

Amana Nutrition



RAMADAN MEAL PLAN



For Healthy Adults

 **SUHOOR** Stay hydrated! Have 2 cups of water!

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
½ cup Daal (lentils)	¾ cup ful (cooked fava beans & vegetables)	1 cup insalaaddo digir (fava beans, chickpeas, tomatoes & green onion with spices)	2 Eggs (scrambled/ hard boiled / poached/ vegetable omelette)	⅓ cup Rajma (kidney beans in a flavourful gravy)	⅓ cup hummus	½ cup (75g/ 3oz/size of your palm) liver/kidney
1 egg	1 egg	Two 6 inch laxoox/enjeero	2 slices of whole grain or whole wheat bread	1 egg	1 6 inch Whole wheat pita	½ cup sareen (creamy barley porridge)
1 ½ 6 inch Whole wheat chappatti	1 ½ 6 inch Whole wheat pita	1 egg	1 cup mixed berries	1 ½ 6 inch Whole wheat chappatti	¼ cup unsalted unroasted nuts (pecans, almonds, walnuts)	Two 6 inch laxoox/enjeero
1 Orange sliced	1 cup mixed berries	1 small banana	If frying eggs, prepare in 1 tbsp of canola oil	1 cup melon	2 cups strawberries	¼ cup unsalted unroasted nuts (pecans, almonds, walnuts)
Prepare meal with 1 tbsp canola oil	Prepare ful with 1 tbsp olive oil	Prepare insalaaddo digir with 3 tsp olive oil		Prepare meal with 1 tbsp canola oil		½ mango sliced



MAGHRIB ADHAN (IFTAR) 3 Dates (small) + 1 cup water / milk / milk substitute

½ cup Chana Chaat with diced onion, tomato & cilantro	1 cup fruit	½ cup low-sugar custard with ½ sliced medium banana or ¼ cup mango	1 cup fruit	½ cup fruit chaat without custard/ or low sugar custard	½ cup squash & potato soup	1 medium banana
¼ seeds (sunflower/ safflower/ pumpkin)	¼ cup of unsalted/ unroasted nuts (almonds, walnuts, pecans)	1 tsp of nigella seeds (black seed/kalonji/ 7abbatal barakah)	¼ seeds (sunflower/ safflower/ pumpkin)	¼ cup of unsalted/ unroasted nuts (almonds, walnuts, pecans)	¼ cup of unsalted/ unroasted nuts (almonds, walnuts, pecans)	¼ seeds (sunflower/ safflower/ pumpkin)

Do not delay breaking the fast, as excessive hunger can lead to headaches, low blood sugar, dizziness, & overeating later on. Messenger of Allah (saw) said: "The people will continue to do well so long as they hasten to break the fast."

-Al-Bukhaari (1957) & Muslim (1098)

★ AFTER MAGHRIB PRAYER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
½ cup (75g/3oz/size of palm) 1 skinless thigh from karahi chicken	6 medium - sized meat stuffed dolma/ malfoof/ mahshi/ waraq al-3inab	½ cup (75g/3oz/size of palm) hilib suqaar (chopped lean steak)	½ cup (75g/3oz/size of palm) Baked/ grilled salmon	½ cup (75g/3oz/size of palm) of Fish curry (salmon/ mackerel)	½ cup (75g/3oz/size of palm) shakriyeh (lamb stew) with 1tsp olive oil	½ cup (75g or 3oz/size of palm) hilib suqaar (chopped lean steak) / ground beef sauce
1½ 6 inch Whole wheat chappatti	1 cup max couscous	Two 6 inch whole wheat kimis/ sabaayad/ muufo	1 cup max of cooked whole wheat pasta/rice	1 cup max cooked brown basmati rice	1 cup max cooked whole wheat pasta	1 cup max of cooked whole wheat baasto/ barees (pasta/rice)
2 cups (½ plate of your plate) of: bhindi (okra) & Aloo Gobi (potato & cauliflower)	2 cups fattoush salad Prepare meal with 1 tbsp olive oil	2 cups (½ of your plate) of: salad or mixed green salad with 1 tbsp vinaigrette Prepare meal with 2tbsp canola oil	2 cups (½ of your plate) of: grilled/ sautéed vegetables (zucchini, red bell pepper, brussels sprouts & carrots) Bake/grill both salmon & vegetables with 1 tbsp olive oil	2 cups (½ of your plate) of: salad / mixed green salad with 1 tbsp balsamic vinaigrette Prepare meals with 1-2tbsp sunflower/ safflower/ canola oil	2 cups (½ of your plate) of sautéed vegetables with 1 tbsp canola/ sunflower/ safflower oil	2 cups (½ plate for mixed vegetables) (prepared from frozen), sautéed with 1 tbsp canola oil
Prepare meals with 1-2tbsp sunflower/ safflower/ canola oil						

🕌 PRE - ISHA SNACK Stay hydrated! Have 1 cup water!

3 tbsp Plain skim Greek yoghurt	¼ cup nuts (almonds, walnuts, pecans)	3 tbsp plain skim Greek yoghurt	¼ cup nuts (almonds, walnuts, pecans)	3 tbsp plain skim Greek yoghurt	3 tbsp plain skim Greek yoghurt	¼ cup nuts (almonds, walnuts, pecans)
1 cup fruit	1 cup fruit	1 cup fruit	1 cup fruit	1 cup fruit	1 cup fruit	1 cup fruit

🕌 POST - ISHA SNACK Stay hydrated! Have 1 cup water!

1 tbsp natural peanut/ almond butter	1.5 oz of swiss/ cheddar cheese	¼ cup dried chickpeas	3 tbsp plain skim Greek yoghurt	1 tbsp natural peanut/ almond butter	¼ cup dried chickpeas	3 tbsp plain skim Greek yoghurt
2 slices whole wheat bread	4-5 whole grain crackers	½ cup baby carrots or sliced celery	1 cup berries	2 slices whole wheat bread	½ cup baby carrots or sliced celery	1 cup fruit