



Ramadan - Meal Plan Overview

Suhoor (Pre-dawn Meal):

Complex Carbohydrates: Whole grains like oats, brown rice, beans and lentils.

Lean Proteins: Eggs, yogurt, or lean meats.

Healthy Fats: Avocado, nuts, or olive oil.

Fruits: Include a variety for essential vitamins and minerals.

Hydration: Plenty of water to stay hydrated throughout the day.

Iftar (Breaking Fast):

Hydration: Start with dates and water to break your fast and replenish glycogen stores.

Soup or Salad: Nutrient-dense soup or a salad with a variety of vegetables.

Soup is a great high volume meal to keep you satiated.

Protein Source: Grilled chicken, fish, tofu, vegan swap or legumes for lean protein.

Leaner cuts of red meat with fat trimmed and reduced oil for cooking.

Complex Carbohydrates: Brown rice, quinoa, pumpkin, or sweet potatoes for sustained energy. Fill up on grains to reduce temptation of over eating simple carbs like sweets & bread.

Vegetables: Include a mix of colourful vegetables for fibre and essential nutrients.

Load up on fibrous, green veggies and salad at every opportunity.

Healthy Fats: Add olive oil, nuts, or seeds for healthy fats.

Lots of fats in the cooking process so be conscious not to add too much more.

Dessert (in moderation): Fresh fruits or a small serving of a healthy dessert.

Evening Snack: Soup, crackers, vegetables/ salad with dip

Protein-Rich Snack: Greek yogurt, a handful of nuts, protein shake, bar etc.

Tarawih (Night Prayer):

Hydration: Drink plenty of water / tea to stay hydrated during the night.

Suhoor (Optional Light Snack):

Low-Sugar Dairy: Low-sugar yogurt or alternative. Opt for low added sugar or higher protein options.

Whole Grains: Whole grain crackers or a small portion of oats.

Hydration: Water or herbal tea.

Productive Outcomes

- + Try not to overwhelm yourself by inviting too many people at once. There are many days in Ramadan to socialise with your community, don't squeeze it all in at the beginning.
- + Choose simple & nutritious recipes that aren't labour intensive or time consuming. Re- use leftovers or batch cook some things in advance to reduce the stress later.
- + Do not make so much food unless you are going to consume it the next day. Some families have no issues in eating leftovers. However, try and estimate the amount of the food required and never throw away or waste food!
- + Consider preparing the first, and sometimes the second and third steps of some recipes and freeze/refrigerate them before Ramadan. In most cases, all you will have to do is to cook or bake it before iftar. This especially useful when you have visitors over, and gives you extra free time to dedicate for ibadah while fasting.

"May fasting people break their fast with you, may the righteous eat your food, and may the angels send blessing upon you."