




Ramadaan Meal Plan

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Choose one

1-2 slices Wholegrain Toast with Peanut Butter +/-
 1/2 - 1 cup cooked Oats made with milk or water & 1-2 tbsp dried fruit & seeds
 1/2 cup Muesli, 150g plain yoghurt, 1 tsp. honey & 1 fruit
 1 small wholegrain bread roll, 1 scrambled egg, 20g cheese & 1/2 cup leafy greens
 SMOOTHIE: 1/4 cup oats, 1 cup milk/yoghurt, 1 fruit or 2 tablespoons peanut butter
 Cup of Tea + 1 Savoury Muffin/
 Scoop
 2 Oatmeal Pancakes, 100g plain yoghurt & 1 cup berries
 1 Medium Banana

1 Date + 3 almonds
 3 Dates + 10 Almonds
 1 Date
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 1 Date + 3 Almonds
 1 Date
 3 Dates + 10 Almonds
 1 cup of Vegetable Soup
 1 bowl Fruit Salad
 2-3 Egg Muffins
 1/2 cup Chicken & Corn Soup
 1 Fresh Fruit
 Almonds

1 - 1.5 cups cooked Buckwheat + 1/4 Avocado + 2 cups mixed vegetables + 100-150g (3 skewers) Chicken Kebab meat
 1 - 1.5 cups Plov
 2 cups mixed salad vegetables + 100-150g (3 skewers) Kebab meat (lean- remove fat)
 1 bowl Borsch with lean meat & veg + 1 naan bread
 Lagman (1 cup noodles + 2 cups mixed vegetables + 100g meat)
 1 bowl Mastava (2 cups) + side salad
 Chicken Fillet Burger- 1 small wholegrain bun, 2 slices tomato, 3 lettuce leaves, 2 slices beetroot & 1 slice cheese
 Chicken Sai (1/4) + 2 cups mixed vegetables + 1 cup plov Rice

SNACKS

DINNER

IFTAR

SUHOOR

1 Fruit
 Savoury Muffin
 4 crackers with cheese
 1 cob Roasted Maize
 3 cups Popcorn
 Handful of Nuts (1/4 cup)
 1/2 cup Fruit Salad + 100g Plain Yoghurt