



Mumina Wellness 7 Days Food Selection, Pairing and Preparations for Diabetics:

Each day includes meals and snacks that focus on;

- Improving insulin sensitivity,
- Managing weight,
- Reducing blood sugar spikes,
- Controlling cholesterol,
- Minimizing complications associated with diabetes,
- Reducing overdependence on medication, and
- Controlling blood pressure.

The menu plan emphasizes balanced food selection, pairing, and preparation methods to improve glycemic control without resorting to **FAD** diets or **Extreme Restrictions**.

It includes both plant and animal sources of protein.

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Blood Sugar Control and Weight Management Diet Plan;

Day	Brunch	Snack	Dinner
Monday	Avocado- (half if the small avocado), bread-3 slices and milk tea (one cup is enough).	Fruit juice of choice and some nuts (In between meals, ensure you take enough	Roast potatoes- You can boil the potatoes as well Cream veggies and chicken (the cream if you can

		water)	do Coconut the better)
Tuesday	Chocolate tea (no milk) with nduma and hardboiled egg- mayai ya kuchemsha - don't exceed two.	smoothie- cucumber, banana and broccoli with fenugreek or chia seeds. Make sure you drink enough water	Rice and lentils- kamande- with cabbage- you can add a slice of avocado.
Wednesday	Uji (wimbi) and a banana	smoothie or a fruit Cabbage, carrot and cucumber salad. You can dress your salads with apple cider vinegar.	spaghetti and meatballs or minced meat With green veggies
Thursday	A cup of Uji with a green banana.	A slice of melon and mahindi choma	Ugali, preferred green veggies and scrambled eggs (mayai imekarangwa)
Friday	Green tea/ black tea and Nuts or fermented uji	Fruit/ vegetable salad (with cheese if possible You can always add an avocado or nuts if cheese is not an option.	Plantain (matoke) pork and steamed spinach




NOTES FOR A DIABETIC PERSON WITH IRREGULAR BLOOD SUGARS AND WEIGHT ISSUES:

- Physical exercise is great to help us increase your BMR (Calculated with your specific markers).
- Take your meals in relation to your meds.
- 20-30 minute workouts daily. Again the plan MUST be individual specific.
- I've given you a high fiber kind of diet so ensure your fruits and vegetables are well cleaned and those that are to be cooked well done as well.
- Try as much as you can to get 7-9 hours of sleep - great for hormonal balance and stress management as well as body repair.
- Eat slowly, chew your food well to give your body time to prepare the stomach for digestion (acids and enzymes).
- Presoak your legumes always to improve on Digestibility and nutrient availability.
- If you can ferment your uji ❤️
- Remember to eat ONLY when hungry. Maintaining proper hydration to prevent unnecessary food Intake.
- Have a healthy snack always, something like a small banana, medium size apple or njungu za 20 bob sesame seeds.
- The menu plan is a guide so adjust as needed.
- Watch your portions. If you have to have big portions let it be salads, if you're not getting full, before you add the rice or ugali serving, include an avocado in your plate and give yourself 20/30 minutes' rest before you add. You might find the additional unnecessary.
- Again remember to listen to your body. If you're not as hungry at night switch the dinner options with the snacks, it would work very well.
- Be mindful when eating, avoid overstimulation like TV, and unnecessary distractions.

Management Meal Plans: [Sign up for My Nutrition Coaching Program Here](#)

Day 1.

Meals	Food Items	Points to Note
Breakfast	Scrambled Eggs with Spinach, Whole Grain Toast & Herbal tea/Coffee	Emphasize on Portion Control in relation to medication used and timing as well. Fibre Rich foods like Spinach & Tomatoes help with controlling glucose release into the blood stream.
Snack 1	Greek/Natural Yoghurt with Berries or an apple 	Aim for plain yoghurt without added sugars.
Lunch	Grilled Chicken salad with Greens	Use Olive, Vinegar or lemon for dressing: Citrus ●/Acidic foods like Vinegar are great for controlling blood sugars.
Snack 2	Carrots with dressings of choice/Nuts/hummus	Prioritize High Fibre, Low Glycemic index snacks.
Dinner	Salmon/ Fish/ Omena Steamed vegetables; Broccoli, Cabbage/Lettuce with a portion of rice/ugali (Preferably brown)	Omega 3s are great for controlling inflammation, and remember to check on Portion control.

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Day 2.

Meal	Food Items	Points to Note
Breakfast	Oatmeal (With Nuts/Almonds)& Berries or Fruit of Choice and black Tea ☕	Avoid adding sugars to your oats or Tea ☕.
Snack 1	Cheese (if available) with cucumber and carrot slices. If cheese is not an option, use natural yoghurt/Mala	High protein, low carb snack option.
Lunch	Lentils, Spinach/traditional Kenyan Vegetables with Cream and Some rice	High fiber is encouraged remember to control portions
Snack 2	Apple/🍏 🍇 🍓	Natural source of sweetness to take care of the cravings.
Dinner	Guacamole 🥑, Cabbage, Beef and One Chapati	Healthy fats and antioxidants encouraged.

Day 3.

Meal	Food Items	Points to Note
Breakfast	Wimbi uji enriched with ground nuts and a medium size orange 🍊/Banana 🍌	Remember to avoid added sugars Nuts provide Healthy Fats & Protein
Snack	Lemonade water/Lemon Tea/ Dawa	To provide Supply of antioxidants
Lunch	Githeri, avocado and some traditional vegetables (managu, terere and Saga in cream)	Plant based sources of Proteins, Healthy fats, Antioxidants, Fibre Supply - Remember to control portions
Snack	Mursik, natural mala, natural yoghurt	Healthy Fats & Protein
Dinner 🍽️	Lunch left overs.	

Day 4.

Meal	Food items	Points to Note
Breakfast	Omelette, Kenyan tea and mushrooms	Fibre Rich Carbs,
Snack 1	Wheatgrass drink or a green smoothie of choice	High fibre low glycemic
Lunch	Chapati, Njahi, Avocado and Cabbage □	Plant based protein with Healthy Fats. Remember to control portions (chapo?).
Snack 2	Lemon water, Lemon tea or a fruit salad of choice	Avoid adding sugars.
Dinner 🍲	Ugali, Greens, Beef & Avocado	Control Portions, good support protein and fats.

Day 5:

Meal	Food Items	Points to Note
Breakfast	- Matoke (green banana) porridge	- High fiber, low glycemic index breakfast option
	- Kenyan black tea with lemon and ginger	- Traditional warm beverage
Snack	- Boiled pigeon peas with a sprinkle of salt	- High protein, low glycemic index snack
Lunch	- Vegetable Rice with grilled chicken	- Lean protein with spiced rice and vegetables

Meal	Food Items	Points to Note
	- Fresh mango slices	- Natural source of sweetness
	- Water with lemon	
Snack	- Boiled sweet corn with a dash of chili powder	- Sweet and spicy snack with fiber
Dinner	- Fish stew with coconut rice	- Lean protein with aromatic coconut rice
	- Sukuma wiki stir-fry	- Fiber-rich greens
	- Kenyan herbal tea (e.g., lemongrass tea)	- Refreshing beverage after a meal

Day 6:

Meal	Food Items	Points to Note
Breakfast	- Arrowroot (nduma) fries with scrambled eggs	- High fiber, low glycemic index breakfast option
	- Kenyan spiced tea (chai ya tangawizi)	- Warm beverage with traditional spices
Snack	- Boiled sweet potatoes with a sprinkle of salt	- High fiber, low glycemic index snack
Lunch	- Beef samosas with kachumbari	- Lean beef wrapped in pastry with fresh salad
	- Coconut rice	- Control portion sizes
	- Water with lemon	
Snack	- Sliced papaya with a squeeze of lime	- Refreshing snack with digestive benefits
Dinner	- Chapati with goat meat stew	- Traditional Kenyan dish with lean protein
	- Sukuma wiki sautéed with tomatoes and onions	- Fiber-rich greens
	- Kenyan herbal tea (e.g., masala chai)	- Warm beverage aids digestion

Day 7:

Meal	Food Items	Points to Note
Breakfast	- Ugali (maize meal) with fried fish	- Traditional Kenyan breakfast with lean protein
	- Kenyan black tea with lemon and honey	- Traditional warm beverage with natural sweetener
Snack	- Boiled green bananas with a drizzle of olive oil	- High fiber, low glycemic index snack
Lunch	- Chicken biryani with mixed vegetables	- Lean protein with spiced rice and vegetables
	- Fresh avocado slices	- Healthy fats and fiber-rich
	- Water with lemon	
Snack	- Roasted peanuts with a sprinkle of salt and chili	- High protein, low carb snack option
Dinner	- Sukuma wiki and lentil curry with chapati	- Plant-based protein with traditional greens
	- Ugali (maize meal)	- Control portion sizes
	- Kenyan herbal tea (e.g., dawa)	- Traditional herbal beverage for relaxation

Second Menu plan: [Sign up for My Nutrition Coaching Program Here](#)

Day 1:

Meal	Food Items	Points to Note
Breakfast	- Sukuma wiki (collard greens) with scrambled eggs	- Use minimal oil for cooking
	- Chapati (whole wheat flatbread)	- Control portion sizes
	- Chai (Kenyan spiced tea)	- Use low-fat milk and limit sugar

Meal	Food Items	Points to Note
Snack	- Mbaazi (pigeon peas) with coconut milk	- Rich in fiber and protein
Lunch	- Grilled tilapia with sukuma wiki	- Lean protein with leafy greens
	- Ugali (maize meal)	- Control portion sizes
	- Water with lemon	
Snack	- Fresh fruit salad	- Include a variety of seasonal fruits
Dinner	- Beef stew with mixed vegetables	- Use lean cuts of beef and minimal oil
	- Brown rice	- Fiber-rich carbohydrate
	- Herbal tea	

Day 2:

Meal	Food Items	Points to Note
Breakfast	- Kenyan oat porridge with sliced bananas	- Use plain oats and limit added sugars
	-	- Consume in moderation
	Kenyan coffee	
Snack	- Boiled sweet potatoes	- High in fiber and low glycemic index
Lunch	- Nyama choma (grilled meat) with kachumbari salad	- Lean cuts of meat with fresh vegetable salad
	- Matoke (steamed green bananas)	- Control portion sizes
	- Water with lime	
Snack	- Sliced mango with chili salt	- Natural sweetness with added flavor
Dinner	- Chicken stew with sukuma wiki	- Lean protein with leafy greens
	- Chapati	- Control portion sizes
	- Herbal tea	

Meal	Food Items	Points to Note
Breakfast	- Kenyan tea with mandazi (fried dough)	- Use whole grain flour and limit added sugars
	- Sliced avocado	- Healthy fats and fiber
Snack	- Roasted peanuts with dried mango	- Protein and natural sweetness
Lunch	- Beans stew with sukuma wiki	- Plant-based protein with leafy greens
	- Ugali	- Control portion sizes
	- Water with lemon	
Snack	- Sliced papaya with lime juice	- Rich in vitamins and fiber
Dinner	- Fish curry with coconut rice	- Use lean fish and limit coconut milk
	- Steamed vegetables	- Control portion sizes
	- Herbal tea	

Day 4:

Meal	Food Items	Points to Note
Breakfast	- Arrowroot porridge with grated coconut	- Fiber-rich and low glycemic index
	- Kenyan tea	- Use low-fat milk and limit sugar
Snack	- Boiled maize with chili and lime	- High in fiber and low glycemic index
Lunch	- Vegetable pilau with grilled chicken	- Use brown rice and lean cuts of chicken
	- Kachumbari salad	- Fresh vegetable salad with herbs
	- Water with lime	
Snack	- Sliced oranges with chili salt	- Natural sweetness with added flavor
Dinner	- Beef stir-fry with vegetables	- Use lean beef and minimal oil for cooking
	- Chapati	- Control portion sizes
	- Herbal tea	

Day 5:

Meal	Food Items	Points to Note
Breakfast	- Kenyan-style scrambled eggs with tomatoes	- Use minimal oil for cooking
	- Chapati	- Control portion sizes
	- Chai (Kenyan spiced tea)	- Use low-fat milk and limit sugar
Snack	- Boiled arrowroot	- High in fiber and low glycemic index
Lunch	- Lentil curry with coconut milk	- Plant-based protein with healthy fats
	- Chapati	- Control portion sizes
	- Water with lemon	
Snack	- Kenyan fruit salad with yogurt	- Use plain yogurt without added sugars
Dinner	- Grilled tilapia with sukuma wiki	- Lean protein with leafy greens
	- Ugali	- Control portion sizes
	- Herbal tea	

Day 6:

Meal	Food Items	Points to Note
Breakfast	- Kenyan chai with mandazi (fried dough)	- Use whole grain flour and limit added sugars
	- Sliced watermelon	- High in water content and low glycemic index
Snack	- Roasted chickpeas	- High in protein and fiber
Lunch	- Pilipili chicken with ugali	- Lean protein with maize meal
	- Steamed sukuma wiki	- Control portion sizes
	- Water with lime	
Snack	- Sliced pineapple with chili salt	- Natural sweetness with added flavor

Meal	Food Items	Points to Note
Dinner	- Vegetable stew with matoke (steamed green bananas)	- Fiber-rich vegetables with low glycemic index
	- Herbal tea	

Day 7:

Meal	Food Items	Points to Note
Breakfast	- Kenyan tea with arrowroot porridge	- Fiber-rich and low glycemic index
	- Sliced avocado	- Healthy fats and fiber
Snack	- Boiled sweet potatoes with chili salt	- High in fiber and low glycemic index
Lunch	- Fish stew with coconut rice	- Use lean fish and limit coconut milk
	- Sukuma wiki	- Control portion sizes
	- Water with lemon	
Snack	- Kenyan fruit salad with yogurt	- Use plain yogurt without added sugars
Dinner	- Beef and vegetable stir-fry with chapati	- Use lean beef and minimal oil for cooking
	- Herbal tea	

Additional Notes:

1. Adjust portion sizes according to your individual needs and blood sugar levels.
2. Consume a variety of whole grains, lean proteins, fruits, and vegetables for balanced nutrition.
3. Limit added sugars, refined carbohydrates, and saturated fats to manage blood sugar levels and weight.
4. Regular physical activity to complement a healthy diet and improve insulin sensitivity.
5. Monitor their blood sugar levels regularly and
6. Consult with Aa Registered Dietitian for personalized dietary advice.

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