




RAMADAN meal & fitness PLAN



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
IFTAR	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 vegetables ¹ A cup of preferred tea/coffee	3 dates with 2 glasses of water Grilled chicken salad ² A cup of mint tea	3 dates with 2 glasses of water Grilled tuna steak with salsa ³ A cup of apple cinnamon tea	3 dates with 2 glasses of water Basil and bulgur salad ⁴ A cup of preferred tea/coffee	3 dates with 2 glasses of water Cracked wheat grilled zucchini salad ⁵ A cup of preferred tea/coffee
EXERCISE	ZR30 Total body workout. After workout: A protein shake or smoothie	ZR30 Total body workout After workout: A glass of smoothie	ZR30 Total body workout After workout: A protein shake	ZR30 Total body workout After workout: A glass of carrot juice	ZR30 Total body workout After workout: A smoothie	ZR30 Total body workout After workout: A protein shake.	ZR30 Total body Workout After workout: 2 cups of carrot juice with a handful of almonds
SNACK	2 cups of green tea, followed by 1 whole papaya	Watermelon	2 cups of green tea Yogurt with Granola/Muesli chunks	2 cups of green tea 1 banana sliced in half, with walnuts, cinnamon, and honey, baked for 15 minutes	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
SUHUR	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 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).	1 large date and a large smoothie	2 glasses of water 1 cup of oatmeal cooked in 2 cups fat free milk, topped with blueberries.	2 glasses of water 3 cups of fat free Greek yogurt topped with walnuts, raisins, and crushed granola/muesli.	2 glasses of water 1 large date with a smoothie
	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
IFTAR	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
EXERCISE	ZR30 Total Body Workout After workout: A smoothie	ZR30 Total Body Workout After workout: A protein shake.	ZR30 Total Body Workout After workout: A glass of carrot juice and a handful of walnuts	ZR30 Total Body Workout After Workout: A protein shake or smoothie	ZR30 Total Body Workout After workout: A smoothie	ZR30 Total Body workout After workout: A protein shake	ZR30 Total Body Workout After workout: A glass of carrot juice
SNACK	2 cups of green tea Mixed nuts with 2 cups of fat free Greek yogurt	2 cups of green tea 1 banana with a handful of nuts	2 cups of green tea 2 cups of mixed fruits	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 - sprinkle olive oil on boiled chickpeas. Then add cayenne pepper, lemon juice and bake it for 15-20 minutes.	2 cups of green tea 1 cup fat free Greek yogurt with a few raisins
SUHUR	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 of lentil soup topped with quinoa	2 glasses of water 1 cup cooked oatmeal, topped with 4-5 strawberries and 2 dates.	2 glasses of water 2 boiled eggs served with sautéed spinach 1 orange	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 An omelet made with onions and green pepper wrapped inside 2 romaine lettuce leaves.	2 glasses of water 1 bowl of lentil soup, topped with chopped cucumbers

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
IFTAR	3 dates with 2 glasses of water 3 baked Chicken drumsticks on a bed of tomatoes and cucumbers with mint yogurt sauce A cup of preferred tea/coffee	3 dates with 2 glasses of water 1/2 cup Chicken curry 1/2 cup boiled chickpeas 2 cups tomato and cucumber salad A cup of preferred tea/coffee	3 dates with 2 glasses of water 1 baked Salmon fillet on a bed of sautéed zucchini, carrots, and green pepper. A cup of preferred tea/coffee	3 dates with 2 glasses of water Grilled chicken pieces wrapped into 4 romaine lettuce leaves as wraps. A cup of preferred tea/coffee	3 dates with 2 glasses of water 1/2 cup chicken keema curry rolled into lightly steamed cauliflower leaves. Add green chutney or mint yogurt sauce for taste. A cup of preferred tea/coffee	3 dates with 2 glasses of water 3 cups of cooked lentil soup (dhal curry) with finely chopped cucumbers and carrots on top. Squeeze some lemon juice for enhanced taste. A cup of preferred tea/coffee	3 dates with 2 glasses of water 1 Baked Salmon fillet with asparagus on a bed of lettuce, cucumbers, carrots, and tomatoes. Add mint yogurt sauce on top for enhanced taste. A cup of preferred tea/coffee
EXERCISE	ZR30 Total Body Workout After workout: A smoothie	ZR30 Total Body Workout After workout: A glass of carrot juice with a few almonds	ZR30 Total Body workout After workout: A smoothie	ZR30 Total Body workout After workout: Have a protein shake	ZR30 Total Body Workout After workout: A glass of carrot juice with a few almonds	ZR30 Total Body workout After workout: A protein shake	REST DAY - No exercise
SNACK	2 cups of green tea 1 whole papaya	Watermelon	2 cups of green tea Yogurt with granola/muesli	2 cups of green tea 1 banana sliced in half, add walnuts, cinnamon and honey then baked for 15 minutes.	2 cups of green tea 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
SUHUR	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 An omelet made with onions and green pepper wrapped inside 2 romaine lettuce leaves.	2 glasses of water 1 bowl of lentil soup, topped with chopped cucumbers	1 large date with a large smoothie	2 glasses of water 1 cup of oatmeal cooked in 2 cups fat free milk, topped with blueberries.	2 glasses of water 3 cups of fat free Greek yogurt topped with walnuts, raisins, and crushed granola/muesli	2 glasses of water 1 large date with a smoothie
	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
IFTAR	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	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 chicken breasts with tomato salsa and yogurt sauce with cucumber and mint. A cup of preferred tea/coffee	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. A cup of preferred tea/coffee	3 dates with 2 glasses of water A bowl of lentil soup with thinly sliced cucumbers 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
EXERCISE	ZR30 Total Body Workout After workout: A smoothie	REST DAY - No exercise	ZR30 Total body workout After workout: A protein shake	REST DAY - No exercise	ZR30 Total Body Workout After workout: A glass of carrot juice with a handful of mixed nuts	REST DAY - No exercise	ZR30 Total Body Workout After workout: A smoothie
SNACK	2 cups of green tea Mixed nuts with 2 cups of fat free Greek yogurt	2 cups of green tea 1 banana with a handful of nuts	2 cups of green tea 1 cantaloupe	2 cups of green tea 2 cups of mixed berries	2 cups of green tea 1 cup fat free Greek yogurt with a few raisins	2 cups of green tea 1 whole papaya	2 cups of green tea 1 banana with a handful of nuts
SUHUR	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 of lentil soup, topped with quinoa	2 glasses of water 2 boiled eggs served with sautéed spinach, and 1 orange.	2 glasses of water 3 cups fat free Greek yogurt with walnuts, granola/muesli, and raisins on top. Add 2 dates chopped up for a better taste.	2 glasses of water 1 bowl of lentil soup topped with chopped cucumber	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 An omelet made with onions and green pepper wrapped inside 2 romaine lettuce leaves.
	Day 29	Day 30					
IFTAR	3 dates with 2 glasses of water 2 grilled Flounder fish fillets with tomato salsa, chopped cucumbers, and romaine lettuce. A cup of preferred tea/coffee	3 dates with 2 glasses of water ½ cup cooked chicken keema curry rolled into steamed 4 cabbage leaves, and your favorite hot sauce A cup of preferred tea/coffee					
EXERCISE	REST DAY - No exercise	REST DAY - No exercise					
SNACK	Watermelon	2 cups of green tea Yogurt with granola/muesli					
SUHUR	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 1 date, 2 boiled eggs with sautéed baby spinach.					

Recipe 1	Recipe 2	Recipe 3	Recipe 4	Recipe 5
Chicken With Roasted Vegetables	Grilled Chicken Salad	Grilled Tuna Steak with Salsa	Basil & Bulgur Salad	Cracked Wheat Grilled Zucchini Salad
				
<ul style="list-style-type: none">• 2 small carrots, cut into 1/2-inch pieces• 1/2 medium yellow summer squash, halved lengthwise and cut into 1/2-inch slices• 2 green onions, cut into 2-inch pieces• 2 teaspoons vegetable oil• 1 teaspoon grated lemon peel• 1 clove garlic, minced• 1/8 teaspoon crushed red pepper• 1 medium skinless, boneless chicken breast half (about 6 oz.)• 1 teaspoon lemon juice• 1/8 teaspoon dried basil leaves• 1/8 teaspoon salt• 1/8 teaspoon coarsely ground black pepper• Fresh basil leaves (optional) <ol style="list-style-type: none">1. In medium bowl toss together carrots, summer squash, green onions, oil, lemon peel, garlic and red pepper.2. Place in 11 x 7 x 1 1/2-inch baking pan. Bake, uncovered, at 375°F (190°C)	<ul style="list-style-type: none">• 1 oz. fresh green beans, trimmed• 6 oz. boneless, skinless chicken breast• 1 teaspoon olive oil• 1/4 teaspoon garlic pepper seasoning blend• 2 cups torn mixed greens• 1/2 medium carrot, shaved into thin slices• 1/4 medium red bell pepper, seeded and cut into slivers• 1/4 cup sliced cucumber• 1 radish, sliced• 1/2 cup halved yellow or red grape tomatoes or combination• 2 tablespoons balsamic vinegar• 2 teaspoons honey <ol style="list-style-type: none">1. In large saucepan plunge green beans into boiling water for 10 minutes or until crisp-tender. Drain. Cool.2. Brush chicken on both sides with olive oil. Sprinkle with garlic pepper seasoning. Grill chicken directly over medium heat for 12 to 15 minutes or until tender and no longer pink, turning once. Cut into slices.	<ul style="list-style-type: none">• 1/3 cup finely chopped mango• 1/3 cup finely chopped kiwi fruit• 2 teaspoons lime juice• 2 teaspoons seeded and finely chopped jalapeño pepper• 1 1/2 teaspoons olive oil, divided• 1 (5 oz.) tuna steak, about 1/2-inch thick• 1 small clove garlic, halved• lemon slices <ol style="list-style-type: none">1. In small bowl toss together mango, kiwi fruit, lime juice, jalapeño pepper and 1/2 teaspoon of the olive oil. Set aside.2. Brush tuna steak with the remaining 1 teaspoon olive oil. Rub garlic clove over both sides of steak. Grill tuna directly over medium heat about 4 to 6 minutes or until desired doneness, turning once.3. Transfer tuna to serving plate. Spoon mango mixture onto plate beside the tuna. Serve with lemon slices.	<ul style="list-style-type: none">• 1 cup fine bulgur (cracked wheat)• 1 1/2 cups fat-free vegetable broth or water• 2 tablespoons chopped walnuts• 1 cup basil leaves• 2 cloves garlic• Juice of one lemon• salt, to taste• 1 large or 2 medium tomatoes, diced• 1 tablespoon olive oil (optional) <ol style="list-style-type: none">1. Bring the vegetable broth to a boil and add the bulgur. Remove from the heat and cover. Let it stand about 20 minutes until wheat is tender and water is absorbed.2. Place the walnuts into the food processor and puree. Add the basil, garlic, and half of the lemon juice, and process until a coarse paste is formed. Add salt to taste.3. Combine the bulgur with the pesto, tomatoes, and cucumber, and toss well. Season to taste with the remaining lemon juice and olive oil (if desired). Serve at room temperature or chilled, garnished with additional basil.4. This can be easily be made into a main dish salad by adding chickpeas or white beans to the bulgur. Serve with a green salad for a terrific light meal.	<ul style="list-style-type: none">• 9 oz. bulgur (cracked wheat) about 1 1/3 cups uncooked• 1 teaspoon chia seed or ground flaxseeds• 3 medium zucchini, trimmed and halved lengthwise• 1/2 red bell pepper, seeded• 12-16 oz. cherry tomatoes, halved• 2 green onions, green parts only, thinly sliced• 2 tablespoons white balsamic• 1 tablespoon lemon juice• 2 teaspoons spice sauce• 1 large clove garlic, minced or pressed• 1/4 teaspoon salt (optional)• 1/8 teaspoon freshly ground black pepper• 1/4 cup chopped fresh basil• Salt and black pepper, to taste• Additional lemon juice, to taste <ol style="list-style-type: none">1. Rinse the bulgur and place it in a medium pot. Add enough water to cover it by at least an inch and a half, bring to a boil, and cook until it's tender but still firm, about 20 minutes. Before draining it, remove 1/4 cup of the cooking water and mix it with the chia seed in a small bowl. Drain the farro, rinse it with cold water, and place it in a large serving bowl.2. While the bulgur is cooking, heat a grill or grill pan (I used my Foreman Grill). Grill the zucchini until they are golden brown on the cut side and beginning to soften. Remove them from the grill to a cutting board and cut into 1/2 inch slices; add them to the bulgur. Grill the pepper just until grill marks appear. Remove it to the cutting board, chop it, and add it to the bulgur, along with the tomatoes and green onions.3. To the chia seed mixture, add the vinegar, lemon juice, mustard, garlic, salt, and pepper. Whisk together well and add to the bulgur mixture, stirring to make sure it's well-distributed. Cover the salad and refrigerate until chilled.4. Just before serving, add the basil and check the seasonings. Add more salt, pepper, and lemon juice if necessary.

Recipe 6	Recipe 7	Recipe 8	Recipe 9	Recipe 10
Kale & Quinoa Salad with Black Beans	Bean Salad with Za'tar	Spicy Kasha Vegetable Salad	Oats & Lentil Haleem Sana Sadiq style	Grilled Chicken with Beans & Nuts
				
<p>Raw kale is an acquired taste, so if you're not a fan, try steaming the kale for a few minutes instead of massaging it.</p> <ul style="list-style-type: none">1 cup quinoa, rinsed very well (I used a combo of red and white quinoa)2 cups vegetable broth2 cloves garlic, minced1/4 cup freshly squeezed lemon or lime juice3 tablespoons vegetable broth1 teaspoon chia seeds or ground flaxseed1 teaspoon ancho chile powder (or other pure chile powder, not a blend)1/2 teaspoon cumin1/4 teaspoon chipotle chile powder, or to taste1/2 teaspoon salt, or to taste (optional)4-6 cups chopped kale leaves (about 4-5 ounces)1 15-ounce can black beans, rinsed and drained (about 1 1/2 cups)1/2 cup grated carrot1/2 red bell pepper, chopped1 avocado, sliced or cubed (optional)additional lemon juice and seasonings, to taste <ol style="list-style-type: none">Heat a saucepan. Add the rinsed and drained quinoa and the garlic and toast it until almost dry. Add the vegetable broth, bring to a boil, reduce heat, and cover. Simmer until all the water is absorbed, about 20 minutes. Remove from heat and allow to cool.While the quinoa is cooking, make the dressing in a small bowl or measuring cup: whisk together the lemon juice, 3 tablespoons broth, chia/flax seeds, chile powders, cumin and salt. Allow to stand until the chia seeds start to thicken the dressing.Place the kale in a large serving bowl. Add half of the dressing and massage it into the kale using a wringing motion until the kale is very tender. Two minutes of massaging should do it, but the longer, the better. Add the quinoa, black beans, carrot and bell pepper, along with the remaining dressing. Mix well and refrigerate until ready to serve.Just before serving, check the seasoning and add more lemon juice, chile powder, cumin and salt, as needed. Stir in chopped avocado, if desired, or serve with slices of avocado on the side.	<p>This salad gets its distinctive flavor from za'tar, a blend of spices popular in the Middle East. The exact formula varies from country to country but usually includes thyme, sumac, and sesame seeds, which is in this recipe. If you can't find za'tar locally, you can order it online from Penzey's or The Spice House, but it's very easy to make at home. Look for sumac (which is also indispensable for sprinkling on hummus) online or in Middle Eastern grovery stores.</p> <ul style="list-style-type: none">1 medium red bell pepper, chopped2 ribs celery, minced1 kohlrabi, peeled and diced small (or other crunchy vegetable, see note)4 green onions, sliced1/2 cup minced parsley2 16-ounce cans great northern beans, rinsed well and drained1/2 package lite silken tofu (about 6 ounces)1 to 2 cloves garlic3 to 4 teaspoons za'tar (or 2 teaspoons sumac, 1 1/2 teaspoon thyme, 1 teaspoon sesame seeds)1 teaspoon smoked paprika1/8 teaspoon white pepperjuice of 1/2 to 1 lemonsalt to taste <ol style="list-style-type: none">Place the bell pepper, celery, kohlrabi, green onions, parsley, and all but 1/2 cup of the beans into a large serving bowl.Place the remaining ingredients, including the reserved beans and juice of half a lemon, into a food processor, and blend until smooth. Add this dressing to the bowl and stir well to coat. Refrigerate until well chilled, at least an hour, but better the next day. Check seasonings and add more salt, lemon juice and za'tar to taste. Serve sprinkled with additional parsley or za'tar.	<p>Instead of kasha, you can substitute 1 cup of quinoa, bulgur wheat, or any whole grain and cook it in the amount of water appropriate to the grain.</p> <ul style="list-style-type: none">1 cup buckwheat kasha, medium granulation2 cups vegetable broth2 medium tomatoes, chopped fine1/2 cup green onions, thinly sliced1/2 cup parsley, chopped1/2 cup fresh mint, chopped1/2 yellow bell pepper, chopped1/2 large cucumber peeled, seeded and cut into 1/4-inch cubes1 cup cooked chickpeas1/4 cup freshly squeezed lemon juice1 tablespoon agave nectar (or pomegranate molasses) or other sweetener to taste1-3 teaspoons hot pepper paste or sauce1/2 teaspoon salt (to taste)1 tablespoon water <ol style="list-style-type: none">Heat 2 cups of vegetable broth (or heat water and add vegetable bouillon). While you're waiting for it to come to a boil, toast the kasha in a large, dry saucepan for about 3 minutes, or until it releases a nutty aroma. When the broth reaches a boil, add it carefully then cover and turn the heat very low. Cook until kasha is tender and all liquid is absorbed, 5-10 minutes. Remove from heat, fluff, and allow to cool. Kasha can be refrigerated and stored overnight, if necessary.Add all chopped vegetables and the chickpeas to the kasha. Mix the lemon juice and remaining ingredients well and add them to the kasha, stirring so that the dressing is distributed evenly. Serve mounded in the center of a large platter, with butternut lettuce leaves.	<ul style="list-style-type: none">1/5 cup Quaker oats500g chicken (bone/boneless)500g mix lentils (moong, masoor, channa, sabit masoor)1 onion, for garnish1 teaspoon extra virgin olive oil1 tablespoon red chilli powder1 teaspoon turmeric2 tablespoons ginger and garlic paste1 tablespoon garam masala1/2 cup low fat yogurtsalt to taste3-4 black pepper corns1-2 cinnamon stick3-4 cloves2-3 cardamomsfresh coriander leaves and mint leaves, finely chopped3-4 green chillies, finely chopped1 lemon <p>#Z Clean and wash the chicken. Add ginger and garlic paste, red chilli powder, turmeric powder and garam masala and mix well. Pressure cook the mixture for 3/4 whistles without adding too much water, until the meat is tender.</p> <p>\$Z Then add a little water, lemon, green chilli and yogurt and mix it well. Pressure cook for 3 whistles. Let it cool.</p> <ol style="list-style-type: none">Shred the meat with your fingers or a fork and keep aside.Meanwhile, in a large heavy-based pan, at medium heat, add water and bring to boil. Add Quaker oats, lentils, ginger and garlic paste, turmeric powder, salt, 2-3 green chillies, black pepper corns and a little water if needed. Bring to the boil and cook until very tender and mushy.Pour the meat paste and mix very well. Stir for 30 minutes on low heat.Serve garnished with ghee, green chilli, coriander, mint leaves, sliced onions, sliced lemon and chat masala.	<p>The protein from the chicken and the healthy fats from the nuts and seeds keep you satisfied and full without extra carbs!</p> <ul style="list-style-type: none">half a chicken breastsaltpeppergarlic powderpaprikalemon juiceolive oilmixed spring greenshalf an applewalnuts2 tablespoons Greek yogurt1 tablespoon balsamic vinegarmustardhoneysesame seeds <ol style="list-style-type: none">Butterfly a chicken breast, you only need one half for one portion. Season it with salt, pepper, a little garlic powder, paprika and lemon juice.Grill in a pan with a little olive oil. Slice when cooled.In a big bowl, take two handfuls of mixed spring greens. Add half a silted, peeled apple and a few walnuts.For the dressing, mix Greek yogurt, balsamic vinegar, mustard, honey, olive oil and salt and pepper to taste. Mix well. This dressing is so much better and healthier than the store-bought ones with so much added sodium.Drizzle dressing all over the salad and toss well. Sprinkle some sesame seeds and mix well. Place the sliced chicken breast and enjoy!