



# The Value Mama

LIVING RICH ON A KENYAN WOMAN'S BUDGET

	Day	Carbs	Protein	Veggies
	1	Rice	Beans	Spinach
	2	Ugali	Beef wet fry	Sukuma
	3	Mashed potatoes	Stir-fry chicken	Cabbage
	4	Chapati	Minced meat	Cabbage/Skuma
	5	Chips	Sausages	Coleslaw
	6	Pasta	Veggie stir fry	N/A
	7	Ugali	Pork wet fry	Sukuma
	8	Rice	Yellow bean curry	Cabbage
	9	Chapati	Beef stew	Mixed steam veg
	10	Chips	Chicken wet fry	Sukuma
	11	Pasta	Mushroom sauce	Spinach
	12	Rice	Pork stir fry	Cabbage
	13	Mashed potatoes	Sesame chicken	Kachumbari
	14	Ugali	Beef wet fry	Sukuma
	15	Pasta	Mince sauce	Sukuma/Spinach
	16	Chapati	Chicken (thick stew)	Cabbage/Skuma
	17	Rice	Lentil curry	Cabbage
	18	Chips	Sausages	Sukuma
	19	Ugali	Matumbo wet fry	Sukuma
	20	Pilau	Mbuzi	Kachumbari
	21	Chapati	Beans	Cabbage
	22	Pasta	Beef (thick stew)	Cabbage/Skuma
	23	Chips	Sausages	Coleslaw

		24	Ugali	Pork wet fry	Sukuma	
		25	Mashed potatoes	(Kienyeji) Chicken curry	Mixed steam veg	
		26	Rice	Yellow bean curry	Spinach	
		27	Ugali	Chicken (wet fry)	Sukuma/Spinach	
		28	Pasta	Mushroom sauce	Cabbage/Skuma	
		29	Chapati	Beef (thick stew)	Mixed steam veg	
		30	Chips	Pork (wet fry)	Kachumbari	