



RAMADAN MEAL PLAN

DAYS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
SAHUR	Wheat meal/Amala, ewedu and fish	Oatmeal in skimmed meal and dried fruits or raisins.	Semo/ Plantain swallow with efo riro and chicken	Brown rice/ basmati rice, chicken and 2 bananas.	Spaghetti/Pasta garnished with veggies and chicken
IFTAR	3 dates and water, Ofada rice with sauce and fish	3 dates and water, Sweet Potato and fish sauce	3 dates and water, Pap in skimmed milk and Moin moin	3 dates and water, 2 Slices of yam with stir fried eggs in veggies.	Wheat bread, sandwich of veggies, avocado and chicken flakes
POST TARAWEEH	A handful of nut and a cup of green tea	Watermelon and pineapple chunks	Carrots and cucumber	Apple and Pineapple smoothie	Mangoes
DAYS	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
SAHUR	Farm house pottage,(sweet potato, beans and plantain) and chicken		Pawpaw and carrot smoothie	2 slices of Wheat bread, 2 boiled eggs and a cup of tea	Boiled plantain with fish sauce
IFTAR	3 dates and water, Veggies salad with Avocado and Chicken	3 dates and water, Rice and beans combo with fish.	3 dates and water, Pap and moin moin	3 dates and water, Jollof rice with goat meat	3 dates and water, Yam porridge garnished with Ugwu leaves and goat meat.
POST TARAWEEH	Yoghurt and banana smoothie	Cucumber and peanut	Tigernut milk	Watermelon and ginger smoothie	Oranges
DAYS	DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
SAHUR	Yoghurt and 2 boiled eggs	Wheatmeal/Amala/Ground Rice with okro and fish	Oatmeal in skimmed milk and boiled eggs.	Yoghurt and banana smoothie	Moin moin and Chicken
IFTAR	3 dates and water, Boiled sweet potato and fish sauce	3 dates and water, Pap in skimmed milk and Moin moin	3 dates with water, 2 slices of bread , sandwich of veggies and chicken	3 dates and water, Ofada rice with sauce and chicken	3 dates and water, Jollof spaghetti and boiled eggs
POST TARAWEEH	Carrots and cucumber	Apple and grapes	Coconut	Granola and a cup of tea	Pear apples
DAYS	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
SAHUR	Semolina/Amala ewedu and Chicken	Ofada rice and vegetable sauce with 2 bananas	Oatmeal in skimmed milk and boiled eggs.	Avocado, skimmed milk and banana smoothie	Stewed beans with meat
IFTAR	3 dates and water, Pap and moin moin	3 dates and water, 2 slices of bread, fish sauce and 2 boiled eggs	3 dates and water, Yam and stir fried eggs with veggies	3 dates and water,Bulghur wheat with stir fried veggies and meat	Fried rice, coleslaw and grilled fish
POST TARAWEEH	Watermelon and Pineapple	Sorrel drink (Zobo) flavoured with ginger and pineapple.	Pawpaw	Garden eggs and walnut	Fish peppersoup
DAYS	DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
SAHUR	Oatmeal in skimmed milk with banana and boiled eggs.	Amala/Plantain swallow with efo riro and fish	Yoghurt and banana smoothie with boiled eggs	Ground rice with Efo riro and goat meat	Rice and fish stew with 2 bananas
IFTAR	3 dates and water Stewed beans and Goat meat.	3 dates and water, Yam and fish sauce	3 dates and water, Rice and beans combo with fish.	3 dates and water, 2 slices of bread, egg sauce with cups of tea	3 dates and water,Veggies salad with boiled eggs
POST TARAWEEH	Tigernut milk	Fruit salad	Mixed trail of nut (Almonds, peanuts, cashew nuts).	Oranges	Yoghurt and granola
DAYS	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
SAHUR	Beans and sweet potato porridge	Yoghurt and Granola with 2 bananas	Boiled plantain with efo riro and goat meat	Oatmeal in skimmed milk, with raisins and boiled eggs.	2 Slices of bread, peanut butter and boiled eggs
IFTAR	3 dates and water, Chicken and Vegetable pasta /spaghetti	3 dates and water, Pap in skimmed milk and moin moin	3 dates and water, Rice and beans combo with goat meat.	3 dates and water, boiled sweet potato and stir fried eggs in veggies	3 dates and water, Jollof rice cole slaw and chicken.
POST TARAWEEH	Banana and peanut	Sorrel drink (zobo) flavoured with ginger and pineapple	Carrots and cucumber	Tigernut milk	Granola and a cup of tea