

RAMADAN MEAL PLAN



IFTAR



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 MAINS

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



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Dates



Dried Figs



Dates



Apricots



Dates



Low Fat Laban



Minted Yoghurt



Low Fat Strawberry
Yoghurt



Turmeric & Ginger
Yoghurt Drink



Low Fat
Apricot Yoghurt



Harira Soup



Roasted Carrot Soup



Mushroom Soup



Roasted
Tomato Soup



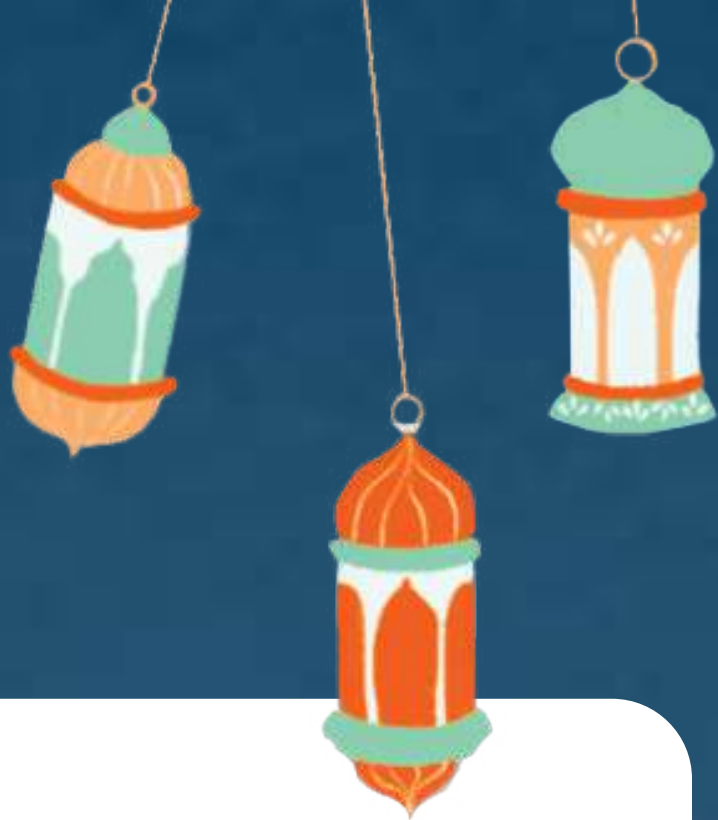
Pumpkin Soup



IFTAR DRIED
FRUITS

IFTAR
BEVERAGE

IFTAR SOUP



DAY 1

DAY 2

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DAY 5

SUHOOR DRINKS

Low Fat Fruits of
The Forest Yoghurt



Low Fat Laban



Minted Yoghurt



Cacao Milk



Low Fat
Plain Yoghurt



SUHOOR FRUITS

Grapes, Red



Pineapple Slices



Banana



Grapefruit, Mango and
Strawberry Fruit Salad



Apple



SUHOOR MAIN

Buckwheat
Zaatar Croissant



Pumpkin Pancakes



Tuscan Eggs
Breakfast



The Great
Greek Breakfast



The Green Goodness
Shakshouka

