

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

IFTAR SIDE DISH



Moutabal Ajami



Golden Pumpkin
Kibbeh



Yalenji Vine Leaves



Zaatar Fatayer



Beef Sambousek

IFTAR MAIN



Yogurt Koussa



Chicken Maqlouba



Spiced Beef Soba



Kossa Wara Enab



Zanzibar Grilled Fish

IFTAR SNACK



Ashtaliya



Labneh &
Tomato Sfiha



Ousmaliyyah



Turmeric &
Pistachio Cake



Atayef Bil Jebneh

RAMADAN MEAL PLAN

IFTAR

right
bite

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

IFTAR DRIED FRUITS



Dates



Dried Figs



Dates



Apricots



Dates

IFTAR BEVERGES



Low Fat Laban



Minted Yoghurt



Low Fat Strawberry Yoghurt



Turmeric & Ginger Yoghurt Drink



Low Fat Apricot Yoghurt

IFTAR SOUP



Harira Soup



Roasted Carrot Soup



Mushroom Soup



Roasted Tomato Soup



Pumpkin Soup

SUHOOR DRINKS

DAY 1



Low Fat Fruits of The Forest Yoghurt

DAY 2



Low Fat Laban

DAY 3



Minted Yoghurt

DAY 4



Cacao Milk

DAY 5



Low Fat Plain Yoghurt

SUHOOR FRUITS



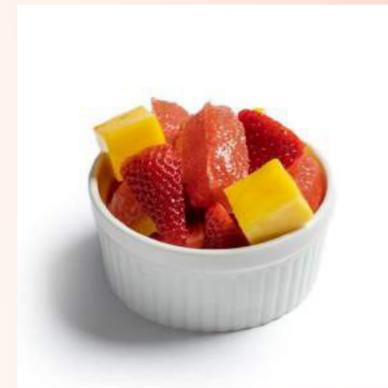
Red Grapes



Pineapple Slices



Banana



Grapefruit, Mango & Strawberry Fruit Salad



Apple

SUHOOR MAIN



Buckwheat Zaatar Croissant



Pumpkin Pancakes



Tuscan Eggs Breakfast



The Great Greek Breakfast



The Green Goodness Shakshouka