

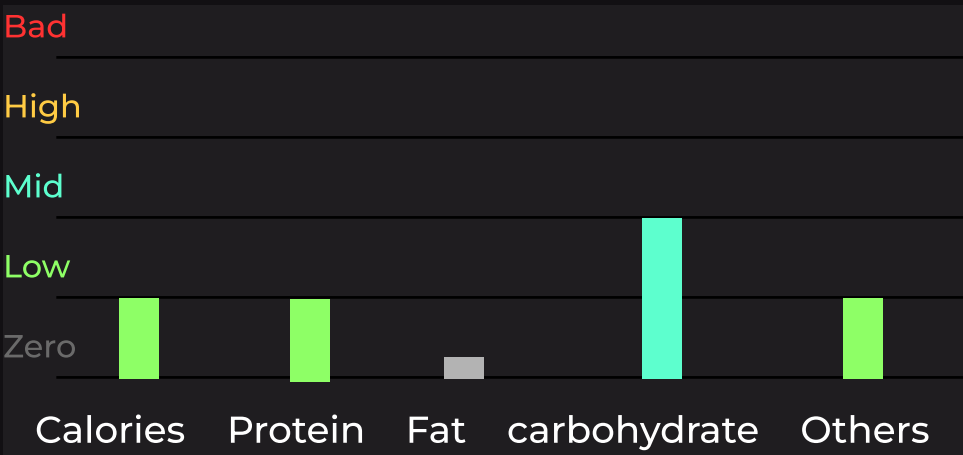
Iftar

Fruit

recipes:

Lorem ipsum dolor sit amet, consectetur adipescen
elit. Elementum felis, sed ullamcorper tempus
faucibus in imperdiet. Semper justo mauris sed fusce
erat aenean tristique.

Nutritional Value:



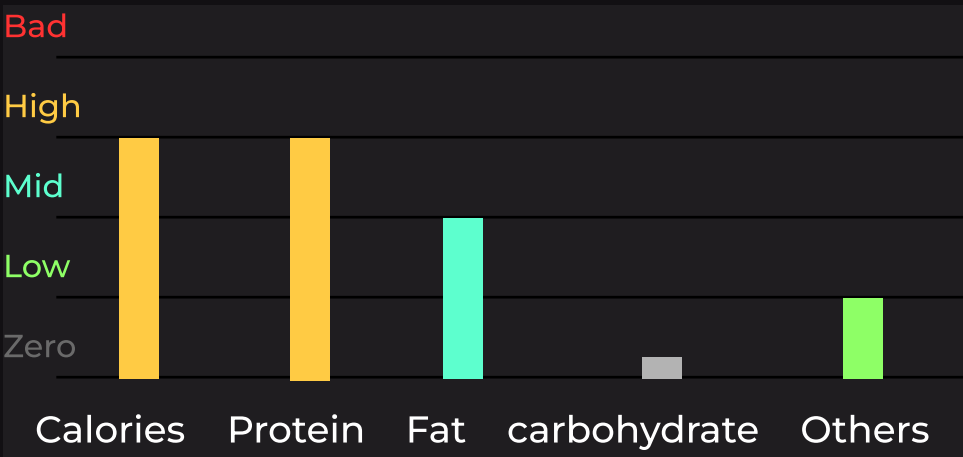
Snack

Dinner cutlet

recipes:

Lorem ipsum dolor sit amet, consectetur adipescen
elit. Elementum felis, sed ullamcorper tempus
faucibus in imperdiet. Semper justo mauris sed fusce
erat aenean tristique.

Nutritional Value:



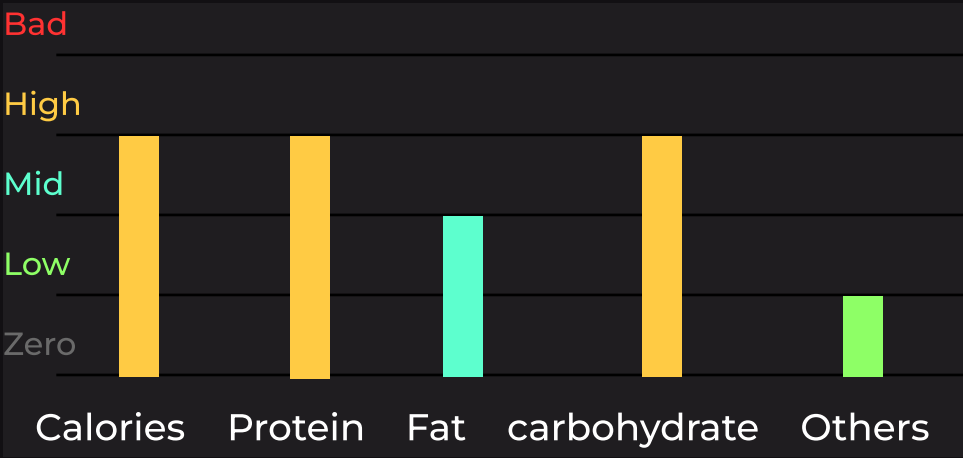
Dawn

roast chicken

recipes:

Lorem ipsum dolor sit amet, consectetur adipescen
elit. Elementum felis, sed ullamcorper tempus
faucibus in imperdiet. Semper justo mauris sed fusce
erat aenean tristique.

Nutritional Value:



Footnote

1- You should drink 10 to 14 glasses of cool liquids during iftar until dawn.