

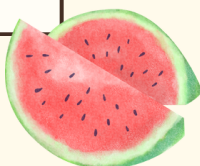


# 30-Day Ramadan Meal Plan

## WEEK 1



S	<b>Suhoor:</b> Overnight oats with dates and nuts	<b>Iftar:</b> Lentil soup, crispy samosas, stuffed dates
m	<b>Suhoor:</b> Egg & avocado toast on whole grain bread	<b>Iftar:</b> Grilled chicken with rice & roasted veggies
†	<b>Suhoor:</b> Chia pudding with almond milk and honey	<b>Iftar:</b> Baked falafel with tahini dressing & side salad
W	<b>Suhoor:</b> Chia pudding with almond milk and honey	<b>Iftar:</b> Lamb stew with quinoa & cucumber yogurt
†	<b>Suhoor:</b> High-protein smoothie with Greek yogurt, banana, and peanut butter	<b>Iftar:</b> Baked samosas, lentil soup, grilled fish with salad
f	<b>Suhoor:</b> Greek yogurt with walnuts & drizzle of honey	<b>Iftar:</b> Chicken shawarma wraps with garlic yogurt sauce
S	<b>Suhoor:</b> Scrambled eggs with cheese & za'atar on pita	<b>Iftar:</b> Vegetable stir-fry with brown rice & laban yogurt drink





# 30-Day Ramadan Meal Plan

## WEEK 2



S	<b>Suhoor:</b> Whole wheat pancakes with honey & berries	<b>Iftar:</b> Stuffed bell peppers with spiced rice & minced meat
m	<b>Suhoor:</b> Chia pudding with pistachios & coconut	<b>Iftar:</b> Grilled salmon with roasted sweet potatoes
†	<b>Suhoor:</b> Peanut butter & banana smoothie	<b>Iftar:</b> Tamarind juice, lentil soup, baked vegetable fritters
W	<b>Suhoor:</b> Cottage cheese with dates & walnuts	<b>Iftar:</b> Spiced chicken with hummus & pita
†	<b>Suhoor:</b> Overnight oats with chia & almonds	<b>Iftar:</b> Vegetable curry with basmati rice
f	<b>Suhoor:</b> Egg muffins with spinach & cheese	<b>Iftar:</b> Kofta kebabs with cucumber yogurt dip & couscous
S	<b>Suhoor:</b> Greek yogurt parfait with granola & berries	<b>Iftar:</b> 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

f

Suhoor:

Peanut butter toast with  
dates & almonds

Iftar:

Fresh fruit salad with honey-  
lime dressing

S

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.