



**FAITH FIRST PVT CLINIC-WELLNESS PROGRAM**

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**SIMPLIFIED EFFECTIVE PYRAMIDAL DIETARY SERVINGS-TAPPER APPROACH**



Day	Breakfast	Lunch	Supper
Sundays	Bread/egg	Nsima/veg/Chambo	Light meal
Mondays	Rice porridge	Rice /veg/beans	Light meal
Tuesdays	Bread/egg	Nsima/veg/beans	Light meal
Wednesdays	Porridge	banana/soy/fruit salad	Light meal
Thursdays	Toasted bread/juice 1cup	Nsima/veg/fruit	Light meal
Fridays*	Potato/tea without	Nsima/rice/chambo	Light meal
Saturdays	Chigumu/tea with milk	Rice/beef/fruit	Light meal

**Light meal** = cornflakes, fruit salad, lemon tea, 2 slices of toasted break, grilled portion, natural mixtures preferably homemade etc.

1. No fat, low sugar, no sodas/energy drinks, no sweets/biscuits, cut on mayonnaise.
2. Exercises ++ daily. Plan at least 30 minutes in 24hrs.
3. Sleep at least before 10pm.
4. Mindful eating-be cautious, check what you ingest & record.
5. Intermittent fasting. Practice temperance in parties & public gatherings.
6. Avoid junk foods and genetically modified products eg sweets, bubble gum/mint.