

Eritrean Meal Plan

	Food	Amount per person
BREAKFAST		
2x per week	<i>Sorghum porridge</i>	
	Sorghum flour and maize flour	1/3 cup (40g)
	Natural yoghurt	100 g
	Butter	2 tsps
	Garlic, onion and chilli	¼ cup
	Tea/coffee (black)	
2 x per week	<i>French stick and jam</i>	
	French stick	60 g
	Butter	3 tsps
	Jam	3 tsps
2 x per week	<i>Milk and rice</i>	
	Rice	1 cup cooked (90g dry)
	Milk powder and water	
	Sugar	2 tsps
1 x per week	<i>Lebanese bread, bean salsa, and fetta</i>	
	Beans	½ cup
	Fetta cheese	40g
	Tomato and onions	1 cup
	Lebanese Bread	60g
LUNCH		
4 x per week	<i>Eggplant/Zucchini tuna and bean salad with bread</i>	
	Eggplant or zucchini	¾ eggplant/2 zucchinis
	Tuna	35 g
	Dry beans	½ cup (80g)
	Lemon juice	¼ lemon
	Oil	1.5 T
	Sugar	½ tsp
	Pepper and salt	
	French stick	120 g
3x per week	<i>Macaroni mince and vegetables</i>	
	Macaroni	2 cup (180g)
	Mince	50g
	Onion, tomato, carrot and chilli	¼ , 1, ½ cups, 1 sml
	Tomato paste	
	Oil	1.5 T
DINNER		
3x per week	<i>Hot meat and okra stew with French stick</i>	
	Beef	50 g
	Tomato, onion, celery, okra and Mololhia	½, ½, ½, ¼ cups, 50g
	Potato	1
	Butter	2 tsps
	Tomato paste	1 T
	Garlic, salt, black pepper and chilli	
	French stick	120 g
2x per week	<i>Beef and spinach</i>	
	Beef (strips)	50g
	Onion and tomato	¼ cup, ½ cup
	Ginger	
	Salt and pepper	
	Oil	2 tsps

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	Cabbage and/or spinach	2 cup
	Bread	120g
2x per week	<i>Chicken with rice and vegetables</i>	
	Chicken	50g
	Onions, zucchini, spinach and carrot	¼ , ½, ½, ½ cups
	Salt and turmeric	
	Lemon juice	¼ lemon
	Rice	2 cup
	Oil	2 tsps
OTHERS		
	Eggs	½ per day
	Nuts/seeds	15g per day
	Banana/orange	1.4 serves
	Milk	250ml

Sierra Leonean Meal Plan

	Food	Amount per person
BREAKFAST		
4x per week	<i>Bread and cheese</i>	
	Bread (white, or French stick)	60 g
	Cheese (cheddar)	40 g
	Tea (with condensed milk)	1 T
3x per week	<i>Rolled Oats</i>	
	Rolled oats	1 cup
	Milk	250 ml
	Sugar	2 tsps
LUNCH		
3x per week	<i>Tuna and salad sandwich with whole egg mayonnaise</i>	
	Tuna	70 g
	Lettuce, tomato, cucumber and shallots	2 cup
	Mayonnaise (whole egg)	2 T
	Pepper and salt	
	White Bread	120 g
4x per week	<i>Lamb and okra stew</i>	
	Rice	2 cups (180 g dry)
	Lamb	50 g
	Onion, tomato, okra, carrot, celery and eggplant	½, ½, ¼, ¼, ¼, ¼ cups
	Potato, sweet potato, corn	1 med, 75 g, 75 g
	Oil	2 tsps
	Tomato paste	1 T
	Garlic, salt, pepper and chilli	
DINNER		
4x per week	<i>Chicken vegetables and rice</i>	
	Rice	2 cups
	Chicken	50 g
	Oil	2 tsps
	Tomato paste	1T
	Garlic salt, black pepper and chilli	
	Onion and tomato	1 cups
3x per week	<i>Spaghetti and beans</i>	
	Spaghetti	2 cups
	Mince beef	50 g
	Beans	½ cup (80 g)
	Tomato paste	1 T
	Tomato, onion, carrot and chilli	2 cup
	Oil	2 tsp
OTHERS		
	Eggs	½ per day
	Nuts and seeds	15 g per day
	Fruit	1.4 serves
	Milk	250 ml

Middle Eastern Meal Plan

	Food	Amount per person
BREAKFAST		
3x per week	<i>Turkish bread with salsa and fetta</i>	
	Fetta	40 g
	Cucumber and tomato	1 cup chopped
	Lebanese bread	60 g
	Black tea with cube sugar	
2x per week	<i>Fried eggs on Turkish</i>	
	Eggs	2
	Oil	1 tsp
	Turkish bread	60 g
	Milk	250 ml
2x per week	<i>Lebanese bread with jam</i>	
	Lebanese bread	60 g
	Butter	3 tsps
	Jam	3 tsps
	Milk	250 ml
LUNCH		
4x per week	<i>Tuna, herb and salad Turkish</i>	
	Turkish bread	120 g
	Tuna	70 g
	Olive oil	2 tsps
	Shallots, onion radish, lettuce, cucumber and tomato	¼, ¼, ¼, ¾, ¾, ¾ cups
	Coriander, parsley	
3x per week	<i>Gherkins and salad on Turkish with fetta</i>	
	Fetta	40 g
	Turkish bread	60 g
	Olive oil	2 tsps
	Lettuce, cucumber, tomato and gherkins	¾, ½, ½, ¼ cups
DINNER		
5x per week	<i>Lamb/chicken and lentils with yogurt, rice and vegetables</i>	
	Lamb/chicken	50 g
	Natural yoghurt	100 g
	Lentils	½ cup
	Rice	1.5 cups (135 g dry)
	Tomato, spinach, eggplant, zucchini, carrot, onion and celery	½, ½, ¼, ¼, ¼, ¼, 1/8 cups
2x per week	<i>Spaghetti and beans</i>	
	Spaghetti	2 cups
	Mince	50 g
	Tomato, onion and garlic	2 cup
	Beans	½ cup (80 g)
	Oil	2 tsps
OTHERS		
	Nuts	15 g per day
	Milk	250 ml
	Fruits	1.4 serves

Sudanese Meal Plan

	Food	Amount per person
BREAKFAST		
3x per week	<i>Kissra/white bread with jam</i>	
	Kissra (maize flour and water) or white bread	60 g
	Milk	250 ml
	Butter	3 tsps
	Jam	3 tsps
2x per week	<i>Semolina</i>	
	Semolina	1 cup
	Milk	1 cup
	Sugar	2 tsps
2x per week	<i>Beans and salsa with fetta cheese on Lebanese bread</i>	
	Fetta cheese	40 g
	Beans	½ cup
	Tomato and onions	1 cup
	Lebanese Bread	60 g
LUNCH		
	<i>Meatballs and rice</i>	
3x per week	Rice	2 cups(180 g dry)
	Eggs	¼ egg
	Mince	50 g
	Tomatoes, celery and eggplant	1½, ¼, ¼ cups
	Oil	¼ cup
	Tomato paste	1 tsp
	Salt, cumin, pepper, garlic and chilli	
4x per week	<i>Beef and okra stew</i>	
	Rice	2 cups
	Beef	50 g
	Okra, cabbage, tomato, onion, mololhia and celery	1, 1, ¼, ½, ½, ¼ cups
	Potato	1 med
	Butter	7 tsps
	Tomato paste	1 T
	Garlic, salt and pepper	
DINNER		
	<i>Peanut butter beef and spinach with potatoes</i>	
3x per week	Beef	50 g
	Spinach, tomato, celery, mololhia and onion	1, ½, ½, ½, ¼ cups
	Potato	1 med
	Peanut butter	40 g
	Tomato paste	1 T
	Pepper, salt and ginger	
4x per week	<i>Chicken with rice and vegetables</i>	
	Chicken	50g
	Onions, zucchini, tomato and carrot	½, ½, ½, ½ cup
	Salt and turmeric	
	Lemon juice	¼ lemon
	Rice	2 cups
	Oil	2 tsps
OTHERS		
	Eggs	1/3 per day
	Nuts and seeds	15 g per day
	Fruit	1.4 serves

	Milk	250 ml
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Burundian/Rwandan Meal Plan

	Food	Amount per person
BREAKFAST		
4x per week	<i>Sorghum porridge</i>	
	Sorghum flour and plain flour	2/3 cup (80g)
	Sugar	2 tsps
	Milk	250 ml
3x per week	<i>French stick and jam</i>	
	French stick	120 g
	Butter	4 tsps
	Milk	250 ml
	Jam	6 tsps
LUNCH		
4x per week	<i>Chicken with rice and vegetables</i>	
	Chicken	50g
	Onions, zucchini, spinach, carrot	¼, ½, ½, ½ cup
	Salt, turmeric	
	Lemon juice	¼ lemon
	Rice	2 cup cooked (180g dry)
	Oil	2 tsps
3x per week	<i>Eggplant and bean salad with rice and French stick</i>	
	French stick	60 g
	Rice	1 cup
	Beans	½ cup
	Eggplant, tomato and onion	¾ eggplant, ½, ¼ cups
	Lemon juice	¼ lemon
	Oil	3 tsps
	Sugar	½ tsp
	Salt and garlic	
DINNER		
4x per week	<i>Banana, beef, beans and coconut stew</i>	
	Beef	50 g
	Beans	½ cup
	Onion, tomato and peas	1½, ½, ½ cups
	Banana	1½
	Coconut milk	½ cup
	Oil	2 tsps
	Salt and pepper	
3x per week	<i>Beef and spinach with bread</i>	
	Beef (strips)	50g
	Onion and tomato	¼ cup, ½ cup
	Salt, pepper, ginger	
	Oil	2 tsps
	Cabbage and/or spinach	2 cup
	Bread	120g
OTHER		
	Eggs	½ per day
	Nuts and seeds	15 g per day
	Fruit	1/3 per day
	Milk	250 ml

Karen-Burmese Meal Plan (7 days)

Frequency	Food	Amount per person
BREAKFAST		
4x per week	<i>Cauliflower and Egg</i>	
	Cauliflower	100 g (raw)
	Egg	1
	Onion	¼
	Garlic, ginger, turmeric	½ clove, 1cm piece
	Vegetable oil	1 tsp
	Rice	180 g (dry)
	Coffee (+ milk powder)	1 tbs (milk powder)
3x per week	<i>Chicken and vegetables</i>	
	Chicken	50 g
	Cabbage	40 g (raw)
	Carrot	60 g (½ carrot)
	Potato	150 g (1 potato)
	Tomato	140 g (1 tomato)
	Vegetable oil	1 tsp
	Garlic, ginger	½ clove, 1cm piece
	Rice	180 g (dry)
	Tea (+ condensed milk)	1 tbs (milk)
LUNCH		
4x per week	<i>Pork curry</i>	
	Pork	75 g
	Small red chillies	½ chilli
	Onion	¼
	Vegetable oil	1 tsp
	Fish sauce	1 tsp
	Shrimp paste, garlic, ginger	1 tsp, ½ clove, 1cm piece
	Turmeric, salt	
	Rice	90 g (dry)
	Tea (+ condensed milk)	1 tbs (milk)
3x per week	<i>Vegetable fry</i>	
	Carrot	½
	Cabbage	½ cup (cooked)
	Cauliflower	½ cup (cooked)
	Corn	½ cob
	Chilli paste	1 tsp
	Onion	¼
	Garlic, ginger	½ clove, 1cm piece
	Vegetable oil	2 tsp
	Rice	90 g (dry)
DINNER		
3x per week	<i>Beef and vegetable soup</i>	
	Beef	75 g
	Cauliflower	1 cup (cooked)
	Tomato	140 g (1 tomato)
	Carrot	60 g (½ carrot)
	Bean sprouts	50 g
	Onion	¼
	Vegetable oil	2 tsp
	Fish sauce	1 tsp
	Garlic, ginger	½ clove, 1cm piece

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	Rice	180 g (dry)
	Tea (+ condensed milk)	1 tbs (milk)
2x per week	<i>Chicken and potato curry</i>	
	Chicken	50 g
	Potato	150 g (1 potato)
	Onion	¼
	Garlic, ginger, turmeric	½ clove, 1cm piece, ½ tsp
	Vegetable oil	1 tsp
	Rice	180 g (dry)
	<i>Magetow</i>	
	Green cucumber	50 g
	Yellow cucumber	50 g
	Cabbage	40 g
	Canned sardines	1 tbs
	Tomato	35 g (¼ tomato)
	Vegetable oil	1 tsp
	Chilli paste, shrimp paste, salt	1 tsp, 1 tsp, 1 tsp
2x per week	<i>Yellow bean curry with noodles</i>	
	Thick egg noodles	1½ cups (cooked)
	Yellow split peas	35 g
	Garlic, salt, turmeric	½ clove, ½ pinch, ½ tsp
	Vegetable oil	1 tsp
	MSG powder	1 tsp
	<i>Magetow</i>	
	Green cucumber	50 g
	Yellow cucumber	50 g
	Cabbage	40 g
	Canned mackerel	2 tbs
	Tomato	35 g (¼ tomato)
	Vegetable oil	1 tsp
	Chilli paste, shrimp paste, salt	1 tsp, 1 tsp, 1 tsp
	Coffee (+ milk powder)	1 tbs (milk powder)
OTHER		
7x per week	Orange/apple	2 whole pieces
	Milk	500 ml