

30-Day Ramadan Meal Plan

WEEK 1



S

Suhoor:

Overnight oats with dates and nuts

Iftar:

Lentil soup, crispy samosas, stuffed dates



m

Suhoor:

Egg & avocado toast on whole grain bread

Iftar:

Grilled chicken with rice & roasted veggies



t

Suhoor:

Chia pudding with almond milk and honey

Iftar:

Baked falafel with tahini dressing & side salad



w

Suhoor:

Chia pudding with almond milk and honey

Iftar:

Lamb stew with quinoa & cucumber yogurt



t

Suhoor:

High-protein smoothie with Greek yogurt, banana, and peanut butter

Iftar:

Baked samosas, lentil soup, grilled fish with salad



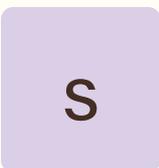
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Suhoor:

Greek yogurt with walnuts & drizzle of honey

Iftar:

Chicken shawarma wraps with garlic yogurt sauce



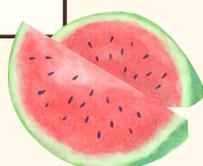
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Suhoor:

Scrambled eggs with cheese & za'atar on pita

Iftar:

Vegetable stir-fry with brown rice & laban yogurt drink



30-Day Ramadan Meal Plan

WEEK 2



S

Suhoor:

Whole wheat pancakes with honey & berries

Iftar:

Stuffed bell peppers with spiced rice & minced meat



m

Suhoor:

Chia pudding with pistachios & coconut

Iftar:

Grilled salmon with roasted sweet potatoes



t

Suhoor:

Peanut butter & banana smoothie

Iftar:

Tamarind juice, lentil soup, baked vegetable fritters



w

Suhoor:

Cottage cheese with dates & walnuts

Iftar:

Spiced chicken with hummus & pita



t

Suhoor:

Overnight oats with chia & almonds

Iftar:

Vegetable curry with basmati rice



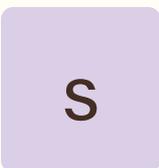
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Suhoor:

Egg muffins with spinach & cheese

Iftar:

Kofta kebabs with cucumber yogurt dip & couscous



S

Suhoor:

Greek yogurt parfait with granola & berries

Iftar:

Biryani night (chicken, beef, or veggie)



30-Day Ramadan Meal Plan

WEEK 2



S

Suhoor:

Protein-packed energy balls
with nuts & seeds

Iftar:

Beef kofta with couscous &
cucumber yogurt salad



m

Suhoor:

Oatmeal with almond butter
& cinnamon

Iftar:

Homemade hummus with pita
bread & veggie sticks



t

Suhoor:

Cheese & za'atar manakish

Iftar:

Lentil soup, crispy vegetable
fritters, chicken stew



w

Suhoor:

Scrambled eggs with spinach
& whole wheat toast

Iftar:

Kunafa with cream & honey
drizzle



t

Suhoor:

Chia pudding with nuts &
honey

Iftar:

Grilled shrimp with roasted
vegetables & rice



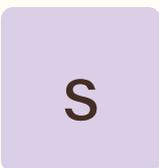
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Suhoor:

Peanut butter toast with
dates & almonds

Iftar:

Fresh fruit salad with honey-
lime dressing



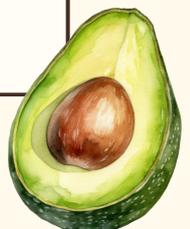
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Suhoor:

Greek yogurt with mixed nuts
& honey

Iftar:

Homemade falafel wraps with
tahini sauce





Essential Grocery List



Grains & Staples: Oats, quinoa, brown rice, whole wheat bread, pita bread



Proteins: Chicken, beef, lentils, chickpeas, Greek yogurt, cottage cheese



Healthy Fats: Nuts (almonds, walnuts, cashews, pistachios), peanut butter, olive oil



Sweeteners: Honey, date syrup, maple syrup



Spices & Herbs: Cinnamon, cardamom, za'atar, turmeric, cumin



Fruits & Vegetables: Dates, bananas, berries, citrus, cucumbers, bell peppers, spinach



Dairy & Non-Dairy: Laban, almond milk, regular milk



Meal Prep Tips



- ✓ Batch cook grains and proteins at the start of the week for quick meals.
- ✓ Make large portions of soups and freeze them in individual servings for Iftar.
- ✓ Pre-cut vegetables and store in airtight containers for faster meal assembly.
- ✓ Prepare smoothie packs with pre-measured ingredients for easy Suhoor blending.
- ✓ Stick to a weekly grocery list to avoid unnecessary purchases and reduce food waste.