

14 Days No-Carb Challenge

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No-Starch, No-Sugar



Kenyan Plate®

14-Day No Carb Challenge in Kenya

No-Starch, No-Sugar

About us

[KenyanPlate.com](https://kenyanplate.com) is a vibrant online platform dedicated to celebrating the rich and diverse food culture of Kenya. We provide you with curated meal plans, easy-to-follow recipes, cooking tips, and kitchen gadget recommendations to help make every day cooking enjoyable and accessible.

Our goal is to inspire and empower individuals to embrace home-cooked meals using locally sourced ingredients, with a focus on flavor, nutrition, and convenience. Whether you're looking to try new recipes, customize dishes to suit your tastes, or enhance your cooking skills, **KenyanPlate.com** is your go-to resource for everything food-related in Kenya. Visit us at www.kenyanplate.com to discover a world of delicious and nutritious meals!

Legal and Disclaimer

This guide is for general education. It is not medical advice. Use it at your own risk.

Do not begin this plan without consulting a qualified health professional if you are, or may be, pregnant, breastfeeding, under 18, over 65 with frailty, underweight, living with diabetes and using insulin or sulfonylureas, living with kidney, liver, or gallbladder disease, recovering from surgery or serious illness, managing a current or past eating disorder, or taking prescription medication that affects blood sugar, blood pressure, or mood.

Stop and seek medical advice if you experience dizziness that does not improve after fluids and salt, chest pain, fainting, or any symptom that worries you.

Food allergies vary by person. Always check labels and avoid foods that trigger your allergies or intolerances.

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Dedication

To every Kenyan who wants to feel lighter, stronger, and more in control of what goes on their plate.

Acknowledgements

Thank you to our Kenyan Plate community for the feedback, the before and after photos, and the market prices that make this practical. To our local vendors, butchers, fishmongers, and mama mboga, you make healthy eating possible on any budget. Asante.

How to Use This Book

What No Carb means here

No-Starch, No-Sugar. That means no grains, tubers, or sugary foods. Skip ugali, chapati, rice, pilau, githeri, matoke, potatoes, pasta, cereal, pastries, biscuits, juice, and soda.

Non-starchy vegetables are allowed and encouraged.

Choose your track today

- **Strict Track**, aim for about 30 g net carbs per day. Best for fast results if you are comfortable without fruit and legumes for 14 days.
- **Smart Track**, aim for about 60 to 80 g net carbs per day. Same meals as Strict, with one allowance per day, either one piece of fruit or half a cup of legumes. Good for beginners, vegetarians, or busy parents.

Your daily page has

- Morning brief at 7:30 am with one focus rule and a plate idea
- Breakfast, lunch, and dinner options for your track
- Movement plan in 10 to 30 minutes
- Mindset cue in one line
- Evening check-in for water, steps, mood, cravings, and adherence

Where everything is

- Days 1 to 14 menus are in Part II
- Quick recipes and meal prep are in Part III
- Shopping lists and eating out tips are in Part IV
- Trackers, cheat sheets, and FAQs are in the Appendices

Today, do these 5 things

1. Pick your track.
2. Take measurements and photos, see Success Snapshot on the next page.
3. Plan tonight's dinner from Day 1.
4. Set water reminders and a 20 minute walk.
5. Read Quick Start and keep it on your phone.

Success Snapshot

You'll take photos and measurements to track your start and finish so you can see your results in 14 days.

Day 0: Before You Start (today)

Take Photos (3): Front • Side • Back

- Plain background, good daylight.
- Tight-but-comfortable outfit (use the same outfit on Day 14).
- Stand tall, relax your stomach, no flexing.

Take Measurements (use a soft tape):

- **Weight:** _____ kg (morning, after bathroom, before eating)
- **Waist:** _____ cm (at navel, exhale gently)
- **Hips:** _____ cm (widest part of hips/glutes)

Baseline (circle or fill):

- **Energy (how you feel) (1–10):** _____
- **Sleep (hrs last night):** _____
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Average daily steps:** _____
- **Water per day (L):** _____
- **Optional:** Blood pressure _____ / _____ mmHg

Adherence Tracker (set up now):

Use a tracker to follow through meals in this book daily.

- You'll eat up to **3 on-plan meals/day × 14 days = 42 meals**.
- Each on-plan meal = 1 point.
- **Adherence % = (Points ÷ 42) × 100.**
Make a tiny grid in your notes (42 boxes) and tick as you go.

How to Measure (quick guide)

- **Weight:** same scale, same time of day, minimal clothing.
- **Waist:** keep tape level and snug, not tight; measure at the navel.
- **Hips:** wrap tape around the fullest part of the hips/glutes.
- **Photos:** same lighting, distance, angle, and outfit on Day 0 & Day 14.

Day 14: Repeat & Compare

Take Photos (3): Front • Side • Back (same setup)

Weight: _____ kg (change: _____ kg)

Waist: _____ cm (change: _____ cm)

Hips: _____ cm (change: _____ cm)

Outcome check:

- **Energy (1–10):** _____ (change: _____ → _____)
- **Sleep (hrs):** _____ (avg)
- **Mood (1–10):** _____ (change: _____ → _____)
- **Cravings:** _____
- **Average daily steps:** _____
- **Water per day (L):** _____
- **Adherence %:** _____ %

Non-scale wins (tick):

- ☐ Clothes fit looser ☐ Less bloating ☐ Fewer cravings ☐ Clearer skin
☐ Better focus ☐ Steadier energy ☐ Improved sleep

Keep/Adjust (1–2 lines each)

What worked well (keep): _____

What to adjust next time: _____

Tip: If progress stalls mid-week, increase water/salt slightly and double your non-starchy veg at meals.

Quick Start Page

Welcome to Your 14-Day No Carb Challenge!

This page is your “start now” guide so you don’t have to read the whole book before taking action. Keep it simple, follow these steps, and you’ll be on track from Day 1.

Step 1 - Clear Your Kitchen (Today)

- Remove (or push aside) bread, rice, chapati, ugali, pasta, cakes, biscuits, soda, and juice.
- Keep focus foods visible: eggs, chicken, beef, fish, sukuma, spinach, cabbage, avocado, nuts, seeds, butter, olive oil.

Step 2 - Stock Up on Challenge Staples

- **Proteins:** Eggs, beef, chicken, fish, goat, liver.
- **Veggies:** Sukuma, spinach, cabbage, broccoli, cauliflower, cucumber, lettuce.
- **Healthy fats:** Avocado, olive oil, ghee, butter, coconut oil, peanuts/almonds (unsalted).
- **Flavour boosts:** Garlic, ginger, lemon, herbs, spices.

Step 3 - Your Simple Daily Routine

Morning:

- 1 glass warm water with lemon.
- Black coffee or tea (no sugar, no milk powder; use a splash of fresh milk only if needed).

Meals (2–3 per day):

- Each meal = **Protein + Low-carb Veg + Healthy Fat.**
- Drink 2–3 L of water spread through the day.

Evening:

- Herbal tea or plain warm water before bed.
- Sleep target: 7–8 hrs.

Step 4 - Move Your Body

- Minimum: 20–30 min brisk walk daily.
- Add optional bodyweight moves (squats, push-ups, planks).

Step 5 - Track Progress

- Use your **Success Snapshot** (photos, measurements, energy score).
- Tick off meals (up to 42 boxes in 14 days).
- Small wins = momentum.

Step 6 - Stay Accountable

- Tell 1 friend or family member so they offer support/keep you on track.
- If cravings hit: drink water, chew sugar-free gum, or eat cucumber/boiled egg instead.

That's it. You're ready.

Start strong. Keep it simple. Trust the process.

Part 1: Foundations

Welcome to the 14-Day No Carb Challenge. This program is designed to give you a clear, structured way to reset your eating habits, shed excess weight, and boost your energy by cutting out processed carbohydrates for just two weeks.

Why only 14 days?

Because change feels more doable when it has a clear finish line. Two weeks is long enough to see visible and measurable results, yet short enough that you can commit without feeling overwhelmed. Think of it as a focused reset, not a lifetime sentence.

In this challenge, you'll eat real foods like meats, fish, eggs, leafy greens, healthy fats, and low-carb vegetables that are affordable and available in Kenyan homes and markets. You won't need fancy products, imported powders, or complicated recipes. Just simple meals made from foods you already know, arranged in a way that works for fat loss and steady energy.

You'll also learn how to track progress in practical ways: photos, waist measurements, and energy levels and not just the number on the scale. These markers will help you see improvements even when the journey feels slow.

Most importantly, this challenge is not about punishment or starving yourself. It's about proving to yourself that you can commit, stay consistent, and discover how much better your body feels when you fuel it with the right foods.

By the end of 14 days, you should notice changes in how your clothes fit, how light and clear you feel, and how steady your energy remains throughout the day. And if you choose to continue beyond the two weeks, you'll already have the foundation to do so with confidence.

This is your reset. Let's begin.

Chapter 1: The No-Starch Kenyan Way

For 14 days, we're removing starches and added sugar so your body can reset. In Kenya, that means skipping ugali, chapati, rice (including pilau), matoke, potatoes, githeri, bread, pasta, cereal, mandazi/cakes, soda and juices. You'll build meals from protein, low-carb vegetables, and healthy fats you can buy in any supermarket or open-air market.

Why remove ugali/chapati/rice/pilau/matoke/potatoes/sugar?

1) Blood sugar control (and cravings)

- Starches (ugali, rice, chapati, potatoes, matoke) and sugars digest into glucose quickly.
- Frequent high-carb meals keep insulin elevated making your body stay in “store fat, don't burn it” mode.
- Removing starches calms this cycle. Within days, many people report fewer cravings and steadier energy.

2) Water weight and bloating

- Carbs are stored with water (each gram of glycogen binds several grams of water).
- When you lower carbs, you shed water first. As a result, bloating reduces, and the waist often shrinks in week one.

3) Appetite and satiety

- Protein + healthy fats + fibre-rich veg keep you full longer than chapati-heavy or rice-heavy meals.
- Balanced, on-plan meals naturally reduce snacking.

4) Inflammation and skin clarity (non-medical observation)

- Many notice less puffiness and clearer skin when dropping refined carbs and sugary drinks.

In conclusion, starches and sugar push your blood sugar up, push insulin up, and keep fat locked in storage. Pull them out for two weeks and your body responds quickly through less water retention, fewer cravings, and easier fat use.

What to expect in the first 3–5 days

Days 1-2: The easy win

- Less bloating, lighter feeling after meals.
- You might feel unusually thirsty. This is normal. Increase fluids and a little salt (see below).

Days 2-3: Headaches, fatigue, or “carb flu”

- As glycogen (stored carb) drops, your body loses water and electrolytes.
- Common, short-lived symptoms might include mild headache, light fatigue, foggy focus, or a “hollow” feeling.

As a remedy, use the water/salt fix below:

- **Water:** target 2–3 litres per day.
- **Salt:** add a pinch to ¼ tsp of salt to warm water once or twice daily for the first 3–4 days (skip or reduce if your doctor limits salt or you have hypertension instructions - use broth/soup instead).
- **Broth option:** 1 mug of homemade beef/chicken broth/soup with a small pinch of salt and squeezed lemon.
- **Potassium & magnesium from foods:** spinach/sukuma, avocado, pumpkin seeds.
- **Caffeine:** keep normal amounts; don’t add sugar.

If you feel off:

- Eat your next on-plan meal (protein + veg + fat).
- Have a broth or salted warm water.
- Walk 10–15 minutes in fresh air.
- Symptoms usually resolve by Day 4–5.

What you’ll eat instead (Kenyan, simple, satisfying)

Proteins: eggs, chicken (thigh/leg/breast), beef, goat, liver, fish (omena, tilapia), minced meat.

Low-carb veg: sukuma, spinach, cabbage, broccoli/cauliflower (fresh or frozen), cucumber, lettuce, courgette.

Healthy fats: avocado, olive oil, butter/ghee, coconut oil, groundnuts/almonds (unsalted, small handfuls).

Flavour: garlic, ginger, lemon, pilipili, herbs/spices (no added sugar).

Plate formula (each meal):

- 1–2 palm-sizes **protein**
- 2 fist-sizes **non-starchy veg** (raw or cooked)
- 1–2 thumbs **healthy fat** (or ½–1 avocado)

Strictly not on the plan: ugali, chapati, rice/pilau, githeri, matoke, potatoes, bread, pasta, pastry/cakes, sugar, honey, soda, fruit juice.

Okay in moderation: a splash of fresh milk in tea/coffee (avoid milk powder and sugar), whole spices.

Strict vs Smart Track: Which one should you choose?

We offer two tracks so you can match the plan to your life and starting point.

1. The Strict Track (≤ 30 g net carbs/day)

Best for:

- A fast, focused reset with visible changes in 14 days.
- You're comfortable removing starches completely.
- You've tried low carb before and want tighter control.
- You have bigger cravings and want them to quiet down quickly.

How it looks:

- 2–3 meals/day, no snacks if possible.
- No fruit and no starchy veg; stick to leafy/low-carb veg.
- Drinks: water, black coffee/tea (no sugar), herbal tea; optional broth.

Common wins by end of week 1: flatter stomach, lighter steps, fewer cravings, stable energy.

2. The Smart Track (≤ 60 – 80 g net carbs/day)

Best for:

- Busy parents/students/professionals who need flexibility.
- First-time challengers who want “strict enough to work” without feeling boxed in.
- Social/weekend events where a little wiggle room helps adherence.

How it looks:

- Same protein/veg/fat base.
- Allows small, planned additions such as: 1 small fruit *or* a small portion of higher carb veg once a day (e.g., $\frac{1}{2}$ cup carrot/beet mix in a salad) **OR** legumes (beans, ndengu etc) **OR** a splash more milk in tea/coffee.
- Still no ugali/chapati/rice/potatoes/pilau and no added sugar.

Common wins: excellent adherence, steady progress, fewer “I blew it” moments.

Not sure? Pick **Smart** if you're nervous about strict rules. If after 3–4 days you feel confident, you can tighten to **Strict** for the final week.

Eating out and at home - quick Kenyan scenarios

- **Nyama choma joint:** order nyama choma or grilled chicken/fish with kachumbari and a side of sautéed cabbage/spinach. Skip ugali and chips. Ask for avocado on the side if available.
- **Hotel buffet:** load your plate with eggs/meat/fish, salad/veg, and olive oil/lemon. Ignore the rice, pilau, chapati area.
- **Family teatime:** carry groundnuts or boiled eggs. Take tea/coffee without sugar; tiny milk splash is fine on Smart track.

- **Work lunch:** bring leftover dinner protein + veggie container + half avocado; or buy quarter chicken + cabbage and add your own nuts.

Common mistakes (and simple fixes)

Below are common mistakes you might find yourself making in this plan and how to fix them.

- **“Barely eating.”** The plan is not to starve. You just need proper protein and veg. Eat meals recommended in this plan; don’t starve.
- **Too little salt/water that causes headaches.** Use the water/salt/broth protocol for the first 3–4 days.
- **Hidden sugars.** Check labels on items you consume like yoghurt, sauces, sweetened tea/coffee, “fruit” yoghurt, juice.
- **Too much groundnuts.** Keep to a small, measured handful if using them.
- **Boredom meals** – This refers to the act of eating food out of boredom rather than physical hunger to provide a quick sensory experience or a temporary distraction from the feeling of restlessness. When you get the urge for a boredom meal, drink water, walk 10 minutes, then decide if you’re truly hungry.

Safety note (non-medical guidance)

If you’re pregnant, breastfeeding, on diabetes/pressure medications, have kidney disease, gout, or any medical condition that requires specific nutrition, consult your healthcare professional first before proceeding.

Never change prescribed medication without your doctor’s advice.

Tracking that keeps you honest

During the challenge, you’ll track progress in the following ways.

- **Photos & measuring tape first:** Day 0 front/side/back photos; measure waist/hips; weight in the morning.
- **Adherence grid:** 42 boxes for 42 on-plan meals in 14 days. Tick each one as you progress.
- **Energy score (1–10):** This is how you feel every evening on a scale of 1 to 10. Watch it climb after Day 3.

ACTION STEP (Do this today)

1. **Clear your kitchen:** remove or box up ugali flour, chapati flour, rice, pasta, potatoes, matoke, bread, biscuits, cakes, soda and juices.
2. **Stock the basics:** eggs, chicken/beef/fish, sukuma/spinach/cabbage, avocado, olive oil/butter/ghee, spices, lemons.
3. **Choose your track:** circle **Strict** or **Smart**.
4. **Write your reason for this challenge (one sentence):**
 _ “For the next 14 days, I’m doing this because _____. ”

5. **Set your hydration/electrolyte plan:** 2–3 L water/day + pinch of salt in warm water once or twice daily for the first 3–4 days (or broth). If you need to buy a water bottle, do so.
6. **Create your 42-box meals adherence grid** on a single page and tick the first box tomorrow after your first on-plan meal.

Start simple. Stay consistent. The plan works if you do.

Chapter 2: Approved Foods & The “Avoid” List

This chapter is your master list. If a food is on the **Approved** list, build your meals from it freely (using the plate formula). If it’s on the **Avoid** list, skip it for the full 14 days. Where there’s flexibility (Smart Track allowances and dairy), we’ve spelled it out clearly so you can pick a lane and stay consistent.

The Plate Formula (quick refresher)

Always have the plate formula at the back of your mind,

- **½ plate** non-starchy vegetables (about 2 cups cooked/4 cups raw salad).
- **¼–½ plate** protein (150–200 g cooked for most meals; 2–3 eggs).
- **Healthy fat** for satisfaction (½–1 avocado or 1 tbsp oil/ghee/butter).

Use salt and spices; drink 2–3 L water daily.

Approved: Proteins (Kenyan, affordable, filling)

Eat these daily, rotate for budget and variety.

- **Eggs:** 2–3 at a sitting (boiled, scrambled, omelette, masala).
- **Chicken:** thigh/leg/breast, wet fry/grilled/air-fried; remove commercial sugary sauces.
- **Beef/Goat:** strips, stew, roast/nyama choma (trim excess visible fat if you prefer); pair with greens.
- **Fish:** tilapia, Nile perch, mackerel; grilled, pan-fried, or baked.
- **Omena/Dagaa:** pan-crisp in little oil; excellent budget protein and minerals.
- **Liver:** quick fry with onion/tomato/dhania; don’t overcook (keeps tender).
- **Matumbo:** pressure-cook till soft; stew with spices.
- **Minced meat:** beef/chicken; cook and portion for quick lunches.

Portion guide: 1–2 palm sizes cooked per meal (about 150–200 g). For eggs, 2–3.

Approved: Non-Starchy Vegetables

Aim for 2 cups cooked per meal. Mix colours and textures.

- **Leafies:** sukuma, spinach, cabbage, managu, terere.
- **Crucifers:** broccoli, cauliflower (fresh or frozen).
- **Hydrating vegetables:** cucumber, lettuce.
- **All-rounders:** courgette, peppers, mushrooms (if available).
- **Salads/sides:** kachumbari (no sugar), raw cabbage slaw with lemon, vinegar.

Cooking note: Sauté in a little oil/ghee, steam, or stir-fry. Finish with lemon, vinegar, dhania, pili pili. Avoid sugary sauces.

Approved: Healthy Fats (for flavour and satiety)

Use enough to make the meal satisfying. Don't overdo.

- **Avocado:** ½–1 per meal as desired and affordable.
- **Cooking fats:** olive oil, ghee, butter, coconut oil (1 tbsp per meal is a good start).
- **Nuts & seeds:** peanuts/groundnuts, almonds, pumpkin seeds, sunflower seeds.
Serving: a small, measured handful (about 25–30 g) once per day if using them.

Why fats matter: They make vegetables delicious, keep you full, and help your body switch from sugar-burning to fat-burning.

Optional: Dairy (read this carefully)

- **Plain yoghurt (unsweetened):** ¾ cup as a breakfast or snack occasionally.
- **Cheese:** small amounts in omelettes/salads if desired.

Stall note: For some people, dairy slows progress (water retention, cravings, or extra calories). If you notice a stall or bloating, remove dairy for the rest of the challenge and swap to eggs/meat/fish instead.

Sweetened yoghurt, flavoured milk, condensed milk, and milk powder are not allowed.

Tea/coffee culture: Chai/coffee without sugar. A splash of fresh milk is acceptable on the Smart Track and should count toward your daily flexibility (see below). Avoid milk powder.

Smart Track Allowances (choose one per day)

If you're on Smart Track (≤ 60 –80 g net carbs/day), you may include one of the following on a given day, at only one meal:

1. **Fruit:**
 - 1 small orange **or** 1 small apple **or** ½ medium mango **or** a small banana (ndizi).
 - Pair with a protein meal to blunt blood sugar spikes.

OR

2. **Legumes (measured):**
 - ½ **cup** cooked beans/chickpeas/ndengu **in place of** part of your veg at lunch or dinner.
 - Keep the rest of the plate protein + non-starchy veg + healthy fat.
 - **No githeri** (because it pairs legumes with maize).

Do not stack fruit and legumes on the same day. Keep it simple and trackable.

Seasonings & Flavour Boosters

Allowed freely: salt, black pepper, garlic, ginger, dhania, fresh herbs, curry powder, cumin, paprika, chilli/pili pili, vinegar, lemon/lime, mustard (check label for sugar).

Use with caution: commercial sauces (often sugary); read labels.

Not allowed: ketchup/tomato sauce with sugar, BBQ sauces with sugar, honey/syrups.

The “Avoid” List (for all 14 days)

Grains & flours: ugali/maize meal, chapati/atta, rice (all types including pilau), pasta, noodles, breakfast cereals, uji with sugar.

Tubers & starchy veg: potatoes (all forms), matoke/plantain, arrowroot (nduma), sweet potato (viazi vitamu), cassava, yams.

Mixed starch dishes: githeri, mukimo, pilau, biryani, bhajia, samosa.

Breads & pastries: white/wholemeal bread, buns, cakes, mandazi, doughnuts, biscuits, scones.

Sugars & sweets: table sugar, honey, syrups, chocolate, sweets, ice cream.

Drinks: soda (regular and “fruit” soda), energy drinks, sweetened juices, boxed juice, sweetened yoghurt drinks, alcohol mixers with sugar.

“Health” traps: granola, muesli with sugar, flavoured yoghurt, cereal bars.

Fruit juices & smoothies: even fresh ones; eat whole fruit only if using the Smart Track allowance.

Putting It Together: 5 Quick Plate Examples

- Egg & veg breakfast:**
Masala omelette (2–3 eggs, onion, tomato, dhania) + sautéed spinach + ½ avocado.
- Kibanda lunch:**
Beef wet fry (150–200 g) + sukuma/cabbage mix (2 cups) + kachumbari, drizzle olive oil.
Script: “Nipatie nyama na mboga mingi, bila ugali/chapati.”
- Nyama choma dinner:**
Quarter chicken/nyama choma + cabbage or spinach + avocado wedge. Skip ugali.
- Fish night:**
Pan-fried tilapia + cauliflower/broccoli stir-fry + lemon wedge, pili pili.
- Smart Track fruit day:**
Standard protein + veg + fat plates all day, **plus** 1 small orange after lunch. That’s it.

Budget & Batch Notes (make adherence easy)

- Low-cost proteins:** omena/dagaa, eggs, matumbo, minced beef/chicken (buy in bulk and portion).
- Greens rotation:** sukuma, spinach, cabbage. Buy in markets; prep 2–3 days’ worth.
- Freezer help:** portion cooked mince, chicken pieces, and broth in containers.
- Pantry staples:** cooking oil/ghee, salt, spices, vinegar, lemon, pilipili, peanuts (measured).
- Time-saver:** shred a big bowl of cabbage/cucumber/lettuce for two days; store chilled.

Troubleshooting From This List

- **Hungry?** Increase protein to the top of the range (200 g cooked) and add a little extra fat (another ½ tbsp oil or ¼ avocado).
- **Cravings after meals?** Remove fruit/legumes (even if you're on Smart), remove dairy for a few days, and ensure you're salting food to taste.
- **Headaches/fatigue Days 2–3?** Use the water/salt protocol from Chapter 1 and keep meals consistent.
- **Scale not moving but waist shrinking?** Stay the course. Water shifts happen; use measuring tape and photos to track progress.

Quick Reference

Always Yes: eggs, meat/poultry/fish, omena, liver, matumbo; sukuma/spinach/cabbage/broccoli/cauliflower/cucumber/lettuce/courgette; avocado; olive oil/ghee/butter/coconut oil; herbs/spices; vinegar/lemon; water/tea/coffee **without sugar**.

Optional: plain yoghurt/cheese (remove if you stall).

Smart Track (pick one per day): 1 small fruit **or** ½ cup cooked legumes.

Always No (for 14 days): ugali, chapati, rice/pilau, potatoes, matoke, bread/pastries, githeri, pasta, cereal, sugar, soda/juices/sweetened drinks.

Chapter 3: Real-Life Swaps & Everyday Eating Scenarios

This chapter turns the rules into practical moves you can use at home, at a kibanda, in hotels, at family gatherings, and on the road. Keep the plate formula in mind (Protein + non-starchy veg + Healthy fat) and you'll always find a way to stay on plan.

A. Home Cooking: Simple Swaps to Use

Breakfast

- Instead of Chapati + tea → **Masala omelette (2–3 eggs)** + sautéed spinach + a splash of milk in tea (Smart Track only), no sugar.
- Instead of Bread + Blue Band → **Boiled eggs (2)** + avocado slices + black tea/coffee.
- Instead of Uji + sugar → **Plain yoghurt** (unsweetened) with a few crushed peanuts (*Smart Track Day only*) or eggs.

Lunch/Dinner

- Instead of Ugali + sukuma + beef → **Beef (150–200 g)** + double sukuma/cabbage + ½ **avocado**.
- Instead of Rice/pilau + stew → **Stew (chicken, beef, goat)** ladled over **cabbage “bed”**.
- Instead of Potatoes (viazi) + fish → **Tilapia** + **broccoli/cauliflower** stir-fry + lemon.
- Instead of Githeri → **Beans/ndengu ½ cup** added to a veggie-heavy plate, max once that day (Smart Track only); never with maize.
- Instead of Mandazi/cake with tea → **Nuts (small handful)** or **boiled eggs**, tea without sugar.

Budget tweaks

- Rotate omena/dagaa, matumbo, eggs, and mince; prep in bulk.
- Steam/flash-sauté big batches of sukuma/spinach/cabbage for two days.
- Keep lemon, garlic, pili pili on hand so veg never feels bland.

B. Kibanda & Street Options (what to order + exact words)

Kibanda

- Order: **Beef wet fry or chicken stew + sukuma/cabbage + kachumbari, no ugali/chapati.**
- Script: “Nipatie nyama na mboga mingi, bila ugali na bila chapati. Ongeza kachumbari.”

Mayai pasua stand

- Best: **Mayai pasua (2) + kachumbari** (no ketchup/sugary sauces).
- If Smart Track add: small handful peanuts later in the day **or** 1 small fruit (choose only one that day).

Nyama choma joint

- Order: ¼ **chicken** or **nyama choma** + **sautéed greens** + **avocado** (if available).
- Skip: ugali, chips, beer/sugary mixers.
- Drink: water, soda water with lemon, black tea.

Smokie/sausage

- Use rarely as an emergency protein as it is processed.

Better option: boiled eggs.

C. Hotel Buffets & Restaurants

Buffet strategy

1. Start with protein row: eggs, fish, chicken, beef.
2. Build ½ plate with salads/greens: lettuce, cucumber, cabbage slaw, broccoli, cauliflower.
3. Add fat: olive oil drizzle, avocado if offered.
4. Walk past: rice, pilau, chapati, potatoes, pasta, bread.
5. Dessert: **skip**. If on Smart Track, use your **one small fruit** here and only here.

A la carte wording

- “I’ll have grilled fish/chicken with extra vegetables, no starch please. A side salad with olive oil/lemon.”

D. Family Teatime, Chamas, & Office Cake Moments

- Bring your own shareable plate: eggs masala, cucumber/avocado salad, cabbage slaw with lemon.
- Tea/coffee: no sugar; splash of milk only on Smart Track.
- If cake is offered: “Si leo, niko challenge. Nitarudi baada ya wiki mbili.”
- Keep a portable backup in your bag: small groundnut pack (measured), or two boiled eggs.

E. Social Events: Weddings, Birthdays, Funerals

- **Protein first:** chicken, beef, fish.
- Double veg, skip pilau/chapati/potatoes.
- Sauces: avoid sweet glazes; choose plain gravy.
- If pressured: “Naepuka carbs niko sawa na nyama na mboga.”

- Smart Track Day: if fruit is served, take one small fruit once and count it as your day's allowance.

F. Workdays, Campus, & Travel

Work lunch kit

- Box 1: Protein (leftover chicken/mince).
- Box 2: Veg (sukuma/cabbage mix).
- Add ½ avocado or a tablespoon of oil/ghee.

Campus/evening classes

- Mayai pasua (2) + water; later, mincemeat/omena and cabbage at a kibanda.

Petrol station & kiosk picks

- Water, plain nuts (small pack), unsweetened yoghurt (rare to find, check label), boiled eggs if stocked.
- Avoid: crisps, biscuits, energy drinks, juices.

Matatu travel

- Carry: eggs, nuts (small), cucumber slices, water.
- Arrive hungry? Grab quarter chicken + cabbage from a nearby joint.

G. Staying on Plan at Home (family still eats starch)

- Cook the same base for everyone: protein + veg.
- Family gets ugali/rice/chapati; you just skip that part and add avocado or more veg.
- Keep your carbs out of sight: store maize/rice/flour on a high shelf.
- Serve your plate first to avoid nibbling.
- Have “approved snacks” visible: boiled eggs, cucumber, peanuts (measured).

H. Drinks, Seasonings & “Hidden Carbs”

Drinks

- Always take: water, herbal tea, black coffee/tea.
- Smart Track: small milk splash in tea/coffee.
- Avoid: soda, energy drinks, boxed juices, sweetened yoghurt drinks, “cocktails”.

Seasonings

- Use freely: salt, pepper, garlic, ginger, cumin, curry, chilli, dhanian, vinegar, lemon.
- Caution: ketchup, BBQ sauce, “honey” glazes, chutneys are often sugary.

Reading labels (quick scan)

- Per 100 g: if sugars are above 5–6 g, skip it.
- Ingredients: if sugar, glucose, syrup, or corn starch are top items, skip.

I. Five Plug-and-Play Plates (anywhere, any day)

1. Masala omelette + spinach + avocado
2. Beef wet fry + cabbage/sukuma + kachumbari (no sugar)
3. Tilapia + broccoli/cauliflower stir-fry + lemon
4. ¼ chicken + sautéed greens + avocado wedge
5. Minced beef bowls: mince + finely shredded cabbage, finish with olive oil & pili pili

J. Troubleshooting the Real World

- **“I slipped and had pilau.”** Next meal = back on plan. Don’t “start again Monday”—resume now.
- **“I’m hungry at 4 pm.”** Eat a real mini meal: boiled eggs + cucumber + olive oil/lemon.
- **“Everyone is insisting I eat cake.”** Take a plate of protein + veg, hold it, keep chatting. It’s a social signal that you’re “already served.”
- **“Cravings after dinner.”** Teeth brushing, salted warm water, 10-minute walk, sleep on time.

K. Scripts You Can Use

- **Kibanda:** “Nipatie nyama na mboga mingi, **bila ugali au chapati**. Ongeza kachumbari.”
- **Restaurant:** “Naomba grilled chicken/fish **na mboga mingi**. Salad na lemon/olive oil.”
- **Family event:** “Niko kwa **14-day challenge**. Niko, sawa na nyama na mboga pekee.”

L. Safety & Sense Checks (non-medical guidance)

- If you feel light-headed Days 2–3, use the **water + salt/broth** fix and eat a full on-plan meal.
- If you have a medical condition or take prescription meds (especially for diabetes/pressure), consult your clinician.
- If weight stalls but waist shrinks, you’re winning. Stay consistent.

ACTION STEP (Do this in the next 24 hours)

1. Pick your top two everyday scenarios (e.g., kibanda lunch + family tea).
2. Write your exact order/script for each in your notes (use the scripts above).
3. Batch-prepare one protein + one veg tonight (e.g., mince + cabbage) so tomorrow’s meals take 10 minutes.
4. Stock your bag with a small nut pack or two boiled eggs and a water bottle.
5. Decide your drink rule: black tea/coffee, water, herbal tea only for 14 days.

Chapter 4: Budgeting Your Challenge

Eating no-starch for 14 days doesn't have to be expensive. With a little planning, you can hit your protein goals, keep vegetables on rotation, and flavour your meals properly, without blowing the budget. This chapter gives you two ready-to-run weekly budgets for a solo challenger, plus where to shop and what to swap when prices shift.

Note: Kenyan food prices move. Treat quantities as guides. If one protein spikes, pivot to another (e.g., beef → eggs/omena; tilapia → chicken pieces).

A. The Budget Plan (solo)

Goal: Solid protein daily, reliable greens, simple fats.

Protein spine: eggs, omena/dagaa, matumbo, chicken mixed cuts (legs/thighs/wings).

Greens rotation: sukuma + spinach + cabbage (bulk + batch).

Fats: avocado some days, cooking oil/ghee measured (1 tbsp/meal).

1) Shopping List (7 days)

Proteins (choose based on offers; target ~1.2–1.4 kg cooked weight across the week):

- Eggs, 10–14 pieces (breakfasts + emergency meals)
- Omena/dagaa, 300–500 g (2 dinners/lunches)
- Matumbo, 700–900 g (2–3 meals; pressure-cook tender)
- Chicken mixed cuts, 1–1.2 kg (quarter chicken dinners/2–3 meals)
- (Optional swap: 500 g minced beef instead of part of the chicken)

Vegetables (aim for 2 cups cooked veg per meal):

- Sukuma wiki, 3–4 bunches
- Spinach/managu/terere (mix), 2–3 bunches
- Cabbage, 1 large head
- Tomatoes, onions, dania for kachumbari/masala
- 2 lemons (for dressing + flavour)

Fats & flavour:

- Cooking oil/ghee (measure 1 tbsp/meal)
- Pili pili, garlic, ginger, curry/paprika/cumin
- 2–3 avocados (not daily; stretch across the week)
- Salt, vinegar (or extra lemons)

2) Batch Once, Eat All Week (2–3 hours on Day 0)

- **Protein batch:**
 - Boil 8–10 eggs (shell on; fridge).
 - Cook omena (pan-crisp in little oil + tomato/onion/garlic). Portion 2–3 boxes.

- Pressure-cook matumbo till soft; finish with masala wet fry. Portion 2–3 boxes.
 - Oven-bake chicken pieces (salt, pepper, paprika, lemon). Portion 3–4 boxes.
- **Veg batch:**
 - Shred a full cabbage, sauté half; leave half raw for slaw.
 - Sauté a big mix of sukuma/spinach (salt, garlic, lemon finish).
 - Make kachumbari (no sugar).
- **Dressings:**
 - Lemon–salt–pepper vinaigrette in a jar. Use 1–2 tsp per plate.

3) 7-Day Skeleton (mix & match)

- **Breakfasts (rotate):**
 - 2–3 eggs (boiled/masala omelette) + sautéed greens
 - Leftover chicken piece + cabbage slaw
- **Lunches:**
 - Matumbo + cabbage/sukuma + ½ avocado (if available)
 - Omena + spinach + lemon
 - Mince (if used) + cabbage “bed” + kachumbari
- **Dinners:**
 - Quarter chicken + greens + kachumbari
 - Omena/matumbo repeats with double veg

Cost control tips (Budget Plan):

- Buy greens at the market (cheaper, fresher).
- Prioritise eggs + omena on pricey weeks; push chicken to one roast night.
- Use measured oil; fats are essential but can silently inflate spend.
- Make cabbage your volume vegetable to stay full.

B. The Comfort Plan (solo)

Goal: More variety and convenience while staying no-starch.

Upgrades: tilapia fillet, beef strips, daily avocado, plain yoghurt (unsweetened).

1) Shopping List (7 days)

Proteins (~1.6–1.8 kg cooked weight across the week):

- Chicken pieces, 1–1.2 kg
- Tilapia fillet, 600–800 g (3–4 fillets)
- Beef strips or steak, 600–800 g
- Eggs, 8–10 (quick breakfasts/emergencies)

Vegetables:

- Cabbage, 1 large head

- Sukuma + spinach mix, 5–6 bunches total
- Broccoli/cauliflower (fresh or frozen), 2 heads or 1 large frozen bag
- Salad veg (lettuce/cucumber/tomato/onion/dania)
- 3–4 lemons

Fats & extras:

- Avocado, **7 pieces** (daily)
- Olive oil/ghee
- Plain yoghurt (unsweetened) 750 ml–1 L (2–3 breakfasts/snacks)
- Flavour kit: garlic, ginger, pili pili, spice blends (curry, paprika, cumin)

2) Batch & Flow (still efficient)

- Bake chicken pieces; pan-sear beef strips (quick high heat).
- Par-roast broccoli/cauliflower trays for fast dinners.
- Keep tilapia for same-day cooking (3–4 minutes per side).
- Daily avocado: half with lunch, half with dinner (or the whole with one meal).

3) 7-Day Skeleton (Comfort)

- **Breakfasts:**
 - Plain yoghurt + peanuts/pumpkin seeds (Smart Track day)
 - Masala omelette + salad
- **Lunches:**
 - Beef strips + roasted broccoli/cauli + avocado
 - Tilapia + sautéed spinach + lemon
- **Dinners:**
 - Chicken + cabbage slaw + kachumbari
 - Tilapia or beef repeat with different veg

Value adds (Comfort Plan):

- Daily avocado smooths hunger and keeps energy steady.
- Broccoli/cauli add variety to the sukuma–cabbage routine.
- Yoghurt gives an easy change-up—remove if you bloat or stall.

C. Market vs Supermarket: Where Each Shines

Open-air market (preferred for bulk):

- **Buy:** greens (sukuma/spinach/cabbage/managu/terere), tomatoes, onions, dania, lemons, pili pili.
- **Why:** lower prices, larger bundles, better negotiation.
- **How:** go **early** (freshest, best picks), buy from **2–3 stalls** to spread quality risk, and pre-plan quantities (e.g., “greens for 3 days”).

Supermarket/Butchery:

- **Buy:** chicken pieces (promo trays), beef strips/mince (check fat %, ask butcher to split), yoghurt (unsweetened), oil/ghee, spices.
- **Why:** consistent weights, hygiene, offers/loyalty points, freezer-friendly packs.
- **How:** compare per-kg pricing; avoid “value packs” that hide small portions or added brine.

Kibanda & fishmongers:

- **Buy:** omena/dagaa (weigh properly), tilapia (ask for filleting), eggs (tray deals).
- **Why:** freshness and ability to buy exactly what you need.
- **How:** ask for today’s catch; for eggs, open the tray and check cracks and sizes.

D. Seasonal Swaps (keep costs down)

- **Avocado:** peak seasons = cheaper. Off-season: swap to measured oil/ghee and add olives (if within budget).
- **Leafy greens:** if sukuma spikes, rotate to cabbage as the main veg and add terere/managu when well-priced.
- **Fish:** when tilapia prices rise, slide to omena twice that week and chicken once.
- **Beef:** if strips are expensive, buy a whole cut and slice at home, or swap to mince/matumbo.
- **Broccoli/cauliflower:** if pricey, use cabbage stir-fries with sliced peppers/courgette for colour.

E. Sample Cost Splits (how the money flows)

(Illustrative percentages so you can adapt to real prices.)

Budget Plan:

- Proteins 55–65% (eggs/omena/matumbo/chicken pieces)
- Vegetables 20–25% (cabbage + leafy mix + tomatoes/onions)
- Fats & flavour 10–15% (oil/ghee, lemons, spices)
- Avocado 5–10% (2–3 pieces)

Comfort Plan:

- Proteins 60–65% (chicken + tilapia + beef + eggs)
- Vegetables 18–22% (greens + broccoli/cauli + salad veg)
- Avocado 8–12% (daily)
- Yoghurt & extras 6–10% (plain, unsweetened; spices, lemons)

F. Stretching Every Shilling (without sacrificing results)

- **Protein first:** build the week around what’s cheapest per gram of protein (often eggs, omena, matumbo, chicken thighs).
- **Double veg at dinner:** cheaper fullness without starch.
- **Measure oil:** 1 tbsp per meal is enough for flavour and satiety.

- **Batch once, wash dishes once:** fewer “I’m tired, let me buy chapati” moments.
- **Leftover strategy:** cook once, portion twice. Tomorrow’s lunch is ready in 30 seconds.
- **Emergency food:** 2 boiled eggs + cucumber + lemon-salt prevent impulse chapati.

G. Two Ready Menus That Fit the Budget

Budget Plan (sample day, ~KSh-friendly):

- Breakfast: 2 boiled eggs + sautéed sukuma
- Lunch: Matumbo wet fry + cabbage + kachumbari
- Dinner: Omena + spinach + ½ avocado (or 1 tbsp oil)

Comfort Plan (sample day):

- Breakfast: Masala omelette + salad
- Lunch: Tilapia fillet + roasted broccoli/cauli + ½ avocado
- Dinner: Beef strips stir-fry + cabbage slaw + kachumbari
- Optional Smart Track: plain yoghurt (unsweetened) in the morning or one small fruit (not both)

H. Quick Audit Before You Pay

1. **Protein count:** Do I have at least 14 protein portions for the week (2/day)?
2. **Greens volume:** Do I have enough veg for 2 cups per main meal?
3. **Fats covered:** Avocados or measured oil/ghee for every plate?
4. **Flavour kit:** Garlic/ginger/spices/lemons so veg never feels boring?
5. **One swap noted:** If chicken is expensive this week, what’s my backup - eggs/omena/matumbo?

ACTION STEP (10–15 minutes today)

- Pick Budget or Comfort for this week and write it at the top of your shopping list.
- Build your list using the shopping templates above; mark one swap in case a price shocks you at the shop.
- Set a batch-cook slot (2–3 hours) in your calendar within the next 48 hours.
- Portion at least 4 protein boxes + 2 veg boxes before Day 1.
- Put 2 boiled eggs + nuts (small pack) in your bag—your anti-chapati insurance.

Chapter 5: Movement & Habits

You don't need a gym membership to amplify fat loss and energy on this challenge. What you need is consistency: short, repeatable movement and simple daily habits that make the food plan easier to follow. This chapter gives you two plug-and-play activity options and a hydration routine that supports the first week's water/electrolyte shifts.

A. Your Movement Choice (pick one lane each day)

Option 1: The Brisk Walk (20–30 minutes)

Goal: 2–4 km at a pace that makes conversation slightly breathy but still possible.

How:

- Choose a loop you can do from your door eg estate path, school track, safe street, or park.
- Post-meal walks (10–15 min after lunch or dinner) improve blood sugar and crush cravings.
- If 30 minutes is hard, do two 15-minute walks (morning + evening).

Weekly progression (keep it gentle):

- **Week 1:** 20 minutes daily.
- **Week 2:** 25–30 minutes daily or add one hill/flight of stairs.

Kenyan reality tips:

- Morning is cooler and safer in many estates.
- Carry water; cap/hat for sun.
- If it rains, switch to Option 2 indoors or walk stairwells/corridors.

Option 2: The 10-Minute Bodyweight (no equipment)

Do this anywhere - living room, balcony, office break room. Set a timer for 10 minutes. Move smoothly, no rushing.

Beginner circuit (repeat 2–3 rounds):

1. Sit-to-stand or chair squat × 10
2. Wall push-ups × 8–10 (*or knee push-ups*)
3. Hip bridge (floor) × 10
4. March in place (high knees, gentle) × 30–40 steps
5. Plank (knees or elbows) 15–25 sec

Progression circuit (repeat 2–3 rounds):

1. Squats × 12–15
2. Push-ups (floor or bench) × 8–12

3. Reverse lunges × 8 each leg (*hold a chair for balance*)
4. Glute bridge × 12–15
5. Plank 25–40 sec

Rules of form:

- Moves should be pain-free; if you get joint discomfort = modify or stop.
- Breathe steadily; don't hold your breath.
- Quality beats speed.

How to advance week-to-week: add **one rep** per move **or** add **one extra round**, not both.

B. What Counts (and what doesn't)

Counts: Brisk walking, climbing stairs, bodyweight circuits, light cycling, dancing in your living room.

Doesn't count as movement for the day: a few steps to the kiosk, standing around at a matatu stage. Those are fine, but still do your chosen plan.

Rest days: You may walk gently every day. If you're sore from the circuit, do an easy 20-minute walk and stretch.

C. Hydration & Electrolytes (make week 1 easier)

Carb reduction drops stored water and electrolytes. Get ahead of the “carb flu” by following this simple routine.

Daily water target: 2–3 litres spread through the day.

- 1 cup on waking
- 1 cup mid-morning
- 1 cup at lunch
- 1 cup mid-afternoon
- 1 cup at dinner
- Sips around movement

Simple electrolytes:

- **Days 1–4:** a pinch to ¼ tsp salt in warm water once or twice daily, plus lemon squeeze.
- **Add foods rich in minerals:** sukuma/spinach, avocado, pumpkin seeds.
- **Broth option:** one mug of beef/chicken broth with a small pinch of salt and lemon.

If you have a medical reason to limit sodium (e.g., doctor-advised low-salt plan), follow your clinician's guidance and use foods/broth without the added salt.

Caffeine rules: normal tea/coffee is fine; no sugar. Small milk splash is Smart Track only.

D. Habit Stacks (how to make it automatic)

A habit stack attaches a new behaviour to something you already do.

- **After brushing teeth (morning)** → drink your first glass of water.
- **After lunch** → 10–15 minutes walk around your block/compound.
- **After arriving home** → 10-minute bodyweight circuit before you sit down.
- **Before dinner** → fill a bottle with water for the evening.
- **Before bed** → 3-minute stretch (calves, quads, chest), then lights out.

Pick two and practice them daily for 14 days.

E. Movement Troubleshooting

- **Low energy Days 2–3?** Do a gentle walk, take electrolytes, and keep meals on plan. You'll rebound by Day 4–5.
- **Knees ache on squats/lunges?** Use chair squats and wall push-ups; skip lunges for now.
- **Busy day?** Split your walk: 10 minutes morning + 10 minutes after lunch + 10 minutes evening.
- **Cravings at night?** 10-minute bodyweight + a large glass of water; then shower and sleep.
- **Scale stalled but waist shrinking?** Keep moving; walks help shift water retention and improve sleep.

F. Sleep & Stress (silent levers)

- **Sleep 7–8 hours.** Aim for a consistent lights-out time; screens off 30–60 minutes prior.
- **Evening routine:** herbal tea or warm water, dim lights, light stretch.
- **Stress breaks:** two 2-minute breath resets during the day (inhale 4, hold 1, exhale 6, hold 1—repeat).

Good sleep and lower stress improve appetite control and reduce late-night snacking.

G. Weekly Checklist (tick daily)

- ☐ 20–30 min walk **or** 10-min bodyweight
- ☐ 2–3 L water achieved
- ☐ Electrolyte dose (Days 1–4)
- ☐ Meals on plan (tick your 42-box grid)
- ☐ Sleep target met (7–8 hrs)

ACTION STEP (do this now)

1. Choose your lane for tomorrow: Walk or Bodyweight.

2. Schedule it in your calendar with a specific time and place (e.g., “6:30–7:00 am, estate loop”).
3. Prep your kit: comfortable shoes, bottle of water, small towel.
4. Write your habit stack: “After _____, I will _____.”
5. Tick the first box on your weekly checklist after you complete it.

Short, simple, repeatable. That’s how you turn 14 days into visible results.

Part II - The 14-Day Plan

This is the heart of your challenge. Each day fits on a clean, single spread you can glance at and act on: **Morning Brief** → **Meals** → **Movement** → **Mindset** → **Evening Check-In**. You'll see **Strict** and **Smart** tracks side-by-side so you can choose the lane that matches your life and stay consistent for two weeks.

How to use this section

1. Open the day's spread at breakfast. Read the Morning Brief (7:30am)—it reminds you of the day's rule focus and gives a fast plate idea so your first meal is on plan.
2. Pick your track once each morning (Strict or Smart) and follow the Meals for that track. The Smart track adds either one fruit or ½ cup legumes at a single meal—never both, never twice.
3. Do the Movement block: either a 20–30 min brisk walk or a 10-minute bodyweight circuit. If the day gets busy, split your walk into two shorter chunks.
4. Anchor your head with the Mindset Cue. One or two lines to keep decisions simple.
5. Close the day with the Evening Check-In (5 quick lines): hydration, steps/movement, mood, cravings, adherence. Tick your 42-box grid (three on-plan meals × 14 days).

What a day looks like (at a glance)

- **Morning Brief (7:30am):** 1 rule to focus on + 1 plate idea to copy.
- **Meals:**
 - **Strict Track:** 3 simple options (breakfast, lunch, dinner).
 - **Smart Track:** same three options **plus** one allowed add-on (1 fruit **or** ½ cup legumes) at a single meal.
- **Movement:** walk or bodyweight circuit—choose and do it.
- **Mindset Cue:** a short sentence for discipline under pressure.
- **Evening Check-In:** water / steps or movement / mood / cravings / adherence.

Quick notes (apply to all days unless the page says otherwise)

- **Plate formula:** ½ plate non-starchy veg (about 2 cups), ¼–½ plate protein (150–200 g cooked, or 2–3 eggs), plus healthy fat (½ avocado or 1 tbsp oil/ghee/butter).
- **Flavour:** salt/pepper, garlic, ginger, curry, pili pili, vinegar, lemon. Watch sugary sauces.
- **Tea culture:** chai/coffee bila sukari. A small milk splash is okay on Smart (counts toward your day's flexibility). No milk powder.
- **Headaches (often Day 2–3):** add a pinch of salt to warm water once or twice daily and keep fluids at 2–3 L/day; a mug of broth with lemon also helps.
- **Vegetarian swap (Smart):** replace meats with eggs/tofu/mushrooms and use ½ cup legumes once/day in place of part of your veg.

Chapter 6: Day 0 Setup

Day 0 is your launch pad. In the next 60–120 minutes you'll measure your body, choose your track, reset your pantry, batch-prepare key foods, and set reminders so tomorrow starts on rails. Do this once, reap the benefits all week.

1) Lock in Your Baseline (15–20 minutes)

Take body measurements (morning, after bathroom, before eating):

- **Weight:** _____ kg
- **Waist (at navel, relaxed):** _____ cm
- **Hips (widest point):** _____ cm

Take Photos (3 angles): Front • Side • Back

- Same outfit and lighting you'll reuse on Day 14.
- Plain background; camera chest height; full body in frame.

Sleep & Energy baseline (last night/today):

- **Sleep (hrs):** _____
- **Energy (1–10):** _____
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____

File these into your Success Snapshot. You'll repeat on Day 14.

2) Choose Your Track (2 minutes)

Strict (≤ 30 g net carbs/day): fastest reset, tight rules, no fruit/legumes.

Smart (≤ 60 – 80 g net carbs/day): flexible, one allowance per day (either 1 small fruit *or* $\frac{1}{2}$ cup legumes at one meal).

Decision rule: If you're nervous about strict rules or have frequent social meals, start Smart. If you want maximum momentum and can manage clean plates at home, pick Strict. You can tighten from Smart → Strict after Day 3 if you feel ready.

Circle today's choice: **Strict / Smart**

3) Pantry Reset (15 minutes)

Box up/hide for 14 days (out of sight):

- **Starches:** ugali flour/maize meal, chapati/atta, rice (incl. pilau spices to avoid trigger), pasta, noodles, breakfast cereal, uji mix.

- **Tubers & starch sides:** potatoes (all forms), matoke/plantain, arrowroot (nduma), sweet potato, cassava, yams.
- **Breads & pastries:** bread, buns, cakes, mandazi, biscuits, doughnuts.
- **Sugars & drinks:** table sugar, honey/syrups, soda, boxed juices, energy drinks.
- **Sauces with sugar:** ketchup, BBQ/honey glazes, chutneys (check labels).
- **“Health traps”:** granola/muesli with sugar, flavoured yoghurt, cereal bars.

Bring forward (eye level):

- **Proteins:** eggs; chicken pieces; minced beef/chicken; omena/dagaa; liver; matumbo.
- **Veg:** sukuma, spinach, cabbage, broccoli/cauliflower (fresh/frozen), cucumber, lettuce.
- **Fats & flavour:** avocado; olive oil/ghee/butter; garlic, ginger, curry, pili pili; vinegar; lemons.
- **Hydration:** still water, herbal teas, black tea/coffee (no sugar).

4) Reminders & Routines (5–10 minutes)

Set phone alarms (East Africa/Nairobi time):

- **7:30 am — Morning Brief:** read the day’s spread, pick track, drink 1 glass water.
- **12:45 pm — Walk/Circuit:** 10–20 minutes post-lunch movement.
- **3:00 pm — Hydration:** glass of water; if Day 2–3 headaches, add **pinch of salt + lemon**.
- **8:30 pm — Evening Check-In:** tick water/steps/mood/cravings/adherence; prep breakfast.

Self-reminders (paste into your Notes or self-chat):

- “Water check (2–3 L target).”
- “Movement done? 20–30 min walk or 10-min circuit.”
- “Meals on plan? Tick the grid.”
- “Electrolytes if headachy (Days 2–3).”

5) Safety & Sense Checks (non-medical)

- If you’re on medication (diabetes/pressure), pregnant, breastfeeding, or have a medical condition needing nutrition oversight, **inform your clinician**, and avoid sudden changes to meds without guidance.
- Headaches/fatigue on Days 2–3 are common—use the **water + pinch of salt + lemon** fix once or twice daily and keep meals on plan.
- If dairy or peanuts bloat you, drop them from Day 3 onward.

8) Your Evening Script (to use tonight)

- Place tomorrow’s breakfast front-row in the fridge.
- Put walking shoes by the door and water bottle on the counter.
- Re-read tomorrow’s Morning Brief once.

- Lights out on time; aim for 7–8 hours.

Day 0 Checklist (tick before bed)

- ☐ Measurements + photos saved to **Success Snapshot**
- ☐ Track chosen: **Strict / Smart**
- ☐ Pantry reset complete (starches boxed; proteins/veg/fats visible)
- ☐ Reminders set (morning brief, movement, hydration, check-in)

Chapter 7: Day 1

Morning Brief (7:30 am)

Rule focus: Skip the starch, double the greens. Stick to **Protein + Veg + Healthy fat** on every plate.

Plate idea: 2–3 eggs scrambled with **sukuma (1 cup)** in a little oil; add ½ **avocado** on the side.

Hydration: 1 glass of water now. If you're prone to Day 2–3 headaches, plan **pinch of salt + lemon** in warm water later.

Day 1 Meals

Strict Track (choose these as written)

Breakfast

- **2–3 eggs** scrambled with **1 cup sukuma + ½ avocado**
Pan cue: medium heat, 1 tsp oil/ghee, salt, pepper, dhania.

Lunch

- **Chicken wet fry (150–200 g) + cabbage stir-fry (2 cups) + kachumbari**
Alternatives if needed: minced beef/mbuzi for the wet fry.

Dinner

- **Pan-seared small tilapia (180–220 g) + spinach (2 cups) + lemon squeeze**
Pan cue: 3–4 min per side, finish with lemon and pili pili.

Smart Track (same plan + one allowance)

Follow all the Strict meals above and add only ONE of the options below at a single meal:

- ½ cup **ndengu (green grams)** with **lunch**
OR
- **1 small apple mid-afternoon**

Do not stack fruit and legumes on the same day. Keep it simple and trackable.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch if you can), conversational pace but slightly breathy.

OR

- **10-minute bodyweight circuit** × 2 rounds:
 1. Chair squats × 10
 2. Wall/knee push-ups × 8–10
 3. Hip bridges × 12
 4. March in place × 40 steps
 5. Plank 20–30 sec

Busy day hack: split your walk into **2 × 15 minutes** (late morning + after dinner).

Mindset Cue

“Today I eat real food. No starch, double greens, done.”

Tiny Troubleshooting (Day 1)

- **Still hungry after a meal?** Add 50 g more chicken/eggs **or** ½ tbsp oil/ghee to veg.
- **Craving bread/chapati?** Drink a glass of water, walk 5 minutes, then eat cucumber + salt/lemon.

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Tomorrow: glance at Day 2 before bed; set out breakfast plan and your walking shoes.

Chapter 8: Day 2

Morning Brief (7:30 am)

Rule focus: If cravings rise, eat protein, not starch. Day 2–3 “carb flu” is normal.

Plate idea: Beef wet-fry over a bed of managu/terere with kachumbari.

Hydration & electrolytes: Target 2–3 L today. If headachy or flat, have warm water + pinch of salt + lemon once or twice.

Day 2 Meals

Strict Track

Breakfast

- **Plain yoghurt ($\frac{3}{4}$ cup, unsweetened) + 25 g groundnuts**
Swap if dairy stalls/bloats you: 2 eggs any style + cucumber.

Lunch

- **Beef (150 g) stir-fry + managu/terere (2 cups) + kachumbari**
Pan cue: hot pan, 1 tsp oil; salt, pepper, garlic, paprika; toss greens till just wilted.

Dinner

- **Crispy omena/dagaa (~100 g cooked) + sukuma (2 cups) + $\frac{1}{2}$ avocado**
Pan cue: quick crisp in a little oil; finish with tomato, onion, pili pili, lemon.

Prep tip: Pan-crisp a batch of omena tonight; cool and store airtight for 2 quick meals.

Kibanda order (lunch backup):

“Nipatie nyama fry na mboga mingi, bila chapati/rice. Ongeza kachumbari.”

Smart Track (same plan + one allowance)

Follow **all Strict meals** and add **only ONE** of the following at a **single meal**:

- **1 orange** mid-afternoon
OR
- **$\frac{1}{2}$ cup beans** with **dinner** (fold into the sukuma)

Don’t combine fruit and legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch is great for blood sugar), conversational but slightly breathy.

OR

- **10-minute bodyweight circuit** × 2 rounds:
 1. Chair squats × 10–12
 2. Wall/knee push-ups × 8–10
 3. Hip bridges × 12–15
 4. March in place × 40–60 steps
 5. Plank 20–30 sec

Busy day hack: 3 × 10-minute walks (morning, after lunch, evening).

Mindset Cue

“Headaches are a sign I’m switching fuels. Remedy, water, salt, greens, keep going.”

Tiny Troubleshooting (Day 2)

- **Headache/fatigue?** Do electrolytes (pinch of salt + lemon), drink water, and eat the next on-plan meal. A 10-minute easy walk helps.
- **Cravings at teatime?** Drink water, chew sugar-free gum, or eat ½ avocado / 2 eggs instead of biscuits.
- **Still hungry after dinner?** Add 50 g more protein **or** an extra ½ tbsp oil to veg.

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 9: Day 3

Morning Brief (7:30 am)

Rule focus: Protein first. If energy drops, go for **Protein + Veg + Fat**.

Plate idea: Masala omelette (2–3 eggs) with tomato/onion/dhania + side of sautéed greens.

Hydration & electrolytes: If Day 2–3 headache shows up, take **warm water + a pinch of salt + lemon** once or twice today and keep total fluids at **2–3 L**.

Day 3 Meals

Strict Track

Breakfast

- **Masala omelette (2–3 eggs + tomato/onion/dhania)**
Pan cue: 1 tsp oil/ghee, medium heat; finish with black pepper.

Lunch

- **Liver fry (150–180 g) + cabbage (2 cups)**
Pan cue: quick sear; don't overcook so it stays tender. Add lemon squeeze.

Dinner

- **Matumbo stew (200 g cooked) + spinach (2 cups)**
Pot cue: pressure-cook till soft, finish with garlic, ginger, pili pili.

Kibanda order (backup):

“Matumbo stew na mboga, bila ugali. Ongeza kachumbari.”

Smart Track (same plan + one allowance)

Follow **all Strict meals** and add **only ONE** at a **single meal**:

- **½ cup njahi/beans** at **dinner**, folded into the spinach
OR
- **1 small banana** in late afternoon

Never combine fruit and legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch is perfect), conversational pace but slightly breathy.
OR

- **10-minute bodyweight circuit** × 2–3 rounds:
 1. Squats or chair squats × 12
 2. Wall/knee push-ups × 8–10
 3. Hip bridges × 12–15
 4. March in place × 60 steps
 5. Plank 20–30 sec

Low-energy day? Do one easy round or a gentle 15-minute walk. Consistency beats intensity.

Mindset Cue

“Fuel with protein, flood with greens, finish with calm.”

Tiny Troubleshooting (Day 3)

- **Headache/fog?** Do the **salt + lemon** fix and eat your next on-plan meal; a 10-minute walk helps circulation.
- **Liver tastes strong?** Finish with lemon and fresh dhanias; pair with plenty of cabbage.
- **Still hungry after dinner?** Add 50 g more matumbo **or** ½ tbsp oil/ghee to the spinach.

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 10: Day 4

Morning Brief (7:30 am)

Rule focus: Keep it clean, keep it colourful. **Protein + Double Greens + Healthy Fat.**

Plate idea: 2 boiled eggs with a tomato–cucumber–dania salad and ½ avocado.

Hydration: Start with 1 glass of water. If you felt a Day 2–3 dip, keep **pinch of salt + lemon** in warm water once today.

Day 4 Meals

Strict Track

Breakfast

- **2 boiled eggs + tomato–cucumber–dania salad** (lemon, salt, pepper) + ½ **avocado**

Lunch

- **Goat wet fry (150–200 g) + managu/terere (2 cups)**
Pan cue: quick sear goat with onions, garlic, pili pili; finish with dhania. Don't drown in oily gravy. Measure ~1 tbsp oil.

Dinner

- **Oven/Air-fryer chicken thighs (2 small) + cabbage slaw** (vinegar, salt, pepper; optional 1 tsp oil)
Oven cue: 200°C for 30–35 min, skin side up, till juices run clear.

Smart Track (same plan + one allowance)

Follow all the Strict meals and add only ONE of the following at a single meal:

- ½ **cup beans** folded into **lunch greens**
OR
- **1 orange** mid-afternoon

Don't stack fruit **and** legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch is ideal for blood sugar). Keep a pace where you can talk, but you're slightly breathy.
OR
- **10-minute bodyweight circuit** × 2–3 rounds:
 1. Squats or chair squats × 12–15

2. Push-ups (wall/knees) × 8–12
3. Reverse lunges (hold a chair) × 8 each leg
4. Glute bridge × 12–15
5. Plank 25–40 sec

Busy day hack: 2 × 15-minute walks (late morning + evening after dinner).

Mindset Cue

“No starch, no drama. Protein first, greens double.”

Tiny Troubleshooting (Day 4)

- **Goat too chewy?** Cut smaller pieces and cook a few minutes longer after searing; finish with lemon.
- **Still hungry after lunch?** Add 50 g more goat **or** ½ tbsp oil to the greens.
- **Craving chapati at dinner?** Make your slaw generous (2 big cups) and add a wedge of avocado or a teaspoon more oil.

Kibanda backup (lunch):

“Nipatie mbuzi fry na mboga mingi, bila ugali/chapati. Ongeza kachumbari.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 11: Day 5

Morning Brief (7:30 am)

Rule focus: Simple plates win. **Protein + Double Greens + Healthy Fat** - repeat.

Plate idea: 3-egg spinach omelette with black pepper and a side of kachumbari.

Hydration: 1 glass now. Keep total fluids 2–3 L by bedtime.

Day 5 Meals

Strict Track

Breakfast

- **3-egg spinach omelette**

Pan cue: 1 tsp oil/ghee, sauté spinach 30–60 sec, add eggs, fold; finish with pepper/dhania.

Lunch

- **Pan-seared tilapia fillet (180–220 g) + sukuma wiki (2 cups) + lemon squeeze**

Pan cue: medium-high heat, 3–4 min/side; season with salt, pepper, pili pili; finish with lemon.

Dinner

- **Minced beef (150–200 g) lettuce cups + kachumbari**

Build: spoon hot mince into crisp lettuce leaves, top with kachumbari; drizzle 1 tsp oil if needed.

Smart Track (same plan + one allowance)

Follow all Strict meals and add only ONE at a single meal:

- **½ cup ndengu (green grams) with dinner** (mix a little into the mince or serve on the side)
OR
- **1 small apple** mid-afternoon

Don't combine fruit and legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch is ideal for blood sugar), conversational but slightly breathy.
OR

- **10-minute bodyweight circuit** × 2–3 rounds:
 1. Squats or chair squats × 12–15
 2. Push-ups (wall/knees) × 8–12
 3. Hip bridges × 12–15
 4. March in place × 60 steps
 5. Plank 25–40 sec

Busy day hack: 3 × **10-minute** walks (morning, after lunch, evening).

Mindset Cue

“Keep it basic to keep it consistent.”

Tiny Troubleshooting (Day 5)

- **Fish sticks to the pan?** Heat pan first, add a thin oil film, don’t flip early; release happens when a crust forms.
- **Still hungry after dinner?** Add 50 g more mince **or** ½ tbsp oil to the lettuce cups.
- **Craving chapati?** Double the sukuma at lunch and add a wedge of avocado.

Kibanda backup (lunch):

“Nipatie samaki na mboga double, bila ugali. Ongeza kachumbari.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 12: Day 6

Morning Brief (7:30 am)

Rule focus: Stay steady. **Protein + Double Greens**, fat to satisfaction. Keep dairy optional.
Plate idea: Plain yoghurt ($\frac{3}{4}$ cup, unsweetened) with **25 g groundnuts** (*swap to 2 eggs if dairy stalls you*).

Hydration: 1 glass now; total target 2–3 L. If you felt headachy earlier this week, keep pinch of salt + lemon in warm water once today.

Day 6 Meals

Strict Track

Breakfast

- **Plain yoghurt ($\frac{3}{4}$ cup, unsweetened) + 25 g peanuts**
Swap if bloating/stall: 2 eggs any style + cucumber sticks with lemon-salt.

Lunch

- **Chicken gizzard/firigisi stew + cabbage (2 cups)**
Pot cue: simmer gizzards till tender (pressure cooker if you have one); finish with onion, tomato, garlic, ginger, pili pili. Measure oil (~1 tsp).

Dinner

- **Beef pepper steak (150–200 g) + sautéed courgette (2 cups)**
Pan cue: hot pan, quick sear; crack black pepper and salt to finish. Courgette: 1 tsp oil, quick toss till just tender, squeeze lemon.

Smart Track (same plan + one allowance)

Follow all Strict meals and add only ONE of the following at a single meal:

- **1 thick slice pawpaw** (small) mid-afternoon
OR
- **$\frac{1}{2}$ cup njahi** with dinner (fold into the courgette or serve on the side)

Don't combine fruit and legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (after lunch helps digestion and blood sugar).
OR
- **10-minute bodyweight circuit** × 2–3 rounds:

1. Chair squats or squats × 12–15
2. Push-ups (wall/knees) × 8–12
3. Reverse lunges × 8 each leg (*hold a chair if needed*)
4. Glute bridge × 12–15
5. Plank 25–40 sec

Want extra without time? Add a **5-minute evening walk** while on a call.

Mindset Cue

“Consistency beats perfection.”

Tiny Troubleshooting (Day 6)

- **Gizzards feel rubbery?** Cook longer till tender; slice smaller; finish with lemon.
- **Pepper steak too dry?** Don’t overcook; rest 3 minutes off the heat; add ½ tsp ghee.
- **Hungry at 4 pm?** Eat **2 eggs** or ½ **avocado** instead of carbs.
- **Yoghurt craving turns into more yoghurt?** Switch tomorrow’s breakfast to eggs; keep yoghurt to Smart days only.

Kibanda backup:

“Nipatie firigisi stew na mboga double, bila ugali/chapati. Ongeza kachumbari.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 13: Day 7 (1.5–2 pages)

Morning Brief (7:30 am)

Rule focus: Finish Week 1 strong with simple plates, no starch, double greens.

Plate idea: 2 fried eggs with sautéed tomatoes/onions and a side of cucumber + lemon-salt.

Hydration: 1 glass now; keep total 2–3 L. If you had earlier headaches this week, keep pinch of salt + lemon in warm water once today.

Day 7 Meals

Strict Track

Breakfast

- **2 fried eggs + sautéed tomatoes/onions** (1 tsp oil)
Pan cue: medium heat; season with salt, pepper, dhania.

Lunch

- **Matumbo stew (200 g cooked) + spinach (2 cups)**
Pot cue: ensure tender (pressure-cook if needed), finish with garlic, ginger, pili pili, lemon.

Dinner

- **Crispy omena (100–120 g cooked) + cabbage (2 cups) + ½ avocado**
Pan cue: quick crisp in little oil; toss with tomato, onion, pili pili, squeeze lemon.

Smart Track (same plan + one allowance)

Follow all Strict meals and add only ONE at a single meal:

- **½ cup beans** with lunch
OR
- **1 small banana** in late afternoon

Never combine fruit and legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (even a gentle Sunday loop counts).
OR
- **10-minute bodyweight circuit** × 2 rounds:
 1. Chair squats or squats × 12–15

2. Push-ups (wall/knees) × 8–12
3. Hip bridge × 12–15
4. March in place × 60 steps
5. Plank 25–40 sec

Recovery option: take a scenic walk and stretch calves/quads for 3–5 minutes after.

Mindset Cue

“One week done. I protect my momentum.”

Tiny Troubleshooting (Day 7)

- **Matumbo chewy?** It needs more time. Simmer/pressure-cook till soft; slice smaller.
- **Still hungry after dinner?** Add 50 g more omena **or** ½ tbsp oil to cabbage.
- **Weekend temptations?** Plate first (protein + greens), hold water/tea in hand, keep chatting.

Kibanda backup (lunch):

“Matumbo stew na mboga mingi, bila ugali/chapati. Ongeza kachumbari.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

End of Week 1 Mini-Review (5 minutes)

- **Wins:** _____
- **Points earned (from Week 1’s 21 Meals):** _____
- **Waist re-check (optional):** Day 0 _____ cm → Today _____ cm
- **Adjustments for Week 2:**
 - ☐ Remove dairy/peanuts if bloated or stalled
 - ☐ Tighten to **Strict** for 3 - 4 days

Chapter 14: Day 8

Morning Brief (7:30 am)

Rule focus: Week 2 = repeatable routines. Keep plates simple, protein-forward, double the greens.

Plate idea: **Egg muffins** (3 eggs baked with capsicum & onions) + side salad with lemon-salt.

Hydration: 1 glass now; keep total 2–3 L. If you felt low earlier in the week, one pinch of salt + lemon in warm water today is fine.

Day 8 Meals

Strict Track

Breakfast

- **Egg muffins** (3 eggs baked with chopped capsicum & onions) + small salad
Oven cue: Whisk eggs, salt, pepper, dhania; fold in veg; pour into greased muffin tin; **180°C for ~15–18 min** till just set.

Lunch

- **Wet-fry chicken (150–200 g) + managu (or terere) 2 cups**
Pan cue: quick sear chicken pieces/strips with onion, garlic, pili pili; finish with dhania. Measure oil (~1 tsp).

Dinner

- **Goat choma (150 g small portion) + kachumbari + sukuma (2 cups)**
Tip: Trim visible fat if you prefer; season greens well and finish with lemon.

Smart Track (same plan + one allowance)

Follow all Strict meals and add only ONE of the following at a single meal:

- **1 orange** (mid-afternoon or after lunch)
OR
- **½ cup ndengu** folded into **lunch greens**

Never combine fruit and legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch walk pairs well with wet-fry lunch).
OR

- **10-minute bodyweight circuit** × 2–3 rounds:
 1. Squats or chair squats × 12–15
 2. Push-ups (wall/knees) × 8–12
 3. Reverse lunges × 8 each leg
 4. Glute bridge × 12–15
 5. Plank 25–40 sec

Busy day hack: 2 × **15-minute** walks (late morning + evening).

Mindset Cue

“Clean plates, easy wins. Same moves, better results.”

Tiny Troubleshooting (Day 8)

- **Egg muffins rubbery?** Pull from oven as soon as the centres set; residual heat finishes them.
- **Goat choma feels dry?** Slice thin across the grain; add lemon and a teaspoon of ghee or oil on the greens.
- **Still hungry after lunch?** Add 50 g more chicken **or** ½ tbsp oil to managu.
- **Craving chapati at dinner?** Double sukuma and kachumbari; eat the goat slowly, sip water.

Kibanda backups:

- **Lunch:** “Kuku fry na mboga mingi (managu/terere), bila ugali/chapati. Ongeza kachumbari.”
- **Dinner:** “Mbuzi choma kiasi + mboga mingi, bila ugali.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 15: Day 9

Morning Brief (7:30 am)

Rule focus: Protein first, greens generously, fat to satisfaction.

Plate idea: 2 boiled eggs + ½ avocado with salt, pepper, and lemon.

Hydration: 1 glass now; total 2–3 L by bedtime.

Day 9 Meals

Strict Track

Breakfast

- 2 boiled eggs + ½ avocado

Lunch

- Liver fry (150–180 g) + cabbage (2 cups)
Pan cue: quick sear; don't overcook. Finish with lemon and dhania.

Dinner

- Pan-seared tilapia (1 fillet ~180–220 g) + spinach (2 cups) + lemon squeeze
Pan cue: medium-high heat, 3–4 min per side; season with salt, pepper, pili pili.

Smart Track (same plan + one allowance)

Follow all Strict meals and add only ONE at a single meal:

- ½ cup chickpeas with dinner (fold into spinach or serve on the side)
OR
- 1 small apple mid-afternoon

Don't combine fruit and legumes on the same day.

Movement (pick one)

- Brisk walk 20–30 minutes (post-lunch is ideal), conversational but slightly breathy.
OR
- 10-minute bodyweight circuit × 2–3 rounds:
 1. Squats or chair squats × 12–15
 2. Push-ups (wall/knees) × 8–12
 3. Reverse lunges × 8 each leg
 4. Glute bridge × 12–15
 5. Plank 25–40 sec

Busy day hack: 2 × **15-minute** walks (late morning + evening).

Mindset Cue

“Keep the formula: protein + greens + fat. Repeat.”

Tiny Troubleshooting (Day 9)

- **Liver tastes strong?** Use lemon and fresh dhanias; pair with plenty of cabbage.
- **Fish sticks to pan?** Heat the pan first, add thin oil film, don't flip early. Release when a crust forms.
- **Hungry at 4 pm?** Eat **2 boiled eggs** or **½ avocado**; avoid grazing on nuts.
- **Craving bread?** Drink water, walk 5 minutes, then plate cucumber + salt/lemon.

Kibanda backup (lunch):

“Nipatie maini (liver) fry na mboga mingi, bila ugali/chapati. Ongeza kachumbari.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 16: Day 10

Morning Brief (7:30 am)

Rule focus: Don't complicate what works. **Protein + Double Greens + Healthy Fat.**

Plate idea: Masala omelette (3 eggs, tomato, onion, dhania) with a side of cucumber + lemon-salt.

Hydration: 1 glass now; keep total 2–3 L by bedtime. If you've had low days this week, one pinch of salt + lemon in warm water is fine.

Day 10 Meals

Strict Track

Breakfast

- **Masala omelette (3 eggs + tomato + onion + dhania)**
Pan cue: 1 tsp oil/ghee, medium heat; fold gently; finish with black pepper.

Lunch

- **Thick beef stew (no potatoes) + sukuma (2 cups)**
Pot cue: brown beef first; simmer with onions, tomatoes, garlic, ginger, pili pili; reduce to a thick gravy. Serve over a bed of sautéed sukuma.

Dinner

- **Chicken stir-fry with capsicum + courgette ribbons** (150–200 g chicken; 2 cups veg)
Wok cue: high heat, quick toss in 1 tsp oil; season with salt, pepper, splash of vinegar/lemon to finish.

Smart Track (same plan + one allowance)

Follow all Strict meals and add only ONE of the following at a single meal:

- **1 orange after lunch**
OR
- **½ cup beans** folded into the **lunch sukuma** or served on the side

Never combine fruit and legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch walk pairs well with beef stew).
OR

- **10-minute bodyweight circuit** × 2–3 rounds:
 1. Squats or chair squats × 12–15
 2. Push-ups (wall/knees) × 8–12
 3. Reverse lunges × 8 each leg
 4. Glute bridge × 12–15
 5. Plank 25–40 sec

Busy-day hack: 3 × **10-minute** walks (morning, after lunch, evening).

Mindset Cue

“Clean plates, light body, repeat the simple wins.”

Tiny Troubleshooting (Day 10)

- **Beef stew watery?** Remove lid and simmer 5–8 more minutes to reduce; mash a few tomatoes to thicken.
- **Chicken dry?** Cut strips across the grain; high heat, short cook; finish with a teaspoon of ghee or olive oil.
- **Hungry soon after lunch?** Add 50 g more beef **or** ½ tbsp oil to greens; ensure you ate **2 cups** veg.
- **Craving rice with stew?** Double the sukuma and kachumbari, eat slowly, sip warm water or tea.

Kibanda backups:

- **Lunch:** “Nipatie beef stew nzito na mboga mingi, bila rice/ugali. Ongeza kachumbari.”
- **Dinner:** “Kuku wet-fry na pilipili kidogo na mboga nyingi.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 17: Day 11

Morning Brief (7:30 am)

Rule focus: Protein first, double greens, fat to satisfaction. Same winning formula.

Plate idea: Scrambled eggs (3) with dhania + side of cucumber with lemon–salt.

Hydration: 1 glass now; keep total 2–3 L by bedtime.

Day 11 Meals

Strict Track

Breakfast

- **Scrambled eggs (3) w/ dhania**

Pan cue: 1 tsp ghee/oil, low–medium heat; soft curds; salt, pepper, fresh dhania.

Lunch

- **Omena/dagaa (~100–120 g cooked) + spinach (2 cups) + lemon squeeze**

Pan cue: quick crisp omena in a little oil; toss spinach separately with garlic; plate together and finish with lemon/pili pili.

Dinner

- **Minced beef (150–200 g) & cabbage quick stir-fry**

Wok cue: brown mince; add sliced cabbage, salt, pepper, paprika; cook till cabbage tender-crisp; finish with a splash of vinegar/lemon and a tsp oil if needed.

Smart Track (same plan + one allowance)

Follow all Strict meals and add only ONE at a single meal:

- **½ cup ndengu (green grams) with dinner** (fold into the mince & cabbage)
OR
- **1 small apple** mid-afternoon

Never combine fruit and legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch is ideal), conversational pace but slightly breathy.
OR
- **10-minute bodyweight circuit** × 2–3 rounds:
 1. Squats or chair squats × 12–15

2. Push-ups (wall/knees) × 8–12
3. Reverse lunges × 8 each leg
4. Glute bridge × 12–15
5. Plank 25–40 sec

Busy day hack: 2 × **15-minute** walks (late morning + evening).

Mindset Cue

“Tight plates, light body, repeat what works.”

Tiny Troubleshooting (Day 11)

- **Omena too fishy?** Rinse briefly, pat dry, crisp hotter/faster; finish with lemon and chilli.
- **Minced beef watery?** Cook uncovered a few minutes to reduce; season at the end.
- **Still hungry after dinner?** Add 50 g more mince **or** ½ tbsp oil to the stir-fry.
- **Craving bread at tea time?** Drink water, walk 5 minutes, then plate ½ avocado or 2 eggs.

Kibanda backups:

- **Lunch:** “Nipatie omena na mboga mingi, bila ugali. Ongeza ndimu.”
- **Dinner:** “Nyama na cabbage nyingi.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 18: Day 12

Morning Brief (7:30 am)

Rule focus: Stay the course, **Protein + Double Greens**, fat to satisfaction; keep dairy optional.

Plate idea: Plain yoghurt (¾ cup, unsweetened) with **25 g peanuts** (*swap to 2 eggs if dairy stalls you*).

Hydration: 1 glass now; keep total 2–3 L. If you’ve had low days, one pinch of salt + lemon in warm water is fine.

Day 12 Meals

Strict Track

Breakfast

- **Plain yoghurt (¾ cup, unsweetened) + 25 g peanuts**
Swap if bloating/stall: 2 eggs any style + cucumber sticks with lemon–salt.

Lunch

- **Goat stew** (thick, no potatoes) + **managu (or terere) 2 cups**
Pot cue: brown goat; simmer with onions, tomatoes, garlic, ginger, pili pili; reduce to a rich gravy. Finish greens with lemon.

Dinner

- **Roast/braised chicken thighs + cabbage slaw** (vinegar, salt, pepper; optional 1 tsp oil)
Roast cue: 200°C, 30–35 min till juices run clear.

Smart Track (same plan + one allowance)

Follow **all Strict meals** and add **only ONE** at a **single meal**:

- ½ cup njahi with **lunch or dinner** (fold into greens or serve on the side)
OR
- 1 small banana late afternoon

Don’t combine fruit and legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch pairs well with stew days).
OR

- **10-minute bodyweight circuit** × 2–3 rounds:
 1. Squats or chair squats × 12–15
 2. Push-ups (wall/knees) × 8–12
 3. Reverse lunges × 8 each leg
 4. Glute bridge × 12–15
 5. Plank 25–40 sec

Busy-day hack: 2 × **15-minute** walks (late morning + evening).

Mindset Cue

“Discipline is doing what works again and again.”

Tiny Troubleshooting (Day 12)

- **Goat still tough?** Smaller cubes + longer simmer; finish with lemon for brightness.
- **Slaw getting bland?** Add a pinch of salt, black pepper, and a splash of vinegar/lemon; 1 tsp oil if needed.
- **Hungry at 4 pm?** Eat **2 eggs** or **½ avocado** instead of biscuits.

Kibanda backups:

- **Lunch:** “Mbuzi stew nzito na mboga double, bila ugali. Ongeza kachumbari.”
- **Dinner:** “Kuku roast/stew na kachumbari na kabichi, bila ugali.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 19: Day 13

Morning Brief (7:30 am)

Rule focus: Penultimate day. Keep plates tight, flavours high, routine steady.

Plate idea: 2 eggs + ½ avocado with **kachumbari** (tomato–onion–dania–lemon).

Hydration: 1 glass now; total 2–3 L by bedtime. If energy dips, one pinch of salt + lemon in warm water is fine.

Day 13 Meals

Strict Track

Breakfast

- **2 eggs (any style) + ½ avocado + kachumbari**
Tip: Salt, pepper, and a squeeze of lemon over the avocado.

Lunch

- **Liver fry (150–180 g) + spinach (2 cups)**
Pan cue: quick sear; don't overcook. Finish with lemon and fresh dhania.

Dinner

- **Tilapia (or Nile perch) pan-seared (180–220 g) + sautéed courgette (2 cups)**
Swap if available: broccoli/cauliflower stir-fry in place of courgette.
Pan cue: fish 3–4 min/side; veg quick toss with 1 tsp oil, salt, pepper, lemon.

Smart Track (same plan + one allowance)

Follow all Strict meals and add only ONE at a single meal:

- ½ cup beans folded into **lunch spinach** or served on the side
OR
- **1 orange** mid-afternoon

Don't combine fruit and legumes on the same day.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch is perfect), conversational but slightly breathy.
OR
- **10-minute bodyweight circuit** × 2–3 rounds:
 1. Squats or chair squats × 12–15

2. Push-ups (wall/knees) × 8–12
3. Reverse lunges × 8 each leg
4. Glute bridge × 12–15
5. Plank 25–40 sec

Busy-day hack: 2 × **15-minute** walks (late morning + evening).

Mindset Cue

“Tight today, proud tomorrow.”

Tiny Troubleshooting (Day 13)

- **Liver too strong?** Slice thin, sear hot/short, finish with lemon and dhania; pair with plenty of spinach.
- **Fish sticking?** Heat pan first, add a thin oil film, don’t flip early; release after a light crust forms.
- **Hungry after dinner?** Add 50 g more fish **or** ½ tbsp oil to the veg; sip warm water or tea.

Kibanda backups:

- **Lunch:** “Nipatie maini fry na mboga mingi ugali/chapati. Ongeza ndimu na kachumbari.”
- **Dinner:** “Samaki na mboga nyingi, bila ugali.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Chapter 20: Day 14

Morning Brief (7:30 am)

Rule focus: Finish strong with clean plates, no starch, double greens.

Plate idea: Masala omelette + quick sukuma sauté (salt, garlic, lemon).

Hydration: 1 glass now; total 2–3 L by bedtime. If you feel flat, one pinch of salt + lemon in warm water is fine.

Reminder: Tonight, you'll repeat your Success Snapshot (photos, waist/hips, weight, energy/mood).

Day 14 Meals

Strict Track

Breakfast

- **Masala omelette** (3 eggs, tomato, onion, dhania) + **sukuma sauté (1–2 cups)**
Pan cue: 1 tsp oil/ghee; soften veg first, add eggs; finish with black pepper.

Lunch

- **Beef strips (150–200 g) + cabbage (2 cups) + kachumbari**
Pan cue: quick sear beef on high heat; toss cabbage till tender-crisp; squeeze lemon.

Dinner

- **Nyama choma (lean cut, 150–200 g) + greens (2 cups) + kachumbari**
Tip: Ask for a leaner cut; go heavy on greens; finish with lemon and pili pili.

Prep cue (midday): Lay out clothes/spot for **Day 14 photos** and place measuring tape by your mirror.

Smart Track (same plan + one allowance)

Follow all Strict meals and add only ONE at a single meal:

- **1 small fruit** (orange/apple/ $\frac{1}{2}$ mango) **with lunch**
OR
- **$\frac{1}{2}$ cup legumes** (beans/ndengu) **with lunch greens**

It's the final day, keep the allowance modest and only once.

Movement (pick one)

- **Brisk walk 20–30 minutes** (post-lunch helps with the beef/nyama choma plates).
OR
- **10-minute bodyweight circuit** × 2–3 rounds:
 1. Squats or chair squats × 12–15
 2. Push-ups (wall/knees) × 8–12
 3. Reverse lunges × 8 each leg
 4. Glute bridge × 12–15
 5. Plank 25–40 sec

Busy day hack: 2 × **15-minute** walks (late morning + evening).

Mindset Cue

“Finish like I started: protein first, double greens, done.”

Tiny Troubleshooting (Day 14)

- **Social pressure at dinner?** Plate **meat + greens** early, hold water/tea, keep talking.
- **Still hungry after lunch?** Add 50 g more beef **or** ½ tbsp oil to cabbage; eat slowly.
- **Craving chapati at the finish line?** Double kachumbari + greens; sip warm water; remember the photos tonight.

Kibanda backups:

- **Lunch:** “Beef na cabbage mingi, bila ugali/rice. Ongeza kachumbari.”
- **Dinner:** “Nyama choma + mboga double, bila ugali.”

Evening Check-In (tick/fill 5 lines)

- **Water (2–3 L):** /
- **Steps/Movement done:** Walk ☐ Circuit ☐ Both ☐
- **Mood (1–10):** _____
- **Cravings (none / mild / strong):** _____
- **Adherence (breakfast/lunch/dinner on plan):** ☐ ☐ ☐

Day 14 Success Snapshot (do this tonight)

Photos (same setup as Day 0): Front • Side • Back

Weight (morning if possible): _____ kg (*change:* _____ kg)

Waist: _____ cm (*change:* _____ cm)

Hips: _____ cm (*change:* _____ cm)

Energy (1–10): _____ (*Day 0 → Day 14*)

Adherence %: _____ % (*points ÷ 42 × 100*)

Non-scale wins (tick): ☐ Clothes looser ☐ Less bloating ☐ Fewer cravings ☐ Clearer skin

☐ Better focus ☐ Steadier energy ☐ Improved sleep

End of Week 2 - Review

You made it to Day 14. Take 10 minutes to review, extract lessons, and choose your next step. Keep it factual: **photos + tape + adherence** show achievement.

1) Results Snapshot

- **Weight:** Day 0 ____ kg → Day 14 ____ kg (**change:** ____ kg)
- **Waist (navel):** Day 0 ____ cm → Day 14 ____ cm (**change:** ____ cm)
- **Hips:** Day 0 ____ cm → Day 14 ____ cm (**change:** ____ cm)
- **Energy (1–10):** Day 0 ____ → Day 14 ____
- **Adherence:** ____ / 42 meals on plan = ____ %

Non-scale wins (tick):

- ☐ Clothes looser ☐ Less bloating ☐ Fewer cravings ☐ Clearer skin
☐ Better focus ☐ Steadier energy ☐ Improved sleep

2) What Worked / What Stalled

Top 3 wins (keep):

1. _____
2. _____
3. _____

Top 3 frictions (fix):

1. _____
2. _____
3. _____

Patterns you noticed: (e.g., yoghurt → cravings, late dinners → hunger next morning)

3) Food Audit (quick)

- **Protein:** Averaged ~150–200 g cooked per meal? Yes ☐ No ☐
- **Veg volume:** 2 cups per main meal? Yes ☐ No ☐
- **Fats:** ½ avocado or 1 tbsp oil per plate (not “free-pour”)? Yes ☐ No ☐
- **Smart track only:** Kept allowance to **one** fruit **or** ½ cup legumes at **one** meal? Yes ☐ No ☐
- **Hidden sugars/dairy/peanuts causing stalls?** List suspects: _____

4) Movement & Recovery

- **Movement streak:** Walks (days hit): ____ / 14
- **Bodyweight sessions:** ____ / 14
- **Sleep (7–8 hrs):** Average ____ hrs
- **Electrolytes used Days 2–4:** Yes ☐ No ☐ Helped? _____

5) Decision: Your Next 7–14 Days (pick one)

A) Lock-In Week (7 days, Strict)

- Repeat **Days 8–14** on **Strict** for a tighter, visible final push.
- Remove dairy/peanuts if you stalled or felt puffy.
- Keep walks daily; add 1 extra circuit this week.

B) Smart Maintenance (7–14 days)

- Keep **Protein + Veg + Fat** plates.
- Allow **one** daily flexibility: **1 fruit or ½ cup legumes** at one meal.
- Use **planned** starch only on occasions (e.g., 1 pilau plate at a wedding), never “creeping back.”

C) Full Encore Cycle (14 days)

- Rest 1 day on Smart, then repeat the whole **14-Day Plan**.
- Start Encore on **Strict for Days 1–4**, then choose your lane.

Tick choice: A ☐ B ☐ C ☐

6) Tweaks for Next Round (choose 2–3)

- ☐ Remove yoghurt/cheese
- ☐ Cap peanuts to 25–30 g **max** and not daily
- ☐ Batch-cook 1 more protein box per week
- ☐ Standardise lunch at a kibanda order (script saved)
- ☐ Set fixed walk time (calendar alarm)
- ☐ Earlier lights-out by 30 minutes
- ☐ Add broth/salt on tougher days

Other: _____

7) Re-Intro Guardrails (if you’re easing out)

- Re-introduce **one** starch at **one** meal on a special day only (e.g., small chapati **or** ½ cup rice, never both).
- If cravings or bloating return, revert to **Strict** for 3–4 days.
- Keep the plate formula even with starch present: **Protein + Greens first**, starch last and modest.

Final Note

Momentum loves structure. Keep your **42-box grid** habit, your **walk/circuit**, and your **Morning Brief** whether you're locking in, maintaining, or starting an encore. Your body has shown you what works; your job is to keep doing it.

Share Your Win: Be Our Next Success Story

You finished the 14 days. Send us your **Success Snapshot** and a short note about what changed for you. We celebrate all wins (big and small), and we love featuring Kenyan plates done right.

How to submit (pick one)

- **WhatsApp:** 0745 740 835
Send your Day 0 & Day 14 photos + your filled Success Snapshot lines.
- **Email:** info@kenyanplate.com
Subject: "14-Day Success – [Your First Name]"
- **Socials:** Tag or DM [@kenyanplate](#) (IG/Facebook/TikTok). Use the hashtag **#KenyanPlateNoCarbChallenge**.

What to include

- **First name & town:** _____
- **Change (waist/weight):** _____
- **Non-scale wins (tick):** ☐ Clothes looser ☐ Less bloating ☐ Fewer cravings ☐
Clearer skin ☐ Better focus ☐ Steadier energy ☐ Improved sleep
- **One plate that made it easy:** _____
- **One tip for a beginner:** _____
- **Permission:** ☐ Yes, you can share my words/photos (see privacy note) ☐ Share words only ☐ Keep private

Photo tips (optional but helpful)

- Same setup as Day 0 (front • side • back)
- Good light, plain background, similar clothes

Privacy & consent

We'll only share what you allow. By ticking "share", you grant us permission to post your story on our socials/website. You can revoke consent anytime. Just message [@kenyanplate](#), email info@kenyanplate.com, or WhatsApp **0745 740 835**.

Ready? Send your snapshot today and tag [@kenyanplate](#) so we can cheer you on.

Part III - Recipes & Meal Prep

Welcome to your plug-and-play kitchen section. Part III turns the No-Starch rules into fast, Kenyan-friendly food you can batch and assemble in minutes all week. You'll get 30 quick recipes (≤ 20 minutes each), and five office lunchbox builds that don't rely on a microwave.

How to use this part

- **Weeknights, think 10–20 minutes:** Use Chapter 21 to throw together eggs, chicken, beef/goat, fish/omena, offal, and veg sides plus simple sauces.
- **Workdays on rails:** Pack with Chapter 23. Each box = Protein + Veg + Healthy fat, travel-ready, no microwave needed.

Plate formula reminder: $\frac{1}{2}$ plate non-starchy veg (≈ 2 cups), $\frac{1}{4}$ – $\frac{1}{2}$ plate protein (150–200 g cooked, or 2–3 eggs), healthy fat ($\frac{1}{2}$ avocado or 1 tbsp oil/ghee/butter).

Flavour kit: salt/pepper, garlic, ginger, curry, pili pili, vinegar, lemon. Watch sugary sauces.

Tools & pantry

- **Tools:** chef's knife, chopping board, large pan/wok, saucepan, baking tray, airtight containers (mix of 250–750 ml), mini jars for sauces, kitchen scale or reliable cups, kettle.
- **Always-on pantry:** salt, black pepper, cooking oil/ghee, garlic, ginger, curry powder, paprika, cumin, pili pili, vinegar, lemons, dhania.

Chapter 21: 30 Quick Recipes

Portions serve 1–2.

Use the plate formula: ½ plate non-starchy veg (~2 cups), ¼–½ plate protein (150–200 g cooked, or 2–3 eggs), healthy fat (½ avocado or 1 tbsp oil/ghee).

EGGS

1) Masala Omelette (10–12 min • Serves 1)

Ingredients: 2–3 eggs; 1 tsp oil/ghee; ¼ onion (finely diced); ½ tomato (diced); pinch curry/pili pili; salt, pepper; chopped dhania.

Steps: Heat oil → sauté onion 60–90s → add tomato + spices 60s → whisk eggs in → set on low, fold; finish with dhania.

Swaps: Add spinach; skip tomato if rushed.

Budget tip: 2 eggs + extra veg beats 3 eggs if prices spike.

Storage: Best fresh; can be chilled 1 day, reheat on low heat.

2) Boiled-Egg Kachumbari Bowl (8–10 min • Serves 1)

Ingredients: 2–3 boiled eggs; 1 cup kachumbari; ½ avocado; lemon, salt, pepper.

Steps: Halve eggs → toss kachumbari with lemon/salt → plate with avocado.

Swaps: Add lettuce/cabbage base.

Budget tip: Use yesterday's kachumbari.

Storage: Eggs 3–4 days chilled; assemble to eat.

3) Egg Muffins (15–18 min • Tray makes 2–3 serves)

Ingredients: 3–4 eggs; ¼ cup diced capsicum/onion; salt, pepper, dhania; 1 tsp oil.

Steps: Grease muffin cups → whisk eggs + veg + seasoning → fill cups → bake 180°C 15–18 min till just set.

Swaps: Add spinach; omit onion for faster cook.

Budget tip: Use leftover chopped veg.

Storage: 3 days fridge; reheat on low heat.

4) Scrambled Eggs with Dhania & Spinach (7–8 min)

Ingredients: 3 eggs; handful spinach; 1 tsp ghee/oil; salt, pepper, dhania.

Steps: Wilt spinach 60–90s → add eggs; soft scramble on low heat; finish with dhania.

Swaps: Kale (finely shredded) for spinach.

Budget tip: One egg less + more greens still fills.

Storage: Fresh is best.

CHICKEN

5) Garlicky Chicken Stir-Fry (12–15 min)

Ingredients: 150–200 g chicken strips; 1 tsp oil; 1 clove garlic; ½ capsicum; splash vinegar/lemon; salt, pepper.

Steps: Hot pan oil → chicken sear 4–5 min → add garlic + capsicum 2–3 min → season + splash vinegar/lemon.

Swaps: Onion instead of capsicum; add courgette ribbons.

Budget tip: Use mixed cuts sliced off the bone.

Storage: 3 days fridge; reheat quick.

6) Lemon-Paprika Chicken Cutlets (15–18 min)

Ingredients: 2 thin chicken cutlets; 1 tsp oil; ½ tsp paprika; lemon, salt, pepper.

Steps: Season → pan on medium-high, 3–4 min/side → rest 3 min → lemon.

Swaps: Thighs butterflied thin.

Budget tip: Butterfly thighs yourself.

Storage: 3 days fridge.

7) Chicken Wet-Fry Express (15–18 min)

Ingredients: 150–200 g chicken pieces/strips; 1 tsp oil; onion, tomato; curry, cumin, pili pili; salt.

Steps: Sauté onion → add chicken, brown → add tomato + spices → reduce to thick glaze.

Swaps: Use mince for faster cook.

Budget tip: Bulk-cook as “wet-fry base” on Sunday.

Storage: 3–4 days fridge; freezes well.

8) Chicken Mince Cabbage Cups (10–12 min)

Ingredients: 150–200 g chicken mince; 1 tsp oil; garlic; 1–2 cups shredded cabbage; salt, pepper, lemon.

Steps: Brown mince 4–5 min → toss in cabbage 3–4 min till tender-crisp → season + lemon → serve in lettuce leaves or as a bowl.

Swaps: Beef mince.

Budget tip: Stretch mince with extra cabbage.

Storage: 3 days fridge.

9) Pili Pili–Lemon Chicken Skewers (pan) (15–18 min)

Ingredients: 200 g chicken cubes; pili pili, salt; 1 tsp oil; lemon.

Steps: Skewer (or just pan-sear) → hot pan 8–10 min turning → finish lemon.

Swaps: Add onion squares on skewers.

Budget tip: No skewers? Pan works.

Storage: 3 days fridge.

BEEF / GOAT

10) Wet-Fry Beef Strips (12–15 min)

Ingredients: 150–200 g beef; 1 tsp oil; onion, tomato; curry, paprika; salt, pepper.

Steps: Sear beef 3–4 min → add onion 1 min → tomato + spices 2–3 min → reduce to coat.

Swaps: Goat.

Budget tip: Buy a whole cut and slice at home.

Storage: 3 days fridge; freezes well.

11) Pepper Steak Pan (10–12 min)

Ingredients: 150–200 g steak/thin strips; 1 tsp oil; coarse black pepper; salt; splash vinegar/lemon.

Steps: Smoking-hot pan → 2–3 min/side (strips: 4–5 min total) → rest → lemon.

Swaps: Add onions at the end.

Budget tip: Use top/inside round sliced thin.

Storage: 3 days fridge.

12) Quick “Supu ya Nyama” (15–18 min)

Ingredients: 150–200 g small beef pieces; 2 cups water; ginger, garlic; onion slice; salt, pepper; lemon.

Steps: Sear beef briefly → add water + aromatics → simmer 10–12 min → season, lemon.

Swaps: Use pressure-cooked leftovers for faster soup.

Budget tip: Bone-in scraps add flavour.

Storage: 3 days fridge.

13) Beef & Sukuma Skillet (12–15 min)

Ingredients: 150–200 g mince/strips; 1 tsp oil; 2 cups finely shredded sukuma; garlic; salt, pepper, pili pili.

Steps: Brown beef → add garlic → toss in sukuma 3–4 min → season.

Swaps: Cabbage instead of sukuma.

Budget tip: Half mince, half veg = same volume.

Storage: 3 days fridge.

14) Goat Fry with Dhanias (12–15 min)

Ingredients: 150–200 g thin goat strips; 1 tsp oil; onion; pili pili; salt; dhanias; lemon.

Steps: Hot sear goat 4–5 min → onion + chilli 2 min → salt, dhanias, lemon.

Swaps: Beef strips.

Budget tip: Buy mixed-cut tray, slice thinner.

Storage: 3 days fridge.

FISH / OMENA

15) Pan-Fried Tilapia + Lemon (10–12 min)

Ingredients: 1 fillet (180–220 g); 1 tsp oil; salt, pepper; lemon.

Steps: Dry fillet → hot pan oil → 3–4 min/side → lemon.

Swaps: Nile perch/mackerel.

Budget tip: Buy whole fish; fillet at kibanda.

Storage: Eat fresh; 1 day fridge.

16) Crispy Dagaa (Omena) with Dhania (10–12 min)

Ingredients: 100–120 g omena; 1–2 tsp oil; onion, tomato, pili pili; salt; dhania; lemon.

Steps: Fry omena 5–7 min till crisp → add onion/tomato/chilli 2 min → salt, dhania, lemon.

Swaps: Sardines (tinned) drained.

Storage: 2 days fridge (re-crisp briefly).

17) Peri-Peri Sardines (Tinned) Plate (6–8 min)

Ingredients: 1 tin sardines in oil; pili pili; lemon; sliced cucumber/cabbage; pepper.

Steps: Warm sardines gently → plate with raw veg → lemon + pili pili.

Swaps: Tuna in brine + 1 tsp oil.

Budget tip: Pantry lifesaver; buy multipack.

Storage: Eat at once.

18) Tilapia in Light Coconut-Ginger (12–15 min)

Ingredients: 1 fillet; 1 tsp oil; ¼ cup measured coconut milk; garlic, ginger; salt; lemon.

Steps: Sear fish 2–3 min/side → remove → sauté garlic/ginger 30s → add coconut milk, reduce 1–2 min → return fish 1 min → lemon.

Swaps: Use 2–3 tbsp coconut cream + water.

Budget tip: Coconut is a flavour—measure it.

Storage: 1 day fridge; reheat gently.

OFFAL

19) Liver + Onions Quick Fry (8–10 min)

Ingredients: 150–180 g liver (sliced thin); 1 tsp oil; ½ onion; salt, pepper; lemon; dhania.

Steps: Hot pan oil → liver 2–3 min total (don't overcook) → remove → onions 1 min → return liver, season, lemon, dhania.

Swaps: Add tomato for saucy finish.

Budget tip: Buy fresh; cook same day.

Storage: 1–2 days fridge.

20) Matumbo Thick “Cheat” Stew (12–15 min using pre-cooked)

Ingredients: 200 g pre-cooked matumbo; 1 tsp oil; onion, tomato; garlic, ginger; pili pili; salt; lemon.

Steps: Sauté aromatics 2 min → add matumbo + tomato → simmer 8–10 min → season, lemon.

Swaps: Tripe from butcher pre-boiled saves time.

Budget tip: Batch-cook on Sunday; freeze portions.

Storage: 3 days fridge; freezes well.

21) Gizzard Garlic Fry (12–15 min, parboiled)

Ingredients: 200 g parboiled gizzards; 1 tsp oil; garlic; onion; salt, pepper; lemon.

Steps: Sear gizzards 3–4 min → add garlic/onion 2–3 min → season, lemon.

Swaps: Add pili pili.

Budget tip: Buy in bulk; parboil once, portion.

Storage: 3 days fridge; freezes well.

22) Kidney & Dhania Fry (10–12 min)

Ingredients: 150–200 g kidney (sliced, soaked in lemon water 10 min, drained); 1 tsp oil; onion; salt, pepper; dhania; lemon.

Steps: Quick sear 3–4 min → onions 1–2 min → season, dhania, lemon.

Swaps: Skip if you dislike offal; use mince.

Budget tip: Often cheaper than steak.

Storage: 1–2 days fridge.

VEGETABLE SIDES

23) Sukuma with Peanuts (Measured) (8–10 min)

Ingredients: 2 cups shredded sukuma; 1 tsp oil; garlic; salt, pepper; 25–30 g peanuts (crushed).

Steps: Sauté garlic → add sukuma 3–4 min → season → sprinkle peanuts off heat.

Swaps: Almonds/sunflower seeds.

Budget tip: Buy peanuts raw, roast at home.

Storage: 2–3 days fridge (add nuts when serving).

24) Cabbage Stir-Fry (8–10 min)

Ingredients: 2 cups finely shredded cabbage; 1 tsp oil; onion; salt, pepper; vinegar/lemon.

Steps: Oil → onion 60s → cabbage 4–6 min (tender-crisp) → season + splash vinegar/lemon.

Swaps: Add pili pili for heat.

Budget tip: Cabbage = cheapest volume.

Storage: 2–3 days fridge.

25) Creamy Spinach (8–10 min)

Ingredients: 2 cups spinach; 1 tsp oil/ghee; 2 tbsp cream/measured coconut milk/2 tbsp yoghurt (Smart); garlic; salt, pepper.

Steps: Sauté garlic → wilt spinach → stir in small cream/coconut/yoghurt → season.

Swaps: Sukuma (finely shredded).

Budget tip: Use 2 tbsp coconut cream + water.

Storage: 2 days fridge.

26) Courgette Sauté with Lemon (6–8 min)

Ingredients: 2 cups sliced courgette; 1 tsp oil; salt, pepper; lemon.

Steps: Hot pan → courgette 4–5 min till just tender → season + lemon.

Swaps: Add sliced peppers.

Budget tip: Buy in season; use cabbage off-season.

Storage: 2 days fridge.

27) Managu/Terere Sauté (8–10 min)

Ingredients: 2 cups chopped managu/terere; 1 tsp oil; onion; garlic; salt, pepper; lemon.

Steps: Sauté onion/garlic → greens 4–6 min → season + lemon.

Swaps: Mix with spinach for milder taste.

Budget tip: Buy bundles at market, blanch and freeze.

Storage: 2–3 days fridge; freeze blanched.

SAUCES

28) Coconut-Ginger Sauce (6–8 min)

Ingredients: 1 tsp oil; garlic, ginger; ¼ cup coconut milk; salt; lemon.

Steps: Sauté aromatics 60s → add coconut, simmer 2–3 min to thicken → season + lemon.

Swaps: Add curry for variant.

Budget tip: Open one tin; freeze leftovers in ice cubes.

Storage: 3 days fridge; freeze in cubes.

29) Yoghurt-Mint (Smart Days) (3–5 min)

Ingredients: 1 cup plain yoghurt; chopped mint/dhania; 1 tsp lemon; salt, pepper.

Steps: Stir all; chill.

Swaps: Cucumber for raita-style.

Budget tip: Buy large tub; portion small.

Storage: 3 days fridge.

30) Fresh Pili Pili (5–7 min)

Ingredients: 2–3 chopped chillies; 1 small tomato; ¼ onion; salt; 1–2 tsp vinegar/lemon; 1 tsp oil (optional).

Steps: Finely chop → mix → rest 5 min.

Swaps: Add garlic/ginger.

Budget tip: Make small batches; potent!

Storage: 3–4 days fridge.

Notes

- **Smart-track dairy/legumes:** Where yoghurt/legumes appear, they count toward your daily allowance.

Chapter 23: Office Lunchbox Builder

Mission: Five mix-and-match lunchboxes that travel well, taste great cold or room temp, and follow the Protein + Non-starchy Veg + Healthy Fat formula. No microwave needed.

Portion guide per box: Protein 150–200 g cooked (or 2–3 eggs), Veg $\approx$ 2 cups, Fat = $\frac{1}{2}$ avocado or 1 tbsp oil/ghee or 25–30 g nuts/seeds.

Packing rules (so food stays fresh & appetizing)

- **2-compartment or 3-compartment box + mini leak-proof jar** for dressings.
- **Layering:** greens at the bottom → protein on one side → crunchy veg on top → add dressing at eating time.
- **Keep it dry:** pat cooked proteins dry before packing; cool 10 minutes first.
- **Travel-safe fats:** whole/halved avocado in peel, or pack 1 tbsp olive oil in a mini jar.
- **Cold chain:** chill boxes overnight, carry in an insulated bag; include a small ice pack.
- **Utensils:** fork + small knife (for avocado) + napkin.
- **Smart-track note:** fruit/legumes count as your one daily allowance at one meal only.

The Five Builds (mix-and-match)

Box 1: Chicken & Slaw Crunch

- **Protein:** Grilled/roast chicken thighs, sliced (**150–200 g**)
- **Veg:** Big bed of cabbage slaw (2 cups) with lemon–vinegar dressing (jar on the side)
- **Fat:** $\frac{1}{2}$ avocado (pack in peel) or 1 tbsp olive oil to dress at desk
- **Add-ons:** kachumbari in a tiny container (drain well)
- **Smart option (pick one):** 1 small orange or $\frac{1}{2}$ cup beans mixed into slaw
- **Assembly order:** slaw base → chicken slices → kachumbari (separate) → fat at eating time
- **Why it works cold:** tangy slaw + savoury chicken stays crisp and juicy without reheating.

Box 2: Mince Over Greens

- **Protein:** Beef or chicken wet-fry base (180–200 g)
- **Veg:** Sautéed sukuma/spinach (1 cup) + raw cucumber ribbons (1 cup)
- **Fat:** 1 tbsp olive oil (mini jar) or 25–30 g peanuts (measured)
- **Smart option:** $\frac{1}{2}$ cup ndengu folded into the sukuma or 1 apple
- **Assembly order:** raw cucumber bottom → sukuma → mince on the side → oil/peanuts added at desk
- **No-microwave tip:** keep mince slightly saucy; the oil brings flavours forward at room temp.

Box 3: Tilapia & Two Greens

- **Protein:** Pan-seared tilapia fillet (180–220 g), cooled
- **Veg:** Spinach (1 cup) + cabbage (1 cup) or lettuce/cucumber mix

- **Fat:** ½ avocado or yoghurt-mint dip (Smart days; 2 tbsp)
- **Smart option:** 1 small fruit **or** ½ cup chickpeas on the side
- **Assembly order:** leafy base → cabbage → tilapia on top → fat/dip in a mini jar
- **Fish freshness cue:** eat within 24 hours of cooking; keep well chilled.

Box 4: Omena Power Bowl

- **Protein:** Crispy omena/dagaa (100–120 g cooked)
- **Veg:** Tomato–cucumber–dania salad (well-drained) + cabbage ribbons (to add crunch)
- **Fat:** 1 tbsp olive oil (mini jar) or 25–30 g peanuts
- **Smart option:** ½ cup beans mixed into the cabbage **or** 1 banana (late afternoon)
- **Assembly order:** cabbage base → tomato–cucumber → omena on top → oil/peanuts at desk
- **Travel note:** omit strong sauces; finish with lemon wedge packed separately.

Box 5: Eggs & Avo “Kachumbari Bowl”

- **Protein:** Boiled eggs (2–3), halved
- **Veg:** Kachumbari (well-drained, 1–1½ cups) over lettuce/cabbage (½–1 cup)
- **Fat:** ½ avocado (in peel) or 1 tbsp olive oil
- **Smart option:** ½ cup legumes folded into the lettuce **or** 1 small orange
- **Assembly order:** leafy base → kachumbari → eggs nestled on top → fat added just before eating
- **Desk-friendly:** zero smell, fork-and-knife only.

Speed assembly (5-minute morning flow)

1. **Base:** handful of raw cabbage/lettuce/cucumber ribbons into the large compartment.
2. **Protein:** drop pre-portioned protein box (150–200 g) into the second compartment.
3. **Colour:** add ½ cup kachumbari or sliced tomatoes.
4. **Fat:** pack ½ avocado or a mini oil jar (1 tbsp).
5. **Season:** lemon wedge + pinch of salt in a micro-jar; pili pili if you like heat.
6. **Smart day?** Add one allowance: fruit **or** ½ cup legumes, not both.

Leak-proof packing tips

- Use snap-lid minis for oil, lemon juice, yoghurt-mint, or pili pili.
- Wrap avocado half in cling film against the cut face; seed side keeps best.
- Drain kachumbari in a sieve 2–3 minutes; wet salads = soggy lunches.
- Keep a spare salt pinch and lemon wedge at work.

Kibanda/restaurant rescue plan (when you forget your box)

Scripts

- **Protein + double veg, no starch:**
“Nipatie nyama/kuku/samaki na mboga nyingi, bila ugali/chapati/rice. Ongeza kachumbari.”
- **Omena option:**
“Omena na kabichi au spinach nyingi, bila ugali. Na ndimu.”
- **Smart day add (choose one):** “Niongezee ndengu nusu kikombe.”

3-day office packing plan (rotate the five boxes)

- **Mon:** Box 1 (Chicken & Slaw)
- **Tue:** Box 2 (Mince Over Greens)
- **Wed:** Box 3 (Tilapia & Two Greens)
- **Thu:** Box 4 (Omena Power Bowl)
- **Fri:** Box 5 (Eggs & Avo Bowl)

Tip: Make two of your favourite and freeze a spare protein portion.

Troubleshooting on the go

- **Hungry at 4 pm?** Eat 2 eggs or ½ avocado you packed.
- **Soggy veg?** Keep dressing separate, add at desk; switch to sturdier cabbage if lettuce wilts.
- **Cravings after lunch?** 10-minute walk + water; if needed, add 50 g more protein next time.
- **Smelly fish worries?** Choose tilapia/perch (milder), wrap tightly, add lemon at desk, or switch that day to Box 1/2.

Minimal office cupboard kit

- Small bottle olive oil, vinegar, salt/pepper, pili pili, stack of lemon wipes or wedges, spare fork/knife.
- Two clean mini jars for dressings.
- A folding lunch knife for avocado.

Bottom line: Pack protein + double greens + fat, keep dressings separate, and use your Smart allowance once.

Part IV: Shopping & Tools

This part turns your plan into groceries, labels, and real-world tactics. You'll get two complete 7-day shopping lists (budget vs comfort), a market map for the best prices, a quick label-reading primer to dodge hidden carbs, scripts for eating out at every kind of Kenyan gathering, and a tight troubleshooting page for stalls.

Chapter 24: 7-Day Shopping Lists (2 sets)

Use these lists to complete one efficient shop for a full week. Each set includes quantities for 1 person and for a family (3–4) eating on-plan plates (Protein + Double Greens + Healthy Fat). Swap based on prices and availability.

A) Budget List

For 1 Person (7 days)

Proteins (aim ≈14 portions @ 150–200 g cooked or 2–3 eggs)

- Eggs — **10–12**
- Omena/dagaa — **300–500 g**
- Matumbo (pre-boil or buy pre-cooked) — **700–900 g raw**
- Chicken mixed cuts (thighs/legs/wings) — **1.0–1.2 kg**
- (Optional swap) Minced beef/chicken — **500 g** if chicken pricey

Vegetables (≈2 cups per main meal)

- Cabbage — **1 large head**
- Sukuma wiki — **3–4 bunches**
- Spinach/managu/terere (mix) — **2–3 bunches**
- Tomatoes — **6–8**
- Onions — **3–4**
- Dhania — **1 bunch**
- Cucumber/lettuce (choose 1) — **1 head or 2 cucumbers**
- Lemons — **3–4**

Fats & flavour

- Cooking oil/ghee — **reuse existing; top up 250–500 ml if low**
- Avocados — **2–3** (not daily; stretch)
- Salt, black pepper, curry, paprika, cumin, pili pili, vinegar

Outputs you can batch from this shop

- Wet-fry base (mince **or** chicken strips) — **4 portions**
- Chicken roast — **3–4 portions**
- Omena crispy batch — **2–3 portions**
- Boiled eggs — **8–10**
- Greens sauté + cabbage slaw — **3–4 meal sides**

For Family (3–4 people, 7 days)

Proteins (target ≈42–56 portions total across the week)

- Eggs — **24–30**

- Omena/dagaa — **800 g–1 kg**
- Matumbo — **1.8–2.2 kg raw**
- Chicken mixed cuts — **2.5–3.0 kg**
- Minced beef/chicken — **1.0–1.2 kg** (for wet-fry base)

Vegetables

- Cabbage — **2–3 large heads**
- Sukuma wiki — **8–10 bunches**
- Spinach/managu/terere — **6–8 bunches**
- Tomatoes — **12–16**
- Onions — **6–8**
- Dhania — **2–3 bunches**
- Cucumbers/lettuce — **3–4 cucumbers or 2 lettuce**
- Lemons — **6–8**

Fats & flavour

- Cooking oil/ghee — **1–2 L combined** (depending on current stock)
- Avocados — **6–8** (or use measured oil if avo is expensive)
- Spice top-ups: salt, pepper, curry, paprika, cumin, pili pili, vinegar

Batch plan highlights

- Two trays chicken roast (8–12 pieces)
- Large wet-fry base (8–10 portions)
- Omena crispy batch (4–5 portions)
- Boiled eggs (18–24)
- Big cabbage slaw + sautéed greens for 2–3 days

B) Comfort List

For 1 Person (7 days)

Proteins

- Chicken pieces — **1.0–1.2 kg**
- Tilapia fillet — **600–800 g** (3–4 fillets)
- Beef strips/steak — **600–800 g**
- Eggs — **8–10**

Vegetables

- Cabbage — **1 large head**
- Sukuma + spinach — **5–6 bunches total**
- Broccoli/cauliflower — **2 heads** (or **1 large frozen bag**)
- Salad veg: lettuce/cucumber/tomato/onion — **mix for 3–4 salads**
- Lemons — **4–5**
- Dhania — **1 bunch**

Fats & extras

- Avocados — 7 (1 daily)
- Olive oil/ghee — **top up 250–500 ml**
- Plain yoghurt (unsweetened) — **750 ml–1 L** (Smart days)
- Spices as above

Batch/usage

- Roast chicken (3–4 portions), quick fry beef (3–4), tilapia same-day cooks, daily avo halves, broccoli/cauli pre-roasted tray.

For Family (3–4 people, 7 days)

Proteins

- Chicken pieces — **2.5–3.0 kg**
- Tilapia fillet — **1.2–1.6 kg** (6–8 fillets)
- Beef strips/steak — **1.2–1.6 kg**
- Eggs — **18–24**

Vegetables

- Cabbage — **2 large heads**
- Sukuma + spinach — **10–12 bunches total**
- Broccoli/cauli — **3–4 heads** (or large frozen bags)
- Salad veg: lettuce/cucumber/tomato/onion — **for 5–6 salads**
- Lemons — **8–10**
- Dhania — **2–3 bunches**

Fats & extras

- Avocados — **14–18** (aim daily)
- Olive oil/ghee — **1–2 L** (household)
- Plain yoghurt (unsweetened) — **2–3 L** (Smart days; remove if stalls)

One-Trip Route (fastest and cheapest)

1. **Butchery**
 - Ask for mixed chicken cuts or thighs; request beef strips sliced across the grain; confirm mince fat % if buying mince.
 - Pack proteins at the bottom of your bag
2. **Fish-market**
 - Tilapia: check clear eyes, fresh smell; request filleting.
 - Omena: weigh properly; no off smell; dry and bright.
3. **Soko (open-air market)**
 - Buy greens in bulk (sukuma/spinach/managu/terere), cabbages, tomatoes, onions, dhania, lemons, cucumbers/lettuce.
 - Go early for best selection; spread risk across 2–3 stalls.

4. Supermarket

- Oils/ghee, yoghurt (plain only), vinegar, spices, storage containers/labels.

Portion Math

- **Protein:** plan 14 servings per person/week (2 per day minimum). One family of 4 → 56 servings.
- **Veg:** plan 2 cups cooked per main meal → ~28 cups/person/week. For families, buy by heads/bunches and batch-sauté.
- **Fat:** ½ avocado or 1 tbsp oil per plate.

Swap Notes (price spikes & availability)

- **When chicken spikes:** increase eggs/omena/matumbo; add a mince wet-fry base.
- **When tilapia spikes:** switch to omena twice and chicken once.
- **When avocado spikes:** use 1 tbsp olive oil/ghee per meal instead; add olives if budget allows.
- **When broccoli/cauli are pricey:** run cabbage stir-fries and sukuma/spinach as main veg; use courgette in season.
- **If yoghurt triggers cravings/bloat:** drop it for the week; use eggs for that meal.
- **If peanuts stall weight:** cap to 25–30 g and not daily or replace with measured oil.

Budget vs Comfort at a glance (1 person)

- **Budget focus:** eggs + omena/matumbo + chicken mixed cuts; cabbage + sukuma/spinach; 2–3 avos for the week; measured oil.
- **Comfort upgrades:** tilapia + beef strips; broccoli/cauli tray; daily avocado; plain yoghurt for Smart days.

Chapter 25: Market Map & Seasonal Swaps

This chapter shows you where to shop for best prices and freshness and how to pivot when seasons or prices change.

A. The Market Map

1) Butchery (first stop: start the cold chain)

Buy: chicken pieces (thighs/mixed cuts), beef/goat strips, mince (state fat %), liver, matumbo, gizzards.

How to buy well

- **Ask for cuts, not mystery packs.** “Nipatie **thighs/legs**”
- **Mince:** request fresh grind from a visible cut. For wet-fry base, 10–15% fat cooks tastier; for very lean needs, 5–10%.
- **Freshness cues:** meat is moist, not wet; clean smell; fat is cream-white (beef) or pale (chicken).
- **Matumbo/gizzards:** ask if pre-boiled; if not, plan to pressure-cook at home.

Smart storage

- Portion into 150–200 g packs before freezing.
- Label: *item • date • weight*. Freeze flat for faster defrosts.

2) Fish market (second stop)

Buy: tilapia, Nile perch, mackerel; omena/dagaa by weight.

Freshness cues

- **Tilapia/perch:** clear eyes, bright gills, firm bounce, sea/river-clean smell (never sour).
- **Omena:** dry, bright, no rancid scent; if fresh, it should be clean and silvered.

Best buys

- Whole fish filleted on request is cheaper per kg than pre-packed fillets.
- Omena is the best shilling-per-protein on tight weeks.

At home

- Cook fillets same day or store 24 hours max in the coldest fridge zone.
- Omena: pan-crisp batch and box 2–3 portions.

3) Soko / Open-Air Market (third stop)

Buy: sukuma, spinach, cabbage, managu/terere, tomatoes, onions, dania, lemons, pili pili, cucumbers/lettuce, seasonal veg.

Why here: volume and price. You'll load 2–3 days of ready-to-cook greens cheaply.

Timing & tactics

- **Go early** (freshest, more choice).
- **Split your risk:** buy from 2–3 stalls; if one bunch is poor, the rest save the week.
- **Bundle logic:** one big cabbage + 3–4 bunches sukuma/spinach = ~6–8 cooked veg cups.
- **Check weight by hand:** heavy = fresher, less hollow.

Immediate prep at home

- Wash/dry greens; sauté a big pan for 2–3 days.
- Shred half a cabbage for slaw; keep the rest for quick stir-fries.

4) Supermarket (last stop)

Buy: oil/ghee, yoghurt (plain, unsweetened), vinegar, spices, storage boxes, labels.

Why last: non-perishables don't mind the time

Label-reading fast rules (refresher)

- Per 100 g, avoid if sugars over 5–6 g = often a trap.
- Ingredients high in sugar/syrup/starch/breadcrumbs = avoid (sausages, sauces, yoghurts).

B. Seasonal Swaps

Prices shift. Keep plates steady by swapping within the same category (protein ↔ protein, veg ↔ veg, fat ↔ fat).

Proteins

- **When chicken rises:** rotate to eggs + omena + matumbo; run a mince wet-fry base for variety.
- **When tilapia is pricey:** use omena twice and chicken once; sardines (tinned, in oil) are a solid backup.
- **Beef/goat expensive:** buy whole cuts and slice strips at home; lean on liver/gizzards mid-week.

Greens & veg

- **Leafy base:** if sukuma spikes, lean on cabbage as the volume veg; mix in spinach/managu/terere when well-priced.
- **Premium veg (broccoli/cauli) high:** switch to cabbage + courgette for stir-fry texture; season hard (garlic, vinegar, pili pili).

- **Tomatoes expensive:** use smaller amounts in wet-fry base; add vinegar + paprika for body.

Fats

- **Avocado off-season:** use 1 tbsp olive oil/ghee per plate; add olives only if budget allows.
- **Oil/ghee high:** preserve flavour with lemon/vinegar + spices; measure oil (teaspoon, not free-pour).

C. Kenya-friendly “in season” cheatsheet (practical, not exhaustive)

- **Avocado:** plentiful and cheaper in peak months (often mid-year); off-season, expect spikes - swap to measured oil.
- **Leafies (sukuma/spinach/managu/terere):** widely available year-round; prices rise with drought or heavy rain - buy, chop, and **sauté/flash-freeze** during dips.
- **Cabbage:** year-round, dependable; buy whole heads for value.
- **Tomatoes/onions/dania:** always present, but after heavy rains prices can jump - stretch tomato with **pepper, vinegar, pili pili**.
- **Fish:** tilapia availability varies by catch; on slow-catch days, omena is your constant.

D. Price Guardrails (so you stay on budget)

- **Protein math:** plan 14 portions/person/week (2/day). If one protein shocks you at the stall, replace it like-for-like (e.g., chicken → eggs + omena) instead of shrinking portions.
- **Veg volume:** never leave without 1 cabbage + 3–4 bunches greens minimum; this guarantees 2 cups veg per main meal.
- **Oil control:** measure 1 tsp–1 tbsp per cook; flavour with lemon/vinegar/garlic/ginger/pili pili.
- **Zero-waste trick:** finely slice cabbage cores + sukuma stems for stir-fries.

E. Freshness & quality checkpoints (quick glance list)

Chicken/beef/goat

- Firm to touch, not slimy; clean smell; packed cold.
- Visible bones not dark/grey.
- Ask: “Ni fresh ya leo?”

Fish

- Clear eyes, bright gills, springy flesh; smell of the lake/sea, not sour.

Greens

- Crisp leaves, minimal yellowing; heavy bunches.

Chapter 26: Label-Reading & Hidden Carbs

You'll win this challenge by eating real food. When you do buy packaged items (yoghurt, sausages, condiments), use this 5-minute system to dodge hidden starches and sugars.

The 5-Step Label Scan (60 seconds)

1. **Look at "Per 100 g" first** (not per serving).
 - If Sugars above 5–6 g/100 g? Put it back (likely added sugar).
 - For liquids, over 2–3 g/100 ml is a red flag.
2. **Scan the ingredients list (by order):** first 3 items tell the truth.
 - Red flags: sugar, glucose, fructose, syrup, honey, maltodextrin, dextrose, starch, cornflour, breadcrumbs, modified starch, rice flour.
3. **Serving-size traps:** tiny servings hide big totals. If a bottle has "5 servings," multiply everything by 5.
4. **Protein vs fillers:** meat or milk should be the first word(s) not water, starch, or sugar.
5. **Additives sanity check:** flavourings are fine however, sweeteners and thickeners often point to a sugary or starchy product.

Quick rule: **short ingredients list you recognise = better.**

Category Watchlist (what to buy / what to avoid)

1) Sausages & Processed Meats

- **Buy:** butcher-made with meat first, salt, spices.
- **Avoid:** supermarket sausages with starch/breadcrumbs/sugar in top 3 ingredients.
- **Per 100 g targets:**
 - Protein ≥ 12 g
 - Carbs $\leq 3-4$ g (lower is better)
 - Sugar ideally 0–1 g
- **Phrases to avoid:** "cereal filler," "soya filler," "extender," "glucose syrup," "coated," "BBQ glaze."
- **Tip:** If price seems too good, it's mostly starch/fat/water.

2) Yoghurt & Dairy

- **Buy:** plain, unsweetened yoghurt (ingredients: milk, cultures).
- **Avoid:** flavoured/fruit yoghurts, "drinking yoghurt," "low-fat with fruit" (usually sugar bombs).
- **Per 100 g targets:**
 - Sugar $\leq 4-5$ g (from lactose)
 - Protein $\geq 3-4$ g
 - Ingredients ≤ 2 (milk + cultures)
- **Stall alert:** if yoghurt triggers cravings/bloating, remove for 3–7 days and use eggs instead.

3) Condiments & Sauces

- **Buy:** vinegar, mustard (no sugar), hot sauce/pili pili with simple ingredients, soy sauce (use sparingly), lemon.
- **Avoid:** ketchup, BBQ, sweet chilli, honey mustard, chutneys, “sticky” or “glaze” anything.
- **Per 100 g targets: Sugar $\leq$ 5 g** (many ketchups are 20–30 g).
- **Thickener flags:** corn starch, modified starch, xanthan + sugar combo.

4) Drinks

- **Always:** water, mineral water, black tea/coffee, herbal tea.
- **Avoid:** soda (regular & “juice” sodas), boxed juice, energy drinks, sweetened iced tea.
- **Smart note:** small milk splash in tea/coffee is okay only on Smart track and counts toward flexibility.

5) “Healthy” Traps

- **Granola/muesli/bars:** often 15–30 g sugar/100 g - dessert in disguise.
- **Peanut butter:** choose 100% peanuts (no sugar, no hydrogenated oils). Measure your spoon!
- **Plant milks:** many have sugar/starch; choose unsweetened only.

Three Sample Labels (how to judge in 10 seconds)

1. **Sausage pack**
 - Ingredients: *Chicken, water, starch, breadcrumbs, sugar, spices...*
 - Verdict: **No**. Fillers + sugar before spices = carb bomb.
2. **Plain yoghurt tub**
 - Per 100 g: Energy 65 kcal; **Carbs 4.0 g (Sugars 4.0 g)**; Protein 3.5 g.
 - Ingredients: *Milk, cultures*.
 - Verdict: **Yes** (Smart days; remove if you stall).
3. **Ketchup bottle**
 - Per 100 g: **Sugar 22 g**. Ingredients: *Sugar* among first items.
 - Verdict: **No** (use vinegar + lemon + pili pili instead).

If There's No Label (street/canteen)

- Assume sugar or starch unless you can confirm.
- Choose whole-food options: nyama/chicken/fish + mboga + kachumbari, no sauces.
- Ask: “Bila sauce, niwekee ndimu na pilipili tu.”

Quick Decide Flowchart

Is sugar/starch in the first 3 ingredients? → Yes = Put it back.

Sugars > 5–6 g/100 g (or >2–3 g/100 ml)? → Yes = Put it back.

Protein low and carbs oddly high for meat/dairy? → Put it back.

Short, simple list and carbs low? → Okay (still measure portions).

Hidden-Name Cheat Sheet (common aliases)

- **Sugar synonyms:** sucrose, glucose, fructose, dextrose, corn syrup, golden syrup, honey, malt, maltose.
- **Starch/fillers:** starch, modified starch, cornflour, wheat flour, rice flour, potato starch, breadcrumbs.
- **Sweeteners to watch:** sucralose, aspartame, acesulfame-K (can keep cravings alive for some; test your response).

Action Box (use this on your next shop)

- ☐ Check per 100 g sugars first (≤ 5 –6 g).
- ☐ Read first 3 ingredients—no sugar/starch/fillers up top.
- ☐ Sausages: protein ≥ 12 g, carbs ≤ 3 –4 g; no breadcrumbs/starch.
- ☐ Yoghurt: plain only; 2 ingredients max; drop if cravings start.
- ☐ Condiments: choose vinegar/mustard/pili pili; skip ketchup/BBQ/sweet chilli.
- ☐ If unsure: walk away and use lemon, vinegar, garlic, ginger, pili pili at home.

Bottom line: If the label looks like a science project, it's not for your 14 days. Keep it simple, keep it clean, keep it moving.

Chapter 27: Eating Out & Social Events

You can stay 100% on plan without hiding at home. This chapter gives you scripts, plates, and backup moves for kibandas, nyama choma joints, weddings, church/harambee, buffets, and office cake moments.

Keep the formula: Protein + Double Greens + Healthy Fat, and if you're on Smart, use one allowance (1 fruit or ½ cup legumes) at one meal only.

A. Nyama Choma Joints & Grills

How to order (word-for-word):

- “Nipatie nyama choma/¼ chicken na mboga nyingi, bila ugali/chips. Ongeza kachumbari na limau.”
- “Naweza pata samaki grilled na cabbage/sukuma, bila ugali.”

Plates that work

- ¼ chicken or lean beef/goat choma (150–200 g) + cabbage or sukuma (2 cups) + kachumbari.
- Add ½ avocado if available or 1 tsp oil on veg.

What to avoid

- Ugali, chips, chapati, pilau sides, sweet sauces. Alcohol mixers with sugar.

Smart allowance (choose one)

- 1 small fruit after the meal or ½ cup beans mixed into the greens (rare at choma joints).

Troubleshooting

- **Dry meat?** Ask for lemon and a teaspoon of oil on the veg.

B. Kibanda & Street Food

Go-to script:

- “Nipatie nyama/chicken stew na mboga mingi, bila ugali/chapati/rice. Ongeza kachumbari.”
- Mayai pasua stand: “Mayai pasua mbili na kachumbari, bila ketchup.”

Plates that work

- Beef wet fry/chicken stew + double sukuma/cabbage + kachumbari.
- Mayai pasua (2) + kachumbari; add cucumber on the side.

Avoid

- Githeri, bhajia, chips, mandazi/samosa (starch + oil combo). Sugary sodas and juices.

Smart allowance

- ½ cup legumes folded into veg at one meal or 1 small fruit later - never both.

C. Church, Harambees, Weddings & Family Gatherings

The polite shield (use early):

- “Niko 14-day challenge nitakula nyama na mboga pekee leo.”

Serving yourself

1. **Protein first:** chicken, beef, fish, goat
2. **Double veg:** cabbage/sukuma/salad.
3. **Skip starch lane:** rice/pilau/chapati/potatoes.
4. **Sauces on the side,** taste first. Many are sweet.
5. **Drink:** water/tea/coffee without sugar.

Smart allowance

- If fruit is served, take one small piece (orange/apple/½ mango) once. If legumes are on the buffet, either ½ cup legumes or fruit, not both.

D. Buffets & Hotels

Five-step buffet strategy

1. **Protein row first:** eggs, fish, chicken, beef - place 150–200 g on your plate.
2. **Double veg:** salads, cabbage, spinach, broccoli/cauli; 2 cups total.
3. **Add fat:** olive oil/avocado (if offered) or a teaspoon of ghee/butter.
4. **Walk past starch lane:** rice/pilau/pasta/chapati/potatoes. Don’t even stop to “just see.”
5. **Dessert:** skip. **If Smart day? Use your single fruit** here and be done.

Room-service wording

- “Grilled chicken/fish with extra vegetables, no starch. Salad with lemon/olive oil.”

Hidden carb traps

- Sweet glazes, honey BBQ, ketchup. Ask for plain or “choma bila sauce”.

E. Office Tea, Birthdays & Cake Moments

Scripts that work

- “Niko sawa na chai bila sukari na maji.”

Carry-ons

- Boiled eggs (2) or a small pack of peanuts (25–30 g, measured).
- Water bottle; sip when the cake arrives. Makes hands busy and lowers cravings.

If you say yes to cake by mistake

- Don’t spiral. Put the next meal back on plan. Pair with a walk.

F. Social Drinking & Night Outs

Best options

- Water, soda water with lemon, black tea/coffee.
- If having alcohol (not encouraged in the 14 days): choose a single spirit + soda water; avoid sugary mixers and beer.

Script

- “Soda water na ndimu, tafadhali.”

G. Quick Plates You Can Build Anywhere

1. ¼ chicken + double cabbage + kachumbari + lemon.
2. Beef wet fry + sukuma x2 + a drizzle of olive oil.
3. Grilled fish + spinach + side salad.
4. Mayai pasua (2) + kachumbari + cucumber sticks.
5. Nyama choma (lean) + greens + kachumbari.

Emergency mini-meal

- 2 boiled eggs + ½ avocado (or 1 tbsp oil on veg) + water.

H. Smart Track Guardrails (so “flexible” doesn’t creep)

- Exactly one allowance per day: 1 small fruit *or* ½ cup legumes, at one meal.
- Pair fruit after a protein meal (not on an empty stomach).
- If hunger/cravings rise, return to Strict for 2–3 days.

I. Red Flags & Fixes on the Go

- **Sauce tastes sweet:** stop and scrape; switch to lemon, vinegar, pili pili.
- **Plate looks light:** add another cup of veg and 50 g protein.
- **Friends pushing food:** restate once, then change subject; hold your plate and water.

- **Travel day:** choose a kibanda plate (protein + double veg) or buy eggs + nuts (measured) + cucumber.

Chapter 28: Stall Breakers & Troubleshooting

Progress isn't always a straight line. Water shifts, hormones, sleep, and small "extras" can blur results. Use this 72-hour protocol to kick a slow patch back into motion.

A. First, confirm it's a real stall

A stall is:

- **Waist** unchanged for **7 days and**
- **Adherence** $\geq 90\%$ ($\leq 4/42$ meals off plan) **and**
- **Sleep** ≥ 6.5 hrs **average** in the last week.

Re-checks to do tonight

- Tape: waist at navel, same time of day.
- Photos: same clothes/light as Day 0.
- Check plan adherence: count your 42 boxes honestly.
- Confirm hidden extras: oil "free-pours", yoghurt, peanuts, sauces.

B. 72-Hour Stall Breaker (follow exactly)

For the next 3 days:

1. **Food (tighten)**
 - Track: Strict for 72 hours (Smart → Strict).
 - Plates: Protein (150–200 g) + Double Greens (≈ 2 cups) + measured fat ($\frac{1}{2}$ avocado or 1 tbsp oil).
 - Remove: dairy (yoghurt/cheese), peanuts, all legumes/fruit, all sweetened sauces.
 - Nuts: none (except emergency 25–30 g once).
2. **Hydration & electrolytes**
 - 2–3 L water/day.
 - If low/headachy: pinch to $\frac{1}{4}$ tsp salt + lemon in warm water once or twice daily.
3. **Movement**
 - Daily 20–30 min brisk walk or 10-min bodyweight (2 rounds).
 - Add 5-min after meals walk where possible.
4. **Sleep**
 - Lights out 30 minutes earlier than usual; screens off last 30 min.
5. **Cooking discipline**
 - Measure oil (1 tsp–1 tbsp).

On Day 4 morning: re-measure waist and review adherence. If waist dropped or clothes feel looser, you're back in motion, return to your chosen track (Smart if you need flexibility).

C. One-Plate Template (use for all 9 meals in the reset)

- **Protein:** 150–200 g cooked (eggs/omena/chicken/beef/goat/liver/matumbo).
- **Veg:** 2 cups (sukuma/spinach/cabbage/broccoli/cauli/courgette).
- **Fat:** ½ avocado **or** 1 tbsp oil/ghee.
- **Flavour:** salt, pepper, garlic, ginger, curry, pili pili, vinegar, lemon.
- **No:** yoghurt, peanuts, fruit, legumes, sweet sauces.

Example day (plug-and-play)

- **Breakfast:** 3-egg masala omelette + spinach.
- **Lunch:** Beef strips + cabbage “ugali-feel” stir-fry.
- **Dinner:** Tilapia + broccoli/cauli; lemon finish.

D. Quick Fixes by Symptom

1) Constant hunger

- Add 50 g more protein/meal; verify 2 cups veg; include ½ avocado or 1 tbsp oil.
- Add a salt + lemon drink once (often fixes “fake hunger”).

2) Afternoon crashes

- Eat a real lunch (protein + veg + fat); 10-min post-meal walk; avoid grazing on nuts.

3) Night cravings

- Brush teeth, drink warm salted water, do a 10-min circuit, sleep on time.

4) Headaches (Days 2–4 style)

- Pinch of salt + lemon once/twice; fluids 2–3 L; eat the next on-plan meal.

5) Bloating

- Drop dairy and peanuts; chew slower; swap cabbage dinner → spinach/sukuma; test omena vs fish.

6) Constipation

- Leafy veg up (add 1 cup/meal), water up, add 1 tsp extra oil on a veg plate, walk after dinner.

7) Scale not moving but belt looser

- You’re recomposing (water/inflammation down). Keep going; use waist as your win.

E. Hidden Culprits (audit these)

- **Oil creep:** unmeasured cooking oil, mayonnaise, creamy sauces.
- **Dairy drift:** yoghurt “snacks,” cheese sprinkles.
- **Nut nibbling:** handfuls beyond 25–30 g, day after day.
- **Sugary condiments:** ketchup/BBQ/sweet chilli.
- **Drink leaks:** “just one” juice/energy drink; milky teas outside Smart.
- **Restaurant sauces:** sweet glazes; ask for plain + lemon.

F. Special Notes (hormones, meds, and context)

- **Menstrual cycle:** water retention often masks results in the late luteal phase; judge by waist/clothes, not the scale.
- **Meds:** some (e.g., steroids) affect water/appetite; stay on **Smart Track**, keep sodium steady, and speak to your clinician before changes.
- **Electrolytes:** low sodium = fatigue, cravings; use pinch of salt + lemon for 2–3 days, then as needed.

I. Tiny Wins Tracker (tick daily during the 72-hour reset)

- ☐ Strict plate × 3
- ☐ Water 2–3 L
- ☐ Electrolytes (if needed)
- ☐ Walk 20–30 min or circuit 10 min
- ☐ Lights out on time

You don’t need perfect days, you need **tight, repeatable days**. Run the 72-hour reset, fix the small leaks, and your progress will resume.

Chapter 29: Tracking & Accountability

This chapter is your proof-and-progress hub. You'll print simple trackers, learn what an on-plan plate looks like at a glance, and use mini challenges to keep momentum when motivation dips. By the end, you'll have clear results from Day 0 to Day 14 and a smart bridge into maintenance or the next phase.

Bring a pen, your phone camera, and two minutes each night. The data keeps you honest; the photos keep you motivated; the mini challenges keep you moving.

Print these pages and keep them on your fridge or inside a clear folder. They're designed for pen-and-paper use.

Sheet A - Success Snapshot (Day 0)

Date: _____ Time (morning): _____

Measurements (after bathroom, before eating)

- Weight: _____ kg
- Waist (at navel, relaxed): _____ cm
- Hips (widest point): _____ cm

Photos (tick when done)

- ☐ Front ☐ Side ☐ Back (same outfit you'll reuse on Day 14)

Baseline

- Sleep last night (hrs): _____
- Energy (1–10): _____
- Mood (1–10): _____
- Cravings (none / mild / strong): _____

Track choice today: ☐ Strict ☐ Smart

Why I'm doing this (1 line):

Sheet B - Daily Dashboard (copy 14×; one per day)

Day: _____ Date: _____ Track: ☐ Strict ☐ Smart

Meals (tick when on-plan)

- Breakfast ☐ Lunch ☐ Dinner ☐

Water target (2–3 L)

☐ ☐ ☐ ☐ ☐ ☐ (tick one box per ~400–500 ml)

Movement

- Walk 20–30 min ☐ or Bodyweight 10 min ☐

Electrolytes (Days 1–4 as needed)

- Pinch of salt + lemon (1–2×) ☐ ☐

Mindset cue for today (write one line):

Check-in (evening)

- Mood (1–10): _____
- Cravings (none / mild / strong): _____
- Sleep plan lights-out: _____

Notes (wins, challenges, swaps):

Sheet C - Week View: Adherence & Hydration

Use this to see your streak at a glance.

Week 1

Day	Breakfast	Lunch	Dinner	Water (6 boxes/day)	Movement	Notes (1 line)
1	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
2	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
3	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
4	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
5	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
6	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
7	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	

Weekly adherence math (end of Day 7):

- Meals on plan this week: _____ / 21

Week 2

Day	Breakfast	Lunch	Dinner	Water (6 boxes/day)	Movement	Notes (1 line)
8	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
9	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
10	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
11	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
12	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
13	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	
14	☐	☐	☐	☐ ☐ ☐ ☐ ☐ ☐ ☐	☐	

Weekly adherence math (end of Day 14):

- Meals on plan this week: _____ / 21

Sheet D - 42-Box Adherence Grid (entire challenge on one page)

Tick a box for each on-plan meal (3 per day $\times$ 14 days = 42).

Week 1

Day 1	[]	[]	[]
Day 2	[]	[]	[]
Day 3	[]	[]	[]
Day 4	[]	[]	[]
Day 5	[]	[]	[]
Day 6	[]	[]	[]
Day 7	[]	[]	[]

Week 2

Day 8	[]	[]	[]
Day 9	[]	[]	[]
Day10	[]	[]	[]
Day11	[]	[]	[]
Day12	[]	[]	[]
Day13	[]	[]	[]
Day14	[]	[]	[]

Adherence % (end of Day 14):

- Count ticks = _____
- **Adherence %** = $(\text{ticks} \div 42) \times 100 =$ _____ %

Sheet E - Success Snapshot (Day 14)

Date: _____ Time (morning if possible): _____

Measurements

- **Weight:** _____ kg (change vs Day 0: _____ kg)
- **Waist:** _____ cm (change: _____ cm)
- **Hips:** _____ cm (change: _____ cm)

Photos (same setup as Day 0)

- ☐ Front ☐ Side ☐ Back

Energy (1–10): _____ Mood (1–10): _____

Adherence % (from Sheet D): _____ %

Non-scale wins (tick all that apply)

- ☐ Clothes looser ☐ Less bloating ☐ Fewer cravings
- ☐ Clearer skin ☐ Better focus ☐ Steadier energy ☐ Improved sleep

Next step I choose (circle): Lock-in 7d Strict / Smart Maintenance / Encore 14d

How to measure (quick reminders for accuracy)

- **Waist:** tape at navel, relaxed, exhale gently; measure at the same time of day.
- **Hips:** widest point over glutes.
- **Weight:** morning, after bathroom, before food/drink; same scale, same spot.
- **Photos:** same outfit, distance, and lighting; camera at chest height; full body in frame.

Mini Challenges

Short, punchy boosts you can run any week to tighten habits and spark momentum. Pick one to focus on for 7 days. Print and tick as you go.

1) No-Chai-Sugar Week (7 days)

Goal: Zero added sugar in tea/coffee for 7 days.

Rules

- Tea/coffee without sugar.
- Milk splash allowed only on Smart (counts toward flexibility).
- No honey/syrups/flavoured creamers.
- Swap sweetness with cinnamon, cardamom, or vanilla; hydrate with water.

Daily ticks:

Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7 ☐

Success cue: Fewer afternoon crashes; steadier cravings.

2) +5,000 Steps Total (this week)

Goal: Add 5,000 extra steps across 7 days ($\approx 700\text{--}800/\text{day}$).

(If you don't track steps, use time: +10 minutes walking on at least 5 days.)

Rules

- Add-ons that count: post-meal walks (10–15 min), stairs instead of lift, 5-minute “call walks.”
- Spread them out; tiny bursts add up.

Weekly log (write step adds or minutes):

Mon _____ Tue _____ Wed _____ Thu _____ Fri _____ Sat _____ Sun _____

Total added: _____ (target $\geq 5,000$ steps or ≥ 50 min)

Success cue: Better digestion, calmer evening appetite.

If busy: Do 3×5 -minute micro-walks (morning/lunch/evening).

3) Add 1 Cup Greens (daily, 7 days)

Goal: Add +1 cup non-starchy veg every day (on top of usual plates).

Rules

- Count only leafies & low-starch (sukuma, spinach, cabbage, managu/terere, broccoli/cauli, courgette).

- Ways to hit it: breakfast omelette add-in, lunch side slaw, dinner sauté.

Daily ticks:

Day 1 ☐ Day 2 ☐ Day 3 ☐ Day 4 ☐ Day 5 ☐ Day 6 ☐ Day 7 ☐

Success cue: Easier fullness; smoother digestion.

If you stall on ideas: Keep a pre-shredded cabbage box; lemon-salt-pepper makes a 60-second side.

How to run a mini challenge (quick)

1. Choose ONE and write your start date: _____
2. Add a reminder (morning + evening).
3. Tie it to a habit: “*After lunch → 10-min walk*” or “*When brewing tea → zero sugar.*”
4. End of week review:
 - Wins (2 lines): _____
 - Keep or switch challenge next week? ☐ Keep ☐ Switch

Small targets, big compounding. Pick one and start today.

Chapter 30: Results & Next Steps

You've finished 14 days. Now lock the wins, reintroduce (if you choose), and move into a simple rhythm you can live with.

1) Read Your Results (5 minutes)

From your **Success Snapshot**:

- **Waist change** (cm) is king. Clothes and photos confirm.
- **Adherence %** (out of 42) tells you how much of your result came from sticking to plan.
- **Energy/mood**: if these improved, keep the habits that drove it (walks, earlier lights-out, electrolytes early week).

Decision:

- If momentum is strong and you want more fat loss → do a 7-day Lock-In (Strict).
- If you want to maintain + enjoy a little flexibility → move to Smart Maintenance and reintroduce carefully.
- If you want structure and a steady glide for a month → start the 30-Day Stay-Light Bridge below.

2) Reintroducing Carbs (Smart, not random)

Principles

- **One new carb at one meal**—then watch for 24–48 hours (hunger, cravings, bloat, energy dip).
- Keep **Protein + Double Greens**. Carbs never replace the veg; they replace part of the fat.
- **Measure**: use half-cup scoops; small fruit pieces.

Reintro order (gentle → risky)

1. **Legumes** (½ cup cooked): ndengu, njahi, beans, chickpeas.
2. **Whole fruit** (1 piece): orange, apple, pawpaw slice, banana (small).
3. **Starchy veg** (½ cup): sweet potato, pumpkin.
4. **Rice/maize** (½ cup cooked): plain rice, ugali (small wedge).
5. **Wheat treats** (rare): chapati, mandazi, special occasions only.

Guardrails

- One per day, one meal only.
- If you feel hungrier or crave more sweets after reintro, remove it for 3–7 days and try again later, or stay on Strict for a bit.

Sample reintro week (Smart Maintenance)

- Mon: Legumes ½ cup with lunch greens.
 - Tue: Fruit 1 piece after a protein lunch.
 - Wed: No starch (Strict-style day).
 - Thu: Starchy veg ½ cup with dinner.
 - Fri: No starch.
 - Sat: Rice ½ cup with fish + double veg.
 - Sun: No starch (or fruit).
- (Adjust based on your response.)*

3) The 30-Day Stay-Light Bridge (easy, structured month)

Goal: Keep your new weight/waist while you add small flexibility.

Weekly rhythm (repeat 4×)

- **Mon–Thu: Strict-style** plates (Protein + Double Greens + measured fat).
- **Fri–Sun: Smart-style** with **one allowance/day** (½ cup legumes **or** 1 fruit **or** ½ cup starch at one meal).

Plates (never change the base):

- **Protein 150–200 g cooked** or **2–3 eggs**
- **Veg ~2 cups**
- **Fat:** ½ avocado **or** 1 tbsp oil/ghee (reduce to ½ tbsp on meals that include starch)

Movement (minimal, consistent)

- **Daily:** 20–30 min brisk walk **or** 10-min bodyweight.
- **Add:** 5-min walk after the day’s biggest meal.

Weekly check

- **Waist** once a week, same time/day.
- If waist climbs **>1 cm** week-over-week, run a **72-hour Strict reset** and remove the last reintroduced carb for a week.

Red flags (remove and retry later)

- Afternoon sleepiness, constant snacking thoughts, water retention, “one chapati → easily becomes three.”
- Go back to Strict for 3–4 days; reintroduce slower.

4) Maintenance Menu Sketch (copy/paste for your fridge)

Breakfast (choose 1)

- 3-egg masala omelette + spinach (Strict-style)
- 2 boiled eggs + cabbage slaw + ½ avocado

- Plain yoghurt ($\frac{3}{4}$ cup, unsweetened) + 25 g peanuts (*Smart days only; drop if cravings return*)

Lunch (choose 1)

- Chicken wet fry + sukuma $\times 2$ + kachumbari
- Beef strips + cabbage stir-fry (“ugali-feel”)
- Tilapia + spinach + lemon
- **Smart add (pick one):** $\frac{1}{2}$ cup **ndengu/beans** or 1 piece **fruit**

Dinner (choose 1)

- Goat fry + managu/terere
- Mince & cabbage bowls
- Omena crispy + greens + lemon
- **Smart add ($\leq 2\text{--}3$ nights/week):** $\frac{1}{2}$ cup **starchy veg** (sweet potato/pumpkin) **or** $\frac{1}{2}$ cup **rice/ugali** (*only one, only once*)

Condiments

- Lemon, vinegar, pili pili, mustard. Skip sugary sauces.

Snack defaults (only if needed)

- 2 boiled eggs **or** $\frac{1}{2}$ avocado **or** cucumber + salt/lemon.
(*Nuts: 25–30 g, max once/day; many people stall on “a handful.”*)

5) If You Want More Fat Loss (2 paths)

Path A — 7-day Lock-In (Strict)

- Repeat **Days 8–14** style plates.
- Remove yoghurt/peanuts for the week.
- Keep walks daily; add 1 extra 10-min circuit.

Path B — Encore 14-Day Cycle

- Rest 1 day on Smart (one allowance).
- Start again at **Day 1**; keep electrolytes handy on Days 2–3.

6) Your Two Non-Negotiables (keep these forever)

1. **Protein + Double Greens** at the centre of every plate.
2. **Movement most days** (walks or 10-min circuits)—not for “burning” food, but for appetite, stress, and sleep control.

Appendix A - Strict vs Smart Track Cheat Sheets (2 pages)

Use these two pages as your at-a-glance guide. Print and stick on your fridge.

Strict = fastest reset.

Smart = flexible, still tight.

Page 1: Side-by-Side Rules & Defaults

A. Who should pick which?

STRICT (≤ 30 g net carbs/day) — choose if you want:

- Fastest visible change in 7–14 days
- Clear, no-negotiation rules
- Fewer social meals this fortnight
- You're okay skipping fruit/legumes entirely

SMART (≈ 60 – 80 g net carbs/day) — choose if you need:

- Flexibility for family, travel, or office events
- One daily allowance: 1 fruit *or* $\frac{1}{2}$ cup legumes at one meal
- An easier on-ramp from a high-carb routine

B. Plate Formula (both tracks)

- $\frac{1}{2}$ plate non-starchy veg (≈ 2 cups):
sukuma/spinach/cabbage/managu/terere/courgette/broccoli/cauli
- $\frac{1}{4}$ – $\frac{1}{2}$ plate protein (150–200 g cooked or 2–3 eggs)
- Healthy fat: $\frac{1}{2}$ avocado *or* 1 tbsp oil/ghee/butter
- Flavour: salt/pepper, garlic, ginger, curry, pili pili, vinegar, lemon
- Tea/coffee: no sugar. Small milk splash = Smart only (counts toward flexibility)

C. What's IN / What's OUT

Category	STRICT	SMART
Starches (ugali, chapati, rice/pilau, matoke, potatoes, pasta)	OUT	OUT (except optional $\frac{1}{2}$ cup legumes in place of part of veg at one meal)
Fruit	OUT	1 small piece (orange/apple/slice pawpaw or small banana) at one meal/day
Legumes (ndengu, njahi, beans, chickpeas)	OUT	$\frac{1}{2}$ cup cooked at one meal/day (instead of fruit; never both)

Category	STRICT	SMART
Dairy (plain yoghurt)	Optional but limit/avoid ; remove if cravings/bloat	Allowed in small, plain, unsweetened portions (counts toward flexibility if it displaces veg/protein)
Nuts/Peanuts	Max 25–30 g occasionally; remove during stalls	Same; measured only
Drinks	Water, herbal tea, black tea/coffee	Same; small milk splash allowed (counts)
Condiments	Vinegar, lemon, pili pili, mustard	Same; avoid sugary sauces (ketchup/BBQ/sweet chilli)

Rule of One (SMART): exactly one flexibility per day: either 1 fruit or ½ cup legumes. Never both, never twice.

D. Sample Day

STRICT

- **Breakfast:** 3-egg masala omelette + spinach
- **Lunch:** Beef strips (150–200 g) + cabbage stir-fry (2 cups) + kachumbari
- **Dinner:** Tilapia fillet + sukuma (2 cups) + lemon

SMART (adds one allowance)

- Same as Strict plus ½ cup ndengu at lunch OR 1 small orange mid-afternoon (pick one)

E. Kibanda / Choma Scripts

- “Nipatie nyama/kuku/samaki na mboga nyingi, bila ugali/chapati/rice. Ongeza kachumbari.”
- Smart add (choose one): “Niongezee ndengu nusu kikombe” OR skip legumes and take fruit later.

F. Non-Negotiables (both tracks)

- Protein each meal (150–200 g or 2–3 eggs)
- 2 cups veg each lunch & dinner
- Measured fat (½ avo or 1 tbsp oil)
- Water 2–3 L/day; if headachy (Days 2–3): pinch of salt + lemon in warm water 1–2×
- Daily movement: 20–30 min walk or 10-min bodyweight

Page 2: Troubleshooting, Swaps & Switch Rules

G. Common Mistakes → Quick Fix

- **Veg too little:** double greens; aim for 2 cups.
- **Oil creep (shiny pools):** measure 1 tsp–1 tbsp only; finish with lemon/vinegar.
- **Hunger between meals:** add 50 g protein or ½ tbsp oil; check you hit 2 cups veg.
- **Cravings after teatime:** take sugarless tea/coffee; sip water; walk 5–10 min; snack = 2 eggs or ½ avocado (not nuts).
- **Headaches Days 2–3:** fluids 2–3 L, pinch of salt + lemon once or twice, keep meals on plan.
- **Scale stuck but belt looser:** normal; judge by waist and clothes.

H. When to Switch Tracks

Smart → Strict (tighten) if:

- You're stacking fruit and legumes "by accident"
- Cravings rising or adherence slipping
- Progress stalls for 3–4 days (see stall protocol below)

Strict → Smart (loosen) if:

- Social/work life needs a single daily flexibility
- Energy solid, adherence high, and you're ready to test reintros
- You've hit a short-term goal and want maintenance

Switching rule: change once, then hold for 3–4 days before judging.

I. 72-Hour Stall Protocol (mini)

If waist hasn't changed in 7 days and adherence $\geq 90\%$:

1. Run Strict for 72 hours (Smart → Strict).
 2. Plates = Protein + Double Greens + measured fat only.
 3. Remove dairy & peanuts; no fruit/legumes.
 4. Water 2–3 L; pinch of salt + lemon 1–2× if low.
 5. Daily movement.
- On morning of Day 4, re-check waist; then decide next steps.

J. Budget vs Comfort Spine (quick swaps)

- **Budget proteins:** eggs, omena/dagaa, matumbo, chicken mixed cuts, mince.
- **Comfort add-ons:** tilapia fillet, beef strips, broccoli/cauli, daily avocado, plain yoghurt (Smart).
- **If prices spike:** swap within category (fish ↔ omena; broccoli/cauli ↔ cabbage/courgette; avo ↔ 1 tbsp oil).

K. Office & Travel Defaults

- **Lunchbox:** 150–200 g protein + 2 cups slaw/greens + ½ avo/1 tbsp oil (Smart: add one allowance).
- **Snack safety:** 2 boiled eggs or ½ avocado. (Nuts 25–30 g measured, not daily.)

L. One-Week Planner (tick boxes)

Mon–Sun (choose one lane; tick daily)

- Track: Strict ☐ Smart ☐
- Breakfast ☐ Lunch ☐ Dinner ☐ Water 6 ticks ☐ Walk/Circuit ☐
- Smart allowance (if Smart): Fruit ☐ Legumes ½ cup ☐ (*exactly one*)

M. Quick Yes/No Lists (printable)

YES (both tracks): eggs; chicken; beef/goat; liver/matumbo/gizzard; tilapia/omena; sukuma/spinach/cabbage/managu/terere/courgette/broccoli/cauli; avocado; measured oils; vinegar/lemon/pili pili/mustard; chai/coffee no sugar; water.

STRICT NO: fruit; legumes; starchy veg; ugali/chapati/rice/pilau/potatoes; sugary sauces; juices/sodas; “healthy” granola/bars; milky tea/coffee.

SMART FLEX (exactly one/day): 1 small fruit *or* ½ cup legumes (*cooked*); small milk splash in tea/coffee if desired (counts toward flexibility).

N. Your One-Line Commitment (write & stick on your fridge)

“For the next 7–14 days I’ll eat Protein + Double Greens + measured fat, and if Smart, I’ll use exactly one allowance per day.”

Keep these two pages visible. When in doubt, read the row you’re on, plate the protein and greens, and keep moving.

Appendix B - Vegetarian / Ovo-Lacto Variant (2–3 pages)

This variant keeps the No-Starch Kenyan Way but swaps meat/fish for eggs, dairy (optional), mushrooms, tofu/tempeh (if available), and *measured* legumes (Smart only).

Core plate never changes: **Protein + Double Greens + Healthy Fat**. Starches (ugali/chapati/rice/pilau/matoke/potatoes) stay out for the 14 days.

1) Simple Rules (read once)

- **Protein target per meal:** 2–3 eggs or 150–200 g cooked vegetarian protein (tofu/tempeh/mushrooms/cheese*).
- **Veg volume:** 2 cups non-starchy veg (sukuma, spinach, cabbage, managu/terere, broccoli/cauli, courgette).
- **Fat:** ½ avocado or 1 tbsp oil/ghee/butter.
- **Strict vs Smart:**
 - **Strict:** no fruit/legumes; rely on eggs + mushrooms/tofu/tempeh for protein.
 - **Smart:** one flexibility per day only: ½ cup cooked legumes (*ndengu, njahi, beans, chickpeas*) or 1 small fruit. Never both.
- **Dairy (optional):** plain, unsweetened yoghurt or a small cheese portion can appear, but remove for 3–7 days if cravings/bloat/stalls show up.
- **Tea/coffee:** Sugarless. A small milk splash counts toward Smart flexibility.

*If using cheese, pick simple blocks (mozzarella/cheddar) and keep portions small; skip processed slices.

2) Your Protein Toolbox (meat-free)

Eggs (workhorse):

- 3-egg masala omelette; boiled eggs (2–3) with kachumbari; scrambled with spinach.

Tofu/Tempeh (if available):

- **Tofu (firm):** 150–200 g pan-seared with garlic/ginger/curry.
- **Tempeh:** sliced and pan-fried; finish with pili pili + lemon.

Mushrooms:

- 200–250 g sautéed with onions/garlic till browned; great with cabbage or spinach.

Paneer/Halloumi (optional dairy protein):

- 120–150 g pan-seared cubes with masala and spinach/capsicum. (*If dairy triggers stalls, swap for tofu/mushrooms.*)

Legumes (Smart only):

- ½ cup cooked ndengu/njahi/beans/chickpeas at one meal/day, replacing part of veg, not the protein base.

3) Weekly Shopping (solo, 7 days)

Proteins:

- Eggs (1–2 trays; 14–18 eggs min)
- Tofu/tempeh (3–5 blocks total) *or* extra mushrooms (1.2–1.5 kg)
- Optional: paneer/cheese block, plain yoghurt (unsweetened; Smart days)

Greens & veg:

- Cabbage 1–2 heads, sukuma/spinach 6–8 bunches, managu/terere 2–3, tomatoes, onions, capsicum, cucumber/lettuce, lemons, dhania, pili pili, garlic, ginger, courgette; broccoli/cauli if budget allows

Fats & flavour:

- Avocados 5–7 or olive oil/ghee/butter (measure); vinegar; spices (curry, paprika, cumin), salt/pepper

Smart add (choose one path for most days):

- Legumes for ½ cup/day *or* fruit 1 piece/day

4) Plate Templates

Breakfast (choose 1)

- **3-egg masala omelette** + spinach + ½ avocado (*Strict/Smart*)
- **Boiled eggs (2–3)** + cabbage slaw + lemon (*Strict/Smart*)
- **Plain yoghurt (¾ cup) + 25 g peanuts** (*Smart only; remove if cravings/bloat*)

Lunch (choose 1)

- **Tofu stir-fry** (200 g) with capsicum + courgette + sukuma (2 cups) + 1 tbsp oil
- **Mushroom fry** (250 g) + cabbage “ugali-feel” stir-fry (2 cups) + lemon
- **Paneer masala** (150 g) + spinach (2 cups) (*optional dairy*)
- **Smart add (one):** ½ cup legumes folded into greens **or** 1 fruit later

Dinner (choose 1)

- **Egg curry (3 eggs)** in tomato-ginger-garlic base (no sugar) + sautéed greens (2 cups)
- **Tofu peri-peri** + managu/terere (2 cups) + ½ avocado
- **Mushroom-courgette pan** + kachumbari + squeeze of lemon

5) 3-Day Starter (Strict) + Smart Toggle

Day 1 (Strict)

- B: 3-egg omelette + spinach
- L: Tofu (200 g) ginger-garlic + cabbage (2 cups)
- D: Mushroom pan (250 g) + sukuma (2 cups)

Day 2 (Strict)

- B: 2–3 boiled eggs + kachumbari + ½ avocado
- L: Paneer (or tofu) masala + spinach (2 cups)
- D: Egg curry (3 eggs) + cauliflower/broccoli (2 cups)

Day 3 (Strict)

- B: Scrambled eggs (3) w/ dhania + cucumber
- L: Mushroom-courgette stir-fry + cabbage (2 cups)
- D: Tofu peri-peri + managu (2 cups)

Smart toggle (from Day 4 onward, if needed):

Add one of: ½ cup legumes with lunch *or* 1 small fruit post-lunch. Keep the rest of the plates Strict-style.

6) Eating Out Scripts (veg edition)

- **Kibanda:** “Nipatie mayai pasua mbili na kachumbari, bila ketchup. Ongeza mboga.”
- **Hotel buffet:** “Vegetables (sukuma/cabbage) na mayai/cheese/tofu. Lemon/olive oil side.”
- **Indian/veg restaurants:** ask for paneer/tofu/mushroom dishes without sugar or sweet sauces, double greens, no chapati/rice.

7) Troubleshooting (veg-specific)

- **Hungry soon after meals?**
 - Increase protein (3 eggs → 4 eggs once; tofu 150 g → 200 g; mushrooms 200 g → 250 g).
 - Verify 2 cups veg and ½ avo or 1 tbsp oil.
- **Cravings after yoghurt/cheese?**
 - Remove dairy 3–7 days, switch to eggs/tofu, and keep peanuts ≤25–30 g, not daily.
- **Gas with legumes (Smart):**
 - Soak/pressure-cook; start with ¼ cup; add ginger/cumin; or choose fruit instead that day.
- **Protein fatigue (egg boredom):**
 - Alternate eggs ↔ tofu ↔ mushrooms ↔ paneer; change spice routes (curry, peri-peri, garlic-lemon).

8) Sample Recipe Cards (quick)

Tofu Ginger-Garlic Fry (12–15 min)

- **Ingredients:** firm tofu 200 g (pressed, cubed), 1 tsp oil, garlic & ginger, capsicum, salt, pepper, lemon.
- **Steps:** Sear tofu in oil 4–5 min → add garlic/ginger + capsicum 2–3 min → salt/pepper → finish with lemon.
- **Swap:** paneer or mushrooms. **Storage:** 2–3 days fridge.

Egg Curry, No-Sugar Base (15–18 min)

- **Ingredients:** 3 boiled eggs, 1 tsp oil, onion, garlic, ginger, tomatoes, curry, chilli, salt, lemon.
- **Steps:** Sauté aromatics → add tomatoes + curry; reduce to thick → nest eggs; simmer 2–3 min → lemon.
- **Serve:** over **2 cups** sautéed greens.

Mushroom-Courgette Pan (10–12 min)

- **Ingredients:** mushrooms 250 g, courgette 1–2 cups, 1 tsp oil, garlic, salt/pepper, pili pili, lemon.
- **Steps:** Brown mushrooms → add courgette 3–4 min → season + lemon.

9) Smart-Day Guardrails (to avoid creep)

- Exactly one: ½ cup legumes *or* 1 small fruit.
- Pair flexibility with a protein meal (don't eat fruit alone).
- If hunger/cravings rise, revert to Strict for 72 hours and drop dairy/peanuts.

10) Electrolytes & Essentials (same as main plan)

- Water 2–3 L/day.
- If low/headachy (Days 2–3): pinch of salt + lemon in warm water 1–2×.
- Daily movement: 20–30 min walk or 10-min bodyweight (2 rounds).

Appendix C - Family Feeding Guide

Feeding a household while you're on the No-Starch Kenyan Way is totally doable. The secret: one pot, two plates, you cook a shared base the whole family enjoys; you plate Protein + Double Greens + Healthy Fat (skip starch), while kids/others may add a measured starch. No separate chef shifts, no drama.

1) Core Principles

- **One-Pot, Two-Plates:** Cook one stew/wet-fry/choma for everyone. At the table, you skip the starch; kids can add ugali/rice/chapati after you've plated.
- **Protein-first shopping:** Eggs, chicken, mince, omena/dagaa, liver, matumbo. Add greens you can batch (cabbage, sukuma, spinach).
- **Kid starch = measured:** If serving, it's ½–1 cup cooked rice/ndengu or small ugali wedge.
- **Sauces:** lemon, vinegar, pili pili; avoid sugary glazes.
- **Language at home:** “We eat protein + greens first. Starch is optional.”

2) Family Stew Base (the split-serve method)

Use this to build 3–4 meals from one pot.

Ingredients (family size, serves 4–6):

- 1–1.2 kg mixed chicken pieces **or** 800 g beef strips/mince **or** 900 g pre-cooked matumbo
- 2 onions (sliced), 3 tomatoes (diced) or 1 cup passata (no sugar)
- Garlic, ginger, curry, paprika, pili pili; salt, pepper
- 1–2 tsp oil (measure)
- Optional: capsicum, dhania, lemon

Steps:

1. Sauté onions/garlic/ginger in 1–2 tsp oil.
2. Brown protein; add spices + tomato.
3. Simmer to a thick glaze (not watery). Finish with lemon + dhania.

Serve like this:

- **You (participant):** ladle protein + sauce over 2 cups greens (sukuma/cabbage/spinach). Add ½ avocado or 1 tbsp oil.
- **Kids/others:** same ladle, plus measured starch (see Section 5).

Tip: Keep a plain portion aside before adding chilli for younger kids.

3) The Split-Plate at the Table

Place bowls: (1) big greens bowl, (2) protein pot, (3) optional starch bowl, (4) kachumbari, (5) lemon wedges.

- Everyone serves protein + greens first.
- You stop there (Strict/Smart).
- Kids add one starch spoon if desired.
- Finish with lemon; adults add pili pili at will.

4) 7-Day Family Sketch (swap proteins freely)

Breakfast (family)

- Mon: Eggs any style + cabbage slaw; toast only for kids if needed
- Tue: Masala omelette + cucumber; fruit piece for kids (Smart counts if you join)
- Wed: Yoghurt (plain) + peanuts for kids; you do eggs if yoghurt triggers cravings
- Thu: Boiled eggs + kachumbari; chapati slice for kids if leftover
- Fri: Scrambled eggs + spinach
- Sat: Mayai pasua at home + salad
- Sun: Egg muffins + side salad

Dinners (serve protein pot + greens; kid starch optional)

- Mon: Beef wet fry + sukuma (+ rice ½–1 cup for kids)
- Tue: Chicken thighs + cabbage slaw (+ ugali wedge for kids)
- Wed: Omena crispy + spinach (+ sweet potato ½ cup for kids)
- Thu: Matumbo stew + managu (+ chapati half for kids)
- Fri: Tilapia + broccoli/cauli (+ rice ½ cup for kids)
- Sat: Mince & cabbage bowls (+ ndengu ½ cup for kids; Smart users count it)
- Sun: Goat choma + salad (+ pilau for guests; you skip)

5) Kid-Friendly Starch & Fruit (measured)

- **Starch range:** toddlers ¼–½ cup cooked; older kids ½–1 cup.
- **Better choices:** plain rice, sweet potato/pumpkin, ndengu/beans.
- **Less often:** chapati/mandazi/pilau (events).
- **Fruit:** pieces after protein (not before dinner).
- **Juice/soda:** keep for parties; water/tea (little milk, no sugar) daily.

6) Lunchboxes (no-microwave builds)

- **Box A:** Chicken slices (150 g) + cabbage slaw + lemon; kids add ½ cup rice.
- **Box B:** Mince (150 g) + sukuma + cucumber; kids add ½ cup ndengu.
- **Box C:** Boiled eggs (2) + kachumbari + lettuce; kids add sweet potato ½ cup.
- **Fruit corner for kids:** 1 small piece (apple/orange/banana small).

7) Picky Eater Strategies (work with instincts)

- **Texture wins:** crisp cabbage, thin-sliced sukuma, carrot ribbons in salad.

- **Dip hack:** yoghurt-mint (Smart days) or lemon + pinch of salt.
- **Two-choice rule:** “Sukuma or cabbage?” Kids choose the veg.
- **Slow spice ladder:** add mild pili pili to adult pot; keep kid pot mild.

8) Strict/Smart for the Caregiver

- If **Strict:** you **never** take starch/fruit/legumes. Kids may still have measured portions.
- If **Smart:** you may take one: ½ cup legumes **or** 1 small fruit per day. Don’t mirror the kids; choose deliberately.

9) Social Events with Kids

- **Choma joints:** order ¼ chicken/nyama + double veg + kachumbari; kids share 1 ugali (not individual ugali).
- **Weddings/harambee:** plate protein + salad first; kids pick one starch; skip sugary sodas. Carry water.
- **Birthday cake:** tiny square for kids after a protein meal; you pass or take tea

10) Safety & Sense (non-medical)

- Whole nuts = choking hazard <5 yrs; use **peanut paste** or finely crushed.
- Keep spicy/chilli separate for younger kids.
- If any family member has medical needs (diabetes/pressure), coordinate with their clinician; keep servings predictable.

11) Five Family “Always-There” Plates

1. Chicken wet fry + cabbage mountain + lemon (kids: rice option)
2. Mince & sukuma skillet (kids: ndengu spoon)
3. Tilapia + spinach + kachumbari (kids: small ugali)
4. Matumbo stew + managu (kids: sweet potato)
5. Omena crispy + cabbage (kids: fruit after, not before)

Bottom line

Cook one flavourful base, serve greens first, let kids add a measured starch after you’ve plated yours, and keep your lane (Strict or Smart) without making three different dinners. One pot, two plates, everyone gets fed, plan stays intact.

Appendix D - Electrolytes & Cravings

Early in the challenge (especially **Days 2–4**) you're shifting from sugar/starch to stored fuel. **Water + sodium** balance helps your brain and muscles feel normal while that switch happens.

1) Electrolytes 101

- **Why you feel off:** Lower insulin → your body dumps water & sodium → headache, fatigue, “hollow” hunger, light-headed on standing, muscle twitches.
- **Fix:** Drink fluids (2 – 3 Ltrs) and a little salt; keep potassium & magnesium coming from greens and whole foods.
- **Goal:** Feel steady, not flat

2) Water & Salt Protocol (use for Days 1–4, then as needed)

Daily water target: 2–3 L total (sip through the day).

Electrolyte drink (simple):

- **Option A:** Pinch of salt (about $\frac{1}{8}$ tsp) + squeeze of lemon in warm water, 1–2 times a day.
- **Option B (sweaty days):** $\frac{1}{4}$ tsp salt + lemon in 300–400 ml water once.
- **Add-ins (optional):** a few crystals of sugar-free sweetener or ginger slice (taste only).

When to take it

- Headache/foggy? Drink once.
- Light-headed when standing? Drink and eat your next **Protein + Greens** plate.
- Leg cramps/twitch? One electrolyte drink + extra leafy veg and a $\frac{1}{2}$ tbsp oil at the next meal.

Stop once steady. You're not trying to chug salt; you're smoothing the transition.

Safety note: If you have high blood pressure, kidney or heart issues, or you're on diuretics, use minimal salt and check with your clinician about electrolytes. If symptoms are severe or unusual, stop and seek care.

3) Tea/Coffee Strategies (cravings live here)

Default: No sugar.

- **Spice it, don't sweeten it:** cinnamon, cardamom, ginger, clove, vanilla—aroma = satisfaction.
- **Milk rules:** small splash okay only on Smart (counts toward your daily flexibility).
- **Tea-time hunger?** Pair the drink with 2 boiled eggs or $\frac{1}{2}$ avocado. Never biscuits or cake.

- **Caffeine cut-off:** 6–8 hours before bed (aim last cup by mid-afternoon) to protect sleep.

If you “need sweetness”: try lemon in hot water or tea with cardamom + cinnamon; keep going—your palate resets within a week.

4) The Cravings Playbook (90-second decisions)

A) Sweet hit after meals

1. Drink water.
2. Walk 5–10 min.
3. If still lurking → eat ½ avocado or 2 eggs.
4. Repeat tomorrow; it fades.

B) 4 pm starch hunt (bread/chapati brain)

1. Water + pinch of salt + lemon.
2. Plate Protein + Greens (not nuts).
3. Chew sugar-free gum; keep hands busy for 10 minutes.

C) Late-night nibble

1. Brush teeth + warm water.
2. 10-min circuit (squats/push-ups/bridge/march/plank).
3. Go to bed on time (see Sleep below).

D) Social pressure

- Script: “Niko challenge ya siku 14, nyama na mboga tu leo.”
- Hold water/tea in your hand; plate **protein + greens** early; keep talking.

5) Sleep Tips (your quiet fat-loss lever)

Poor sleep = louder cravings, poorer appetite control. Aim 7–8 hrs.

Wind-down (30–60 min):

- Dim lights; phone off or Night Shift.
- Hot shower; light stretch; three slow breaths before bed.
- Write tomorrow’s breakfast & walk time (reduces “mind spin”).

Caffeine & timing:

- Last coffee before mid-afternoon; evening = **herbal tea**.
- Heavy meals late? Keep it Protein + Greens, smaller fat, no fruit/legumes at night.

Room reset:

- Cool, dark, quiet. Eye mask if needed.
- Alarm across the room; walking shoes visible for morning cue.

6) Greens = Natural Electrolytes

Every plate already gives you minerals:

- **Potassium & magnesium:** sukuma, spinach, managu/terere, cabbage, broccoli/cauli, courgette.
- **How to “dose” with food:** keep 2 cups non-starchy veg per main meal; if crampy, add an extra cup at the next meal.

7) Troubleshooting Grid

Symptom	Likely Cause	Do This Now
Headache, fog	Low sodium/fluids	Pinch salt + lemon drink; 300–500 ml water; next meal on plan
Dizziness on standing	Fluid/sodium drop	Electrolyte drink once; sit/stand slowly; eat protein + greens
Leg cramps	Mineral gap + low fluids	Electrolyte drink; add leafy veg and ½ tbsp oil next meal
“Hollow hunger”	Under-protein/under-veg	Add 50 g protein and ensure 2 cups veg per plate
Cookie/bread thoughts	Habit loop + dip	Water + 5-min walk + 2 eggs/½ avo
Wide awake at 2 am	Late caffeine, bright screens	Move last caffeine earlier; dim lights; short breathing drill at bed

8) One-Day Rescue

- **Morning:** water + squeeze lemon; protein breakfast (eggs)
- **Midday:** 20–30 min walk after lunch
- **Afternoon:** if cravings → pinch salt + lemon drink + 5-min walk
- **Evening:** light Protein + Greens dinner; screens off 30 min before bed; sleep on time

Bottom line

Most “carb-flu” and snack attacks are salt/water + routine problems—not willpower failures. Drink 2–3 L, add a small salt-and-lemon once or twice, keep 2 cups of greens, and protect sleep. Cravings fade; your plan gets easy.

Appendix E - FAQs

1) “I have a headache on Day 2–3. Normal?”

Yes that’s common. You’re dumping water/salt as carbs drop.

- **Do this:**
 - Drink 2–3 L water across the day.
 - Electrolytes: warm water + pinch ($\frac{1}{8}$ tsp) salt + lemon 1–2× today.
 - Eat your next Protein + Double Greens + measured fat plate.
- **Avoid:** skipping meals “to push through,” sugary drinks, over-caffeinating.
- **If persistent/unusual:** pause and consult your clinician—especially if you have BP, kidney, or heart conditions.

2) “I’m on shift work (nights/rotating). How do I time meals?”

Anchor around wake/sleep, not clock time.

- **Formula:** 2–3 plates across your **wake window**, each Protein + Double Greens + fat.
- **Night shift sample:**
 - **Wake (5 pm):** eggs + spinach + $\frac{1}{2}$ avo
 - **Mid-shift (11 pm–1 am):** chicken/mince + cabbage + kachumbari
 - **Pre-sleep (6 am):** lighter plate: fish/eggs + greens
- **Hydration:** sip steadily; use salt + lemon once if foggy.
- **Caffeine:** cut 6–8 hrs before sleep block.
- **Pack it:** two lunchboxes + 1 emergency protein (2 boiled eggs).

3) “Ramadan or Lent—can I still do this?”

Yes. Keep the plate rules; adjust timing.

- **Ramadan (sunset → pre-dawn):**
 - **Iftar:** break fast with water + pinch salt + lemon, then Protein + Greens (e.g., fish + spinach + kachumbari).
 - **Later snack (optional):** small Smart allowance ($\frac{1}{2}$ cup legumes or 1 fruit).
 - **Suhoor:** eggs + greens + measured fat; hydrate well.
 - Avoid sweets/fried flour snacks; they spike hunger next day.
- **Lent (meatless days):** use Appendix B (eggs/tofu/mushrooms; Smart legumes measured).
- **Prayer nights:** keep caffeine earlier; hydrate before sleep.

4) “Travel day - airport/matatu/highway stop. What do I eat?”

Two paths: packed or purchased.

- **Pack (best):** 2–3 boiled eggs, big cabbage slaw, ½ avocado or mini oil jar, lemon wedge; water.
- **Buy (scripts):**
 - “Nyama/¼ chicken na mboga nyingi, bila ugali/chapati/rice. Ongeza kachumbari.”
 - Mayai pasua (2) + kachumbari, no ketchup.
- **Smart allowance:** if you must, take one (½ cup legumes or 1 fruit) once.
- **Avoid:** pastries, sweet tea, “fruit juice” (mostly sugar).
- **Jet lag tip:** 10–15 min walk after the biggest travel meal.

5) “What if I slip. (Cake, chapati, or rice) happened?”

Reset on the next plate. No punishment.

- Drink water; take a 5–10 min walk.
- Next meal = Protein + Greens + measured fat.
- If cravings kick up, run Strict for 24–48 hrs and use salt + lemon once.
- One slip doesn’t cancel your 14 days—stack the next win.

6) “I’m hungry between meals.”

- **First check:** did you hit 150–200 g protein and 2 cups veg?
- **Fixes:**
 - Add 50 g more protein at meals or ½ tbsp oil to veg.
 - Snack (only if needed): 2 eggs or ½ avocado; not nuts.
 - Drink water; a pinch of salt + lemon if you feel “hollow.”

7) “Constipation?”

- **Increase veg volume:** +1 cup leafy veg at 1–2 meals.
- **Fluids:** 2–3 L water; a little more salt if you’re light-headed.
- **Fat:** add 1 tsp–½ tbsp oil to a veg plate.
- **Walk:** 10–15 min after meals.
- If persistent, consider magnesium-rich foods (leafies) and check medications with your clinician.

8) “I’m vegetarian or doing meatless days.”

- Use Appendix B. Anchor meals on eggs/tofu/mushrooms; legumes (½ cup) only on Smart and only once/day.
- If dairy triggers cravings/bloat, remove for 3–7 days.

9) “Can I exercise hard? Gym? Running?”

- **Yes, but keep it sensible in Week 1.**
 - Days 1–4: walks/bodyweight 10 min; take electrolytes if foggy.
 - From Day 5: add gym/runs if you feel steady; fuel with Protein + Greens.

- Post-workout hunger = under-protein: add 50–100 g protein at the next meal.

10) “How do I handle weddings/harambees/buffets?”

- **Script:** “Niko kwenye 14-day challenge, nyama na mboga tu leo.”
- **Order of service:** protein row → salad/veg row → lemon/oil → walk past starch lane.
- **Smart day?** Use **one:** ½ cup legumes **or** 1 fruit.
- Hold water/tea; talk more, linger less at the buffet.

11) “Dairy or peanuts seem to stall me. Now what?”

- Remove both for 3–7 days.
- Keep plates Protein + Double Greens + measured oil/avocado.
- Reintroduce one at a time, small portion, watch 48 hrs for cravings/bloat.

12) “I’m older / on meds (BP, diabetes, thyroid).”

- Keep meals predictable (protein-forward, double greens, measured fat).
- Hydrate steadily; go easy on salt if you have BP/kidney/heart issues—ask your clinician before electrolyte drinks or big diet shifts.
- For diabetes meds/insulin: lowering carbs can change needs—coordinate with your clinician.

13) “Ramadan/Lent, can I use dates to break fast?”

- For this 14-day challenge, prefer water + pinch salt + lemon, then Protein + Greens.
- If you choose a date, keep it one small piece only and make the rest of the meal Strict-style.

14) “I don’t see scale changes, but clothes feel looser.”

- Normal. Waist and photos beat the scale.
- Stay on plan; avoid daily weigh-ins. Check waist weekly.

15) “Which snacks are actually safe?”

- **Best:** 2 boiled eggs, ½ avocado, cucumber + lemon-salt.
- **Careful:** peanuts/nuts (25–30 g, measured; not daily).
- **Skip:** yoghurt unless it’s plain and you know it doesn’t trigger cravings; all “protein bars,” biscuits, juices.

16) “Can I drink alcohol?”

- It’s best to skip alcohol during the 14 days

- If you choose to drink, go for single spirit + soda water; avoid beer/sugary mixers; pair with Protein + Greens; cap at one.

17) “Plate looks tiny at restaurants.”

- Ask for extra veg and add 50 g extra protein if available.
- Use lemon, vinegar, pili pili; avoid sauces. Eat slowly, sip water.

18) “Morning nausea when I try eggs?”

- Start lighter: yoghurt (plain) + peanuts (25 g) (*Smart*) or mayai pasua later in the morning.
- Tea + ½ avocado can bridge you to lunch.

19) “How do I keep accountability?”

- Use trackers: tick your 42-box grid, daily water/steps, and Evening Check-In.
- Snap plate photos (top-down) to check ½ plate veg + palm-size protein.

20) “What if I plateau after the program?”

- Run the 72-hour Stall Breaker.
- Re-check hidden carbs (labels), oil creep, dairy/peanuts frequency, sleep, and steps.

Appendix F - About Kenyan Plate & Resources

[KenyanPlate.com](https://kenyanplate.com) is a vibrant online platform dedicated to celebrating the rich and diverse food culture of Kenya. We provide you with curated meal plans, easy-to-follow recipes, cooking tips, and kitchen gadget recommendations to help make every day cooking enjoyable and accessible.

Our goal is to inspire and empower individuals to embrace home-cooked meals using locally sourced ingredients, with a focus on flavor, nutrition, and convenience. Whether you're looking to try new recipes, customize dishes to suit your tastes, or enhance your cooking skills, **KenyanPlate.com** is your go-to resource for everything food-related in Kenya. Visit us at www.kenyanplate.com to discover a world of delicious and nutritious meals!

Get help fast

Support Email (1-to-1 questions)

- **Email:** info@kenyanplate.com

Safety note (non-medical)

This program is educational, not medical advice. If you're pregnant, breastfeeding, under 18, or managing conditions (e.g., diabetes, kidney/heart issues), coordinate changes with your clinician, especially electrolyte use and medication timing.

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