

# Healthy Ramadhan Meal Plan

**MALAKOFF**  
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These healthy meal ideas will give you a varied and balanced diet during Ramadan. They include ingredients from the major five food groups. The meal plan has been written by medical experts in consultation with Islamic scholars.

Fluids (water and juices) and dates should be added to each Suhoor (pre-dawn meal) and Iftar (dinner – the meal which ends the day's fast). The fast is broken with dates, followed by dinner.

- 1 Suhoor:** A bowl of porridge with milk, one slice of toast and a handful of unsalted nuts  
**Iftar:** Pitta bread with chicken, salad and hummus and one or two pieces of baklava
- 2 Suhoor:** Wheat-based cereal with milk, a plain scone or crumpet and an apple or banana  
**Iftar:** Chicken with boiled rice, vegetable curry and mixed salad, followed by fruit salad with single cream
- 3 Suhoor:** A bowl of shredded wheat or muesli and a pear or orange  
**Iftar:** Baked fish with roasted vegetables, or fish curry with rice followed by sweet vermicelli or one piece of jalebi (an Indian sweet)
- 4 Suhoor:** Cheese, then one teaspoon of jam with crackers or toast, and a handful of dried fruits  
**Iftar:** Pasta cooked with vegetables and chicken or fish, and a slice of plain cake with custard

