Meal Planner

ZimFast Meal Plan

section and stick to this daily diet for 6 days. Create your daily meal plan by choosing one option from each

Example daily meal plan: Breakfast - Sadza with peanut butter, Lunch & Dinner - Chakalaka, coleslaw and boiled rice You'll be eating this same daily menu for six days straight, so choose wisely!

- banana - orange - apple - avocado	Porridge (50g porridge cats + water) + peanut butter (1 tbsp) + jam (1 tbsp) + banana	Eggs - 2 boiled eggs - 2 scrambled eggs	Sadza (95g white commeal + 250ml water) + peanut butter (1 tbsp) + Jam (1 tbsp)	Breakfast
100kcal 60kcal 100kcal 300kcal	200kcal (1 tbsp) 300kcal 250kcal 300kcal	135kcal 190kcal	350kcal 250ml water) 450kcal (1 tbsp) 400kcal	
neDovi Leafy greens in creamy peanut butter.	Zimbabwe. 2x Chicken drumsticks Muriwo	Chakalaka A spicy vegetable dish popular in Southern	Main Vegetable chilli	Lunch & Di

& Dinner Side 1: Low Energy

Peanut butter 100kcal 130kcal

Coleslaw Salty vegetable relish 150kcal

Side 2: High Energy 350kcal

310kcal

250kcal

160kcal

150kcal

Sadza Mashed potato (250g) Boiled rice (160g 270kcal 210kcal

> diet for 6 days, to: on a repetitive Zimbabwean ZimFast challenges you to fast

- Raise vital funds to support people around the world. living in poverty in Zimbabwe and
- Raise awareness for the lack poverty every single day. of choice facing those living in



What can I drink?

Just plain ol' water. Or wine or soda No tea or coffee. Water. Just water.

What about snacks?

Zimbabweans. of choice for most Buns are the snack Sweet Zimbabwe



on our website) (You can find the recipe





We are registered in the UK as a charity (number 294329)

BREAKFAST

Sadza (serves 4)

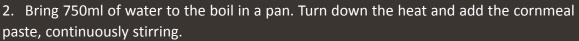
Sadza is a staple for Zimbabwe cooking and is a key source of carbohydrate. Traditionally it is eaten without cutlery, rolled into a ball and used to dip into the accompanying sauce or dish. It can be eaten for breakfast, lunch and dinner!

Ingredients:

- 375g white cornmeal (mealie meal or maize meal)
- 1 litre of water
- Peanut butter/jam (optional)

Method:

1. Mix 225g of the cornmeal with 250ml of cold water to make a paste.



- 3. Cook for five minutes, then gradually add the remaining cornmeal. Transfer to a bowl or plate and flatten into a round shape with a wooden spoon.
- 4. Optional topping add some peanut butter (very popular in Zimbabwe) or jam!

Other breakfast suggestions: boiled/scrambled eggs, porridge or fruit

LUNCH & DINNER (MAINS)

Vegetable chilli (serves 4)

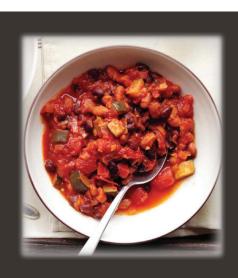
Ingredients:

- 3 tbsp olive oil
- 1 small onion, chopped
- 2 carrots, diced
- ½ red pepper, chopped
- ½ yellow pepper, chopped
- ½ green pepper, chopped
- 100g green beans, chopped
- 2 tomatoes, chopped
- 3–4 chillies, seeds removed and chopped
- Salt and pepper

Method:

- 1. Heat the oil in a large pan and gently fry the onion until soft, but not brown.
- 2. Add the carrots, peppers and green beans. Fry briefly then add the tomatoes, and chillies and simmer the stew until the vegetables are tender. Season to taste with salt and freshly ground black pepper.





LUNCH & DINNER (MAINS)

Muriwo neDovi

A dish to accompany sadza, Muriwo neDovi is creamed peanut butter vegetables.

Ingredients:

- 3 tbsp of oil
- 1 onion, diced
- 2 tsp garlic
- 500 grams of kale (or spinach can be used as a replacement)
- 5-8 tbsp of peanut butter
- 1 tbsp tomato paste
- 1 can of chopped tomatoes/6 large tomatoes, chopped
- Salt and pepper to taste

Method:

- 1. Heat the oil in a pot over medium-high heat.
- 2. Add the onion for about 5 minutes, until translucent, then add the garlic and cook for two minutes.
- 3. Add the tomato paste and stir, followed by the chopped tomato and kale.
- 4. Finally add the peanut butter gradually until it is to your taste and season with salt and pepper.

Chakalaka (serves 4)

A spicy dish originating from South Africa, but adopted in Southern Zimbabwe, which can be served hot or cold, and can accompany sadza, bread or be used as a condiment.

Ingredients:

- 3 tablespoons oil
- 2 onions, finely diced
- 2 peppers, finely diced
- 2–3 hot chili peppers, minced
- 2 or 3 garlic cloves, minced
- 2 teaspoons curry powder
- 3 tomatoes, diced
- Salt and pepper to taste



Method:

- 1. Heat the oil in a large saucepan over medium heat. Add the onions, peppers, chili peppers, garlic, and curry powder. Sauté, stirring frequently, until the onions and peppers are cooked down and wilted, about 4 to 5 minutes.
- 2. Stir in the tomatoes and bring to a boil. Add salt and pepper to taste. Reduce heat to medium-low and simmer for about 5 minutes.

LOW ENERGY SIDES

PEANUT BUTTER CABBAGE

Ingredients:

- ½ small cabbage (or any seasonally vegetable), shredded
- 1 small onion, chopped
- 1 tomato, chopped
- 4 tbsp peanut butter

Method:

- 1. Pour about 125ml of water into a pan and bring to the boil.
- 2. Add the cabbage and cook until slightly softened but still crunchy.
- 3. Add the onion and tomato then stir in the peanut butter, adding more water if the mixture seems too thick. Season with salt and freshly ground black pepper.
- 4. Serving suggestion: with sadza and vegetable chilli.

SALTY VEGETABLE RELISH

Ingredients:

- 1 onion
- 1 large tomato
- 2 tsp salt
- Bunch of fresh spinach, cabbage or kale

Method:

- 1. Chop the vegetables and fry the onion and sauté for 1 minute.
- 2. Add the tomato and stir.
- 3. Add the vegetables, cover pot, reduce heat and simmer for 5 minutes.

COLESLAW

Ingredients:

- ¼ small cabbage (or any seasonally vegetable), shredded
- 1 large carrot (finely grated)
- 1 small onion, chopped
- ½ medium sized apple (grated)
- 3 tbsp of raisins
- 3 tbsp of mayonnaise

Method:

Place all vegetables and fruit in a mixing bowl. Mix. Add mayonnaise. Mix thoroughly. Refrigerate for one hour. Serve chilled.

HIGH ENERGY SIDES

Sadza (see earlier recipe), boiled rice or mashed potato

OPTIONAL SNACK

Sweet Zimbabwe Buns (adapted from FisoKitchen.com)

Ingredients:

- 1.5 teaspoon fast action yeast
- 350g all-purpose flour
- 50g butter
- 1 egg
- 5 tbsp sugar
- 1 tsp salt
- 2 tbsp milk powder
- 225ml water

Method:

- 1. Melt butter in a small saucepan and add the water
- 2. In a separate bowl, mix the flour, sugar, salt, yeast and milk powder.
- 3. Make a well and add in the egg and water/ butter mixture, stir well
- 4. Flour the work surface well and knead until smooth and elastic
- 5. Place the dough in a bowl and cover loosely and leave it to rise until it has doubled in size (for around an hour).
- 6. When the dough is ready, lightly flour your surface and knock air out.
- 7. Line a tin with baking paper.
- 8. Divide the dough into 12 and evenly arrange in the tin.
- 9. Cover loosely with greased cling film and leave to rise for 30 minutes.
- 10. Bake in a preheated oven at 220°C for 15 minutes.
- 11. To make the glaze, mix a litle extra sugar and water and gentle warm on the hob
- 12. When the buns are cooked remove from the oven and brush with glaze.

All resources are available for download at: www.progressio.org.uk/zimfareresources

If you have any questions, or to let us know when you'll be taking on ZimFare or ZimFast so we can support you, please get in touch with Shelley, who is coordinating the ZimFare/ZimFast campaign for Progressio: **shelley.stromdale@progressio.org.uk**