



# Ramadan Meal Plan



	1	2	3	4	5	6	7
<b>SUHUR</b> (pre dawn)	Two slices of sourdough bread with smashed avocado and 2-3 whole eggs, plus some mixed nuts.	1 cup rice + chicken/ leftver curry. small glass of banana milkshake made with banana, almond milk, dates, cinnamon and almond butter blended together.	Chicken and potato tikkis with fattoush or tabbouleh.	Two whole eggs with a bowl of gluten-free granola and almond milk.	Protein chocolate smoothie made with banana, almond milk, a scoop of vegan protein, unsweetened cocoa powder, dates and cinnamon.	Overnight oats, fruit smoothie	Omlette - 3 eggs, vegetables, potato, any veg and option to add 1 large piece of toast
<b>IFTAR</b> (after sunset)	One cup of rice, two cups of green vegetables, plus any meat curry.	Two whole eggs, veggies and two slices of sourdough bread.	Traditional meal- fill your plate with a bowl of dal, sabzi, veg etc	Sourdough bread sandwich with chicken and vegetable soup.	Rice, stew, plenty of vegetables	Baked salmon, rice, vegetales and salad	Salad, olives, wholegrains (pasta, bulgar wheat, rice etc/ lentils) grilled chicken breast + veg
<b>SNACK</b>	Smoothie bowl- 1 scoop protein, 1 cup milk, frozen fruit + 1 banana. Add chopped nuts and seeds	Vegetable soup, small portion of chicken or one whole egg.	Mixed nuts and fruit	Sauteed mushrooms with roasted sesame seeds and mashed potatoes	Soup, eggs, fruit	Watermelon, seed mix	2 oranges and popcorn

	8	9	10	11	12	13	14
<b>SUHUR</b> (pre dawn)	2 glasses of water 1 large date with a smoothie	2 glasses of water 3 cups of fat free Greek yogurt topped with walnuts, raisins, and crushed granola/muesli.	2 glasses of water 1 cup of oatmeal cooked in 2 cups fat free milk, topped with blueberries.	2 glasses of water 1 cup of oatmeal cooked in 2 cups fat free milk, topped with 1 sliced banana, and 1 chopped date (optional).	1 large date and a large smoothie	2 glasses of water 1 date 2 boiled eggs with sautéed baby spinach.	2 glasses of water 1 cup of oatmeal cooked in 2 cups fat free milk, topped with 1 sliced banana, and 1 chopped date (optional).
<b>IFTAR</b> (after sunset)	3 dates with 2 glasses of water 1 grilled chicken breast fillet 3 cups of your favorite salad A handful of nuts A cup of preferred tea/coffee	3 dates with 2 glasses of water 2 Grilled Tilapia fillets 2 cups steamed mixed vegetables (e.g. sweet peas, corn, carrots) A cup of preferred tea/coffee	3 dates with 2 glasses of water Chicken with lemon roasted vegetables1 A cup of preferred tea/coffee	3 dates with 2 glasses of water Grilled chicken salad2 A cup of mint tea	3 dates with 2 glasses of water Grilled tuna steak with salsa3 A cup of apple cinnamon tea	3 dates with 2 glasses of water Basil and bulgur salad4 A cup of preferred tea/coffee	3 dates with 2 glasses of water Cracked wheat grilled zucchini salad5 A cup of preferred tea/coffee
<b>SNACK</b>	2 cups of green tea, followed by 1 whole papaya	watermelon, seed mix	2 cups of green tea Yogurt with Granola/Muesli chunks	2 cups of green tea A bowl of fat free Greek yogurt, topped with crushed walnuts.	2 cups of green tea 1 apple and 1 pear	2 cups of green tea Carrots dipped in fresh guacamole	2 cups of green tea 1 banana sliced in half, with walnuts, cinnamon, and honey, baked for 15 minutes



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	15	16	17	18	19	20	21
<b>SUHUR</b> (pre dawn)	2 glasses of water 1 cup of oatmeal cooked in 2 cups fat free milk, topped with 1 sliced banana, and 1 chopped date (optional).	2 glasses of water 3 cups fat free Greek yogurt topped with walnuts, granola/ muesli, raisins, and 2 chopped dates (optional).	2 glasses of water 3 cups of lentil soup topped with quinoa	2 glasses of water An omelet made with onions and green pepper wrapped inside 2 romaine lettuce leaves.	2 glasses of water 1 cup cooked oatmeal, topped with 4-5 strawberries and 2 dates.	2 glasses of water 1 bowl of lentil soup, topped with chopped cucumbers	2 glasses of water 2 boiled eggs served with sautéed spinach 1 orange
<b>IFTAR</b> (after sunset)	3 dates with 2 glasses of water Kale and quinoa salad with black beans 6 A cup of herbal tea	3 dates with 2 glasses of water Bean salad with za'tar 7 A cup of preferred tea/coffee	3 dates with 2 glasses of water Spicy kasha vegetable salad 8 A cup of mint tea	3 dates with 2 glasses of water Oats and lentil haleem 9 A cup of preferred tea/coffee	3 dates with 2 glasses of water Chicken with beans and nuts A cup of mint tea	3 dates with 2 glasses of water 2 Grilled Chicken shish kebabs, with a salad of cucumbers, tomatoes, carrots, and baby spinach sprinkled with lemon juice. A handful of mixed nuts A cup of preferred tea/coffee	3 dates with 2 glasses of water Grilled Chicken with Beans and Nuts 10 A cup of mint tea
<b>SNACK</b>	2 cups of green tea 1 cup fat free Greek yogurt with a few raisins	2 cups of green tea 1 cup of roasted chickpeas -sprinkle olive oil on boiled chickpeas. Then add cayenne pepper, lemon juice and bake it for 15-20 minutes.	2 cups of green tea 2 cups of mixed berries 2 cups of green tea 1 cup of roasted chickpeas -	2 cups of green tea 1 cantaloupe	2 cups of green tea 2 cups of mixed fruits	2 cups of green tea 1 banana with a handful of nuts	2 cups of green tea Mixed nuts with 2 cups of fat free Greek yogurt

	22	23	24	25	26	27	28
<b>SUHUR</b> (pre dawn)	2 glasses of water 1 cup of oatmeal cooked in 2 cups fat free milk, topped with 1 sliced banana, and 1 chopped	3 cups fat free Greek yogurt with walnuts, granola/muesli, and raisins on top. Add 2 dates chopped up for a better taste.	3 cups fat free Greek yogurt with walnuts, granola/muesli, and raisins on top. Add 2 dates chopped up for a better taste.	1 cup of oatmeal cooked in 2 cups fat free milk, topped with 1 sliced banana, and 1 chopped date (optional).	An omelet made with onions and green pepper wrapped inside 2 romaine lettuce leaves.	2 glasses of water 3 cups fat free Greek yogurt topped with walnuts, granola/ muesli, raisins, and 2 chopped dates (optional).	2 glasses of water 1 cup of oatmeal cooked in 2 cups fat free milk, topped with 1 sliced banana, and 1 chopped date (optional).
<b>IFTAR</b> (after sunset)	3 dates with 2 glasses of water 2 grilled flounder fish fillets served with 2 cups steamed mix vegetables. Add your favorite hot sauce for enhanced taste. A cup of preferred tea/coffee	3 dates with 2 glasses of water 3 grilled chicken drumsticks on a bed of cucumber, carrots, tomatoes, and green pepper. Add mint yogurt sauce on top.	3 dates with 2 glasses of water 2 grilled chicken breasts with tomato salsa and yogurt sauce with cucumber and mint.	3 dates with 2 glasses of water A bowl of lentil soup with thinly sliced cucumbers	3 dates with 2 glasses of water 1 cup baked shredded chicken with chickpeas on top of lettuce, cucumbers, and tomatoes. Add your favorite hot sauce. A cup of preferred tea/coffee	3 dates with 2 glasses of water 2 grilled tandoori chicken drumsticks with ½ cup cooked quinoa and mint yogurt sauce. A cup of mint tea	3 dates with 2 glasses of water Cooked chick pea curry wrapped inside 4 steamed cabbage leaves. Add some mint yogurt sauce for added taste. A cup of preferred tea/coffee
<b>SNACK</b>	Sauteed mushrooms with roasted sesame seeds and mashed potatoes	2 cups of green tea Mixed nuts with 2 cups of fat free Greek yogurt	smoothie bowl- 1 scoop protein, 1 cup milk, frozen fruit + 1 banana. Add chopped nuts and seeds	2 cups of green tea 1 banana with a handful of nuts	2 oranges and popcorn	2 cups of green tea 1 cantaloupe	2 cups of green tea 2 cups of mixed berries 2 cups of green tea 1 cup of roasted chickpeas -





# Ramadan Meal Plan

	29	30
<b>SUHUR</b> (pre dawn)	1 cup of oatmeal cooked in 2 cups fat free milk, topped with 1 sliced banana, and 1 chopped date (optional).	2 glasses of water 1 date, 2 boiled eggs with sautéed baby spinach.
<b>IFTAR</b> (after sunset)	Tradituional meal	3 dates with 2 glasses of water ½ cup cooked chicken keema curry rolled into steamed 4 cabbage leaves, and your favorite hot sauce
<b>SNACK</b>	2 cups of green tea Yogurt with granola/muesli	Watermelon, salad, protein shake

