



MEAL CHART

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
Snack							
Lunch							
Snack							
Dinner							

BAHAY KUBO VEGETABLES

Singkamas

- Immune system, Digestion, Prevents cancer, heart disease, pro-biotics

Talong

- Vitamins, minerals, antioxidants, helps in weightloss, cancer fighting properties

Proteins

- Sigarilyas, Mani, Sitaw, Bataw, Patani

Kundol

- Great for Heart, good for Digestion, vision booster, Natural Immunity Booster, Promotes Cell Regeneration, Excellent Energy Booster, Improves Cognitive Function, Body Detox, Recommended for Weight Loss, Excellent Source of Antioxidant, Prevents Cold and Flu, Treats Migraine, Home Remedy to Food Poisoning, Treats Nervous Disorder, Promotes Healthy Skin

Patola

- Eye disease, Diabetes, Muscle pain, Arthritis, Anemia, Healthy Skin

Upo

- Digestion, high blood pressure, anti aging, reducing liver inflammation

Kalabasa

- Eye sight, Immunity, Diabetes, Anti-inflammatory, Lung health, Neutral Tube Defect-for pregnant women, Protects the heart

Labanos

- Potassium, Vitamins, Fibre, Red blood cells, Metabolism, Heart health

Mustasa

- High Levels of Antioxidants, Detoxifies Your Liver and Blood, Helps Lower Cholesterol, Packed with Phytonutrients, High in Bone-Building Vitamin K, Good Source of Immune-Boosting Vitamin C, Provides Skin & Eye Health Protection

Sibuyas

- phytochemicals look for free radicals, reduce ulcers, regulate blood sugar

Kamatis

- lycopane which reduces heart disease, cancer. Source of vitamin C, folate, potassium and fibre

Bawang

- Lowers cholesterol, lowers blood pressure, fights colds, increases immunity and athletic performance

Luya

- Anti-inflammatory, reduce muscle pain, lower blood sugar, reduce menstrual cramps, lower cholesterol

