

# Meal Planner

## ZimFast Meal Plan

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

*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!*

Breakfast			
<b>Sadza</b> (95g white cornmeal + 250ml water) + peanut butter (1 tbsp) + jam (1 tbsp)	350kcal	450kcal	400kcal
<b>Eggs</b> - 2 boiled eggs - 2 scrambled eggs	135kcal	190kcal	
<b>Porridge</b> (50g porridge oats + water) + peanut butter (1 tbsp) + banana	200kcal	300kcal	300kcal
<b>Fruit</b> - banana - orange - apple - avocado	100kcal	60kcal	100kcal
Lunch & Dinner			
<b>Main</b>			
Vegetable chili	150kcal		
Chakalaka A spicy vegetable dish popular in Southern Zimbabwe.	160kcal		
2x Chicken drumsticks	250kcal		
Muriwo neDovi Leafy greens in creamy peanut butter.	310kcal		
<b>Side 1: Low Energy</b>			
Peanut butter cabbage		130kcal	
Salty vegetable relish		100kcal	
Coleslaw		150kcal	
<b>Side 2: High Energy</b>			
Sadza		350kcal	
Boiled rice (160g)		210kcal	
Mashed potato (250g)		270kcal	

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

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



What can I drink?

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

What about snacks?

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

(You can find the recipe on our website)



## 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.
2. Bring 750ml of water to the boil in a pan. Turn down the heat and add the cornmeal paste, continuously stirring.
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 little 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](http://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](mailto:shelley.stromdale@progressio.org.uk)**