chocolate or milk with cocoa, wholemeal bread and fruit

Snack: Vegetable sandwich (preferably made with wholemeal bread)

Lunch: Spaghetti, bean sauce and steamed cabbage

Snack: Fruit in season

Dinner: Bone-soup, rice and vegetable of choice

Sunday:

Breakfast: Tea and sausages

Snack: Fruit smoothie

Lunch: Rice and a vegetable stew

Snack: Vegetable salad

Dinner: Boiled/ grilled banana's, meat stew and a vegetable of choice