



Download our free menu plans to organize healthy and nutritious meals. This no-stress guide points to several local foods easily obtainable here in Nairobi. Written and approved by one of Kenya's Leading Nutritionists.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>EARLY MORNING</b>	Breastmilk	Breastmilk	Breastmilk	Breastmilk	Breastmilk	Breastmilk	Breastmilk
<b>BREAKFAST</b>	Rice Cereals with Milk	Wimbi/ Maize Flour Uji with Blueband or butter	Cornflakes/ Rice Cereal /Bread with Milk and Banana	Rice Cereals/Cornflakes/ wheat cereal with Breastmilk /Formula OR Wimbi OR Maize Flour Uji	Rice Cereals/Cornflakes/ wheat cereal with Breastmilk /Formula OR Wimbi OR Maize Flour Uji	Rice Cereals/Cornflakes/ wheat cereal with Breastmilk /Formula OR Wimbi OR Maize Flour Uji	Rice Cereals/Cornflakes/ wheat cereal with Breastmilk /Formula OR Wimbi OR Maize Flour Uji
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
<b>SNACK</b>	Avocado	Banana	White Bread with Milk	Avocado or Mala	Bread and Milk	Egg	Piece of Cheese
<b>LUNCH</b>	Mashed Bananas with Vegetables and chicken	Mashed sweet potato, Michiri with Fish and vegetables	Ugali with fish and vegetables	Potatoes with Malenge and Lentils and Vegetables	Ugali with Fish and vegetables	Mashed Bananas with vegetables and Dhaal	Rice, potato, vegetables and Ndengu/peas
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
<b>SNACK</b>	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
<b>DINNER</b>	Same as Lunch	Same as Lunch	Same as Lunch	Same as Lunch	Same as Lunch	Same as Lunch	Same as Lunch
<b>BEDTIME SNACK</b>	Yoghurt or Breast Milk/Formula	Yoghurt or Breast Milk/Formula	Yoghurt or Breast Milk/Formula	Yoghurt or Breast Milk/Formula	Yoghurt or Breast Milk/Formula	Yoghurt or Breast Milk/Formula	Yoghurt or Breast Milk/Formula

### Complementary Feeding tips

- Don't rush your baby - give him / her as much time as he needs to feed
- Make sure you're both relaxed before you start to feed
- Feed your baby on your lap or in a high chair
- When introducing new foods, try to mix them in with familiar ones
- Go at your baby's pace and don't be upset if he/she refuses the food- he/she'll get used to the idea in time

### Things to note:

1. Give at least 500ml of Breastmilk or Formula in between meals per day
2. Give Water in between Meals and Snacks