




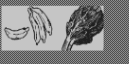

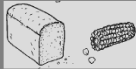








Ukugcina iminingwane yokudla okudliwa ekhaya nsuku zonke

Izinsuku			Umsombuluko			Ulwesibili			Ulwesithathu			Ulwesine		
			Abantu	Abagulayo nabagugile/ Abantu abadala	Izingane ezincane	Abantu	Abagulayo nabagugile/ Abantu abadala	Izingane ezincane	Abantu	Abagulayo nabagugile/ Abantu abadala	Izingane ezincane	Abantu	Abagulayo nabagugile/ Abantu abadala	Izingane ezincane
UKUDLA OKUNIKEZA - AMANDLA (Go Foods - ukudla okune - starch)	ummbila, amazambane, ubhatata, uphufu	Inkomishi eyodwa nohhafu kuya kwezimbili ngosuku 												
														
UKUDLA OKUKHULISA - IZICUBU (Grow Foods - ukudla okunamaprotein)	ubisi, amasi, amaqanda, umnyama, inkhuku, ubhontshisi, uphizi, amakinati	Inkomishi eyodwa ngosuku 												
														
UKUDLA OKUVIKELA EZIFENI (Glow Foods - njengamaveji nezithelo)	Vit C, Vit A ikharothi, ubhatata, ithanga, imifino, ispinashi, utamatisis, ugreen pepa, ama- oranges, upapaya,	Izinkomishi ezimbili ngosuku 												
														
	vitamins and minerals Noma iluphi uhlobo lwamaveji ukhhabishi, uanyanisi, green beans, lettuce, beetroot	Izinkomishi ezintathu kuya kwezinhlanu ngosuku 												
Amafutha no ovela: U ovela kabhekilanga, ibhotela, imajarini, amafutha avela ezilwaneni														
Ushukela, izicimakoma njenge Coke kanye neSweetAid; amakhekhe, amaswidii														

			Abantu	Abagulayo nabagugile/ Abantu abadala	Izingane ezincane	Abantu	Abagulayo nabagugile/ Abantu abadala	Izingane ezincane	Abantu	Abagulayo nabagugile/ Abantu abadala	Izingane ezincane	
UKUDLA OKUNIKEZA AMANDLA (Go Foods - ukudla okune - starch)	ummbila, amazambane, ubhatata, uphuthu	Inkomishi eyodwa nohrafu kuya kwezimbili ngosuku 										
												
UKUDLA OKUKHULISA IZICUBU (Grow Foods - ukudla okunamaprotein)	Ubisi, amasi, amaqanda, umnyama, inkhuku, ubhontshisi, uphizi, amakinati	Inkomishi eyodwa ngosuku 										
												
UKUDLA OKUVIKELA EZIFENI (Glow Foods - njengamaveji nezithelo)	Vit C, Vit A ikharothi, ubhatata, ithanga, imifino, ispinashi, utamatisis, ugreen peppa, ama- oranges, upapaya,	izinkomishi ezimbili ngosuku 										
												
	vitamins and minerals Noma iluphi uhlobo lwamaveji ukhabishi, uanyanisi, green beans, lefuce, beetroot	Izinkomishi ezintathu kuya kwezinhlanu ngosuku 										
Amafutha no oyele: u oyele kabhekilanga, ibhotela, imajarini, amafutha avela ezilwaneni												
Ushukela, izicimakoma njenge Coke kanye neSweetAid; amakhekhe, amaswidii												