

**Discover News-sheet
for colleagues in Africa
April 2019
Training seminar meals**



Dear Friends

Training seminars about natural healthcare include the important topic of nutrition.

There is much truth in the phrases, “Actions speak louder than words” and “Let your food be your medicine and your medicine your food”.

The best learning about nutrition comes not only from what you teach but also from eating meals that are balanced, nutritious and inexpensive.

In this spirit, Rehema Namyalo and her team in Uganda have developed the menu below. This was the menu for their recent 7-day training at Chosen Farm, the farm of Andrew Kyambadde in Kabongeza Village, Mityana District, Uganda.

I would welcome comments and suggestions from your experience.

Best wishes to you all and a very happy and blessed Easter,

Keith Lindsey

DAY	Breakfast	Break Tea	Lunch	Evening herbal tea and supper.
Mon	Milk ginger, mucuna, brown bread boiled eggs Pawpaw.	Artemisia tea, lemongrass tea, brown bread and Banana	Matooke, rice, pumpkin, meat, beans, nakati* Pineapple, water and fruit juice	Artemisia tea, matooke, rice, millet, meat, beans, watermelon, amaranth, water.
Tues	Cinnamon tea, mucuna bread, fried eggs, and pawpaw	Hibiscus tea, ginger tea, boiled cassava and bananas	Matooke, posho, pumpkin, peas, cabbages, watermelon, water and fruit juice	Artemisia tea, matooke, posho, pumpkin, groundnuts, nakati and watermelon
wed	Soya milk, lemon grass, mucuna, chapatti, pawpaw	Artemisia tea, rosemary tea, roasted g/nuts, and bananas	Matooke, taro/yam/millet pumpkin, green beans, bugga*/dodo*, pawpaw, fruit juice	Rosemary tea, mucuna, matooke, Irish potatoes, cowpeas, nakati, pineapples, water.
Thurs	Ginger tea, bread, boiled eggs pawpaw	Cinnamon tea, boiled cassava, bananas	Matooke, rice boil, dry fish, Irish potatoes, eggplants/bitter berries, pineapples water/ fruit juice	Lemon grass tea, matooke, millet, sweet potatoes, fresh beans, dodo, water melon, water
Friday	Soya milk, cinnamon, bread, fried eggs, pawpaw	Amaranth porridge lemongrass tea, g/nuts and bananas	Matooke, cassava, chicken, fresh beans, nakati, water melon water/ fruit juice.	Artemisia tea, matooke, pumpkin, posho, white beans, cabbages water, bananas
Sat	Lemongrass/ ocimum*, bread, boiled eggs pawpaw	Ginger tea, lemongrass tea, popcorns, bananas	Matooke, posho, sweet potatoes, avocados, green beans, cabbages/ dodo, water / fruit juice	Rosemary tea, mucuna, matooke, millet, rice, cowpeas, nakati, water melon water
Sun	Soya milk, ginger, bread honey, fried eggs, pawpaw	Artemisia tea, ocimum tea, boiled cassava Bananas	Matooke, rice, cassava, meat, beans, red amaranth/dodo, pawpaw, water / fruit juice.	Hibiscus tea, matooke, Irish potatoes, posho, white beans nakati/ dodo, pineapple water.

* nakati is black nightshade

* dodo is amaranth

* bugga is red amaranth

* ocimum is basil