



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
EARLY MORNING	Breastmilk/ Formula	Breastmilk/ Formula	Breastmilk/ Formula	Breastmilk/ Formula	Breastmilk/ Formula	Breastmilk/ Formula	Breastmilk/ Formula
BREAKFAST	Rice Cereals with Milk or water	Wimbi/ Maize Flour Uji with Blueband/ Butter	Rice Cereal with Milk and Banana	Rice Cereals/ Crushed Cornflakes cereal with Breastmilk/ Formula OR Wimbi OR Maize Flour Uji	Rice Cereals/ Crushed Cornflakes cereal with Breastmilk/ Formula OR Wimbi OR Maize Flour Uji	Rice Cereals/ Crushed Cornflakes cereal with Breastmilk/ Formula OR Wimbi OR Maize Flour Uji	Rice Cereals/ Crushed Cornflakes cereal with Breastmilk/ Formula OR Wimbi OR Maize Flour Uji
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
SNACK	Avocado	Banana	Grated Apple	Mala or yoghurt	Arrowroots and Milk	Avocado	Piece of Cheese
LUNCH	Mashed Bananas with Vegetables and chicken	Mashed sweet potato, Michiri with Fish and vegetables	Ugali with fish and vegetables	Arrow root/ Potatoes with Malenge and chicken liver and Vegetables	Ugali with Fish and vegetables	Mashed Bananas with vegetables and chicken	Rice, potato, vegetables and chicken
	Milk	Milk	Milk	Milk	Milk	Milk	Milk
SNACK	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad	Fruit Salad
DINNER	Same as Lunch	Same as Lunch	Same as Lunch	Same as Lunch	Same as Lunch	Same as Lunch	Same as Lunch
BEDTIME SNACK	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