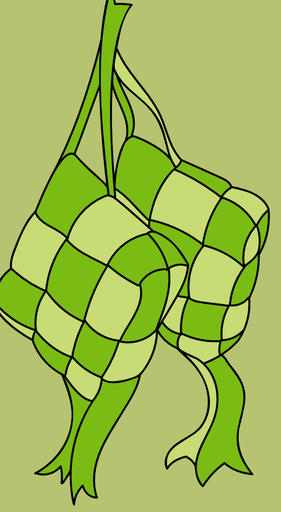
Ramadan

MEAL PLAN





DAY 1

Suhoor:

Foul Mudammas (fava beans stew), boiled eggs, labneh, pita bread, and dates.

Iftar:

Dates, lentil soup, fattoush salad, chicken shawarma wraps, and umm ali (Egyptian bread pudding) for dessert.





DAY 2

Suhoor:

Shakshuka (eggs poached in tomato sauce), grilled halloumi cheese, cucumber and tomato salad, and fruit.

Iftar:

Dates, samosas, harees (wheat and meat porridge), lamb kebabs, saffron rice, and kunafa (sweet cheese pastry) for dessert.





DAY 3

Suhoor:

Manakeesh (Lebanese zaatar and cheese flatbread), labneh, olives, sliced vegetables, and fruit smoothie.

Iftar:

Dates, harira soup (Moroccan lentil and tomato soup), tabouleh, kofta (meatballs) with tahini sauce, pita bread, and qatayef (sweet stuffed pancakes) for dessert.

DAY 4

Suhoor:

Chana masala (Indian spiced chickpeas), boiled eggs, naan bread, and fresh fruit.

Iftar:

Dates, vegetable pakoras, chicken biryani, raita (yogurt and cucumber salad), and baklava for dessert.









DAY 5

Suhoor:

Turkish menemen (scrambled eggs with tomatoes and peppers), feta cheese, olives, and whole-grain toast.

Iftar:

Dates, lentil and rice soup, fatayer (spinach and cheese pastries), shish tawook (grilled chicken skewers), vermicelli rice, and halva (sesame sweet) for dessert.





DAY 6

Suhoor:

Ful medames (Egyptian fava bean stew), scrambled eggs, feta cheese, and pita bread.

Iftar:

Dates, yemeni marak temani (lamb and vegetable stew), green salad, chicken machboos (spiced rice), and luqaimat (sweet dumplings) for dessert.





DAY 7

Suhoor:

Labneh with olive oil and za'atar, sliced vegetables, olives, and whole-grain crackers.

Iftar:

Dates, moroccan bessara (fava bean dip), chicken tagine with apricots and almonds, couscous, and briwat (sweet pastries) for dessert.





DAY 8

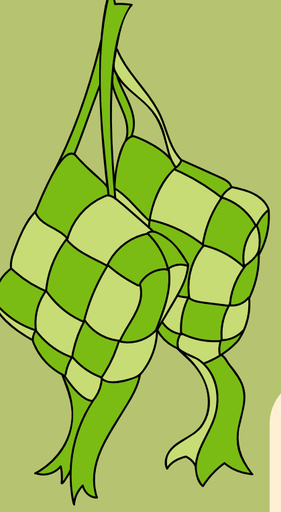
Suhoor:

Cheese manakish, sliced cucumber and tomatoes, boiled eggs, and fresh juice.

Iftar:

Dates, lentil soup, tabbouleh salad, lamb ouzi (rice and meat dish), and knafeh for dessert.





DAY 9

Suhoor:

Spicy shakshouka, hummus, pita bread, and fruit salad.

Iftar:

Dates, kibbeh (bulgur and meat croquettes), fattoush salad, chicken shawarma, and baklava for dessert.





DAY 10

Suhoor:

Chickpea fatteh (layered chickpea and bread dish), labneh, olives, and mint tea.

Iftar:

Dates, vegetable soup, musakhan (palestinian sumac chicken), arabic salad, and qatayef for dessert.





DAY 11

Suhoor:

Cheese and zaatar fatayer, boiled eggs, sliced vegetables, and fruit smoothie.

Iftar:

Dates, lentil soup, chicken kabsa (saudi rice dish), tabouleh, and um ali for dessert.

DAY 12

Suhoor:

Ful medames, feta cheese, sliced tomatoes and cucumbers, and whole-grain bread.

Iftar:

Dates, seafood soup, grilled fish, rice with vermicelli, fattoush salad, and kunafa for dessert.









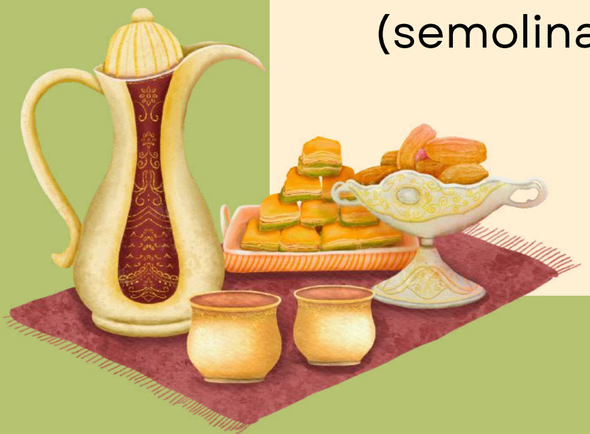
DAY 13

Suhoor:

Halloumi and vegetable wrap, labneh, dates, and fresh juice.

Iftar:

Dates, harira soup, lamb tagine with prunes, couscous, and basbousa (semolina cake) for dessert.





DAY 14

Suhoor:

Turkish scrambled eggs with sucuk (spicy sausage), feta cheese, olives, and pita bread.

Iftar:

Dates, falafel, hummus, tabbouleh, chicken shawarma, and knafeh for dessert.





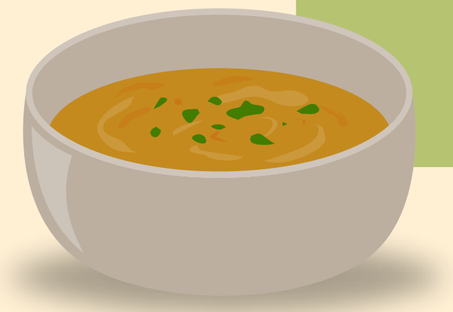
DAY 15

Suhoor:

Cheese manakish, labneh, sliced vegetables, and mint tea.

Iftar:

Dates, lentil soup, kabuli pulao (afghan rice dish), lamb kebab, and halva for dessert.



DAY 16

Suhoor:

Shakshuka, hummus, whole-grain bread, and fresh fruit.

Iftar:

Dates, vegetable soup, chicken machboos, arabic salad, and luqaimat for dessert.







DAY 17

Suhoor:

Labneh with olive oil and za'atar, cheese fatayer, sliced vegetables, and fruit smoothie.

Iftar:

Dates, moroccan harira soup, lamb couscous, fattoush salad, and briwat for dessert.



DAY 18

Suhoor:

Falafel wrap, boiled eggs, sliced tomatoes and cucumbers, and fresh juice.

Iftar:

Dates, lentil soup, yemeni mandi (meat and rice dish), tabouleh, and baklava for dessert.







DAY 19

Suhoor:

Ful medames, feta cheese, olives, and whole-grain bread.

Iftar:

Dates, seafood soup, samke harra (spicy fish), rice with vermicelli, arabic salad, and um ali for dessert.

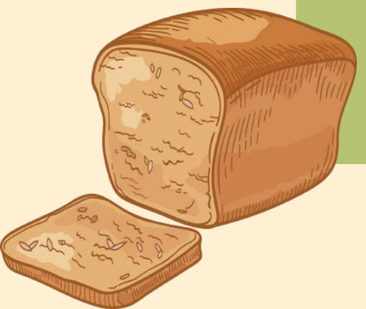
DAY 20

Suhoor:

Cheese manakish, labneh, dates, and mint tea.

Iftar:

Dates, vegetable soup, chicken biryani, raita, and qatayef for dessert.









DAY 21

Suhoor:

Menemen (Turkish scrambled eggs), halloumi cheese, sliced vegetables, and pita bread.

Iftar:

Dates, harira soup, lamb tagine with apricots, couscous, and knafeh for dessert.

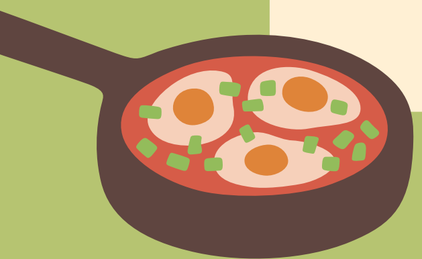
DAY 22

Suhoor:

Spicy shakshuka, hummus, whole-grain bread, and fresh fruit.

Iftar:

Dates, falafel, fattoush salad, chicken shawarma, and halva for dessert.









DAY 23

Suhoor:

Labneh with olive oil and za'atar, cheese fatayer, sliced vegetables, and fruit smoothie.

Iftar:

Dates, lentil soup, kabsa (saudi rice and chicken dish), tabbouleh, and baklava for dessert.





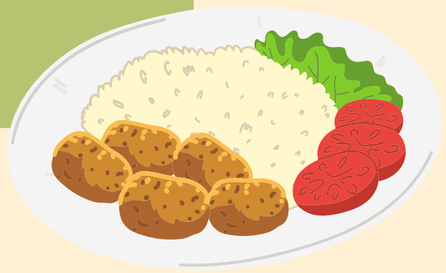
DAY 24

Suhoor:

Chickpea fatteh, boiled eggs, sliced tomatoes and cucumbers, and fresh juice.

Iftar:

Dates, vegetable soup, jordanian mansaf (lamb and rice dish), arabic salad, and basbousa for dessert.





DAY 25

Suhoor:

Cheese manakish, labneh, olives, and mint tea.

Iftar:

Dates, seafood soup, sayadieh (lebanese fish and rice), fattoush salad, and kunafa for dessert.



DAY 26

Suhoor:

Ful medames, feta cheese, sliced vegetables, and whole-grain bread.

Iftar:

Dates, harira soup, chicken tagine with olives and preserved lemons, couscous, and briwat for dessert.







DAY 27

Suhoor:

Turkish menemen, halloumi cheese, dates, and fresh juice.

Iftar:

Dates, lentil soup, kofta kebab, rice with vermicelli, tabbouleh, and um ali for dessert.

DAY 28

Suhoor:

Shakshuka, hummus, pita bread, and fresh fruit.

Iftar:

Dates, vegetable soup, lamb ouzi, arabic salad, and qatayef for dessert.









DAY 29

Suhoor:

Cheese manakish, labneh, olives, and mint tea.

Iftar:

Dates, seafood soup, sayadieh (lebanese fish and rice), fattoush salad, and kunafa for dessert.



DAY 30

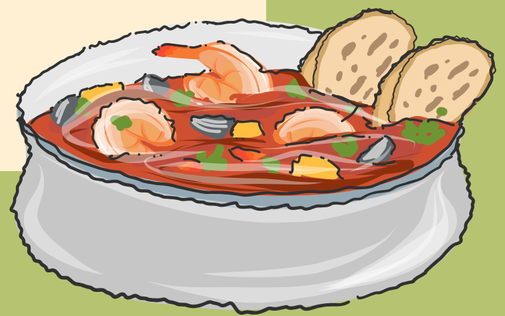
Suhoor:

Ful medames, feta cheese, sliced vegetables, and whole-grain bread.

Iftar:

Dates, harira soup, chicken tagine with olives and preserved lemons, couscous, and briwat for dessert.







Ramadan Kareem