



Chef Hala



Ramadan Plan (1400-1500 Calories per day) A TYPICAL WEEK

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
SUHOOR	<p>DATE CARAMEL ESPRESSO OVERNIGHT OATS</p> <p>Overnight oats pudding with almond milk, chia seeds, vanilla whey protein, coffee, date syrup and chopped pistachios.</p> <p>AMBROSIA FRUIT SALAD</p> <p>Fresh green grapes, oranges, strawberries and blue berries, with orange coconut cream.</p>	<p>ARABIC BREAKFAST</p> <p>Traditional slow cooked fava beans, flavored with olive oil, chopped onions, chopped tomatoes, parsley and lemon juice, alongside boiled eggs, grilled tomato wedge and onion rings.</p> <p>BEETROOT LABNEH WITH CUCUMBER</p> <p>Beetroot labneh with fresh cucumber sticks.</p>	<p>BANANA PANCAKE WITH RASPBERRY COULIE</p> <p>Whole oats pancake made with smashed banana, apple sauce, honey and cinnamon. Served with raspberry coulie.</p> <p>YOGHURT WITH STRAWBERRY AND PISTACHIO</p> <p>Vanilla yoghurt with chopped strawberries, honey and pistachios.</p>	<p>FOUL MOUDAMES</p> <p>Traditional foul moudames with Arabic bread and light salad.</p> <p>MOUTABEL AND CRUDITES</p> <p>Traditional roasted eggplant dip made with sour cream, tahini, olive oil, lemon juice, garlic, salt and pepper. Served with carrot strips.</p>	<p>BREAKFAST QUESADILLA</p> <p>Eggs, shredded cheese, sautéed capsicum, onion and coriander wrapped in a whole wheat tortilla.</p> <p>BASIL, MELON SALAD</p> <p>Cubes of watermelon, rock melon and honey melon, mixed with rosewater and chopped basil leaves.</p>
IFTAR	<p>PLAIN DATES (2 PCS)</p> <p>ORANGE KICK JUICE 250ML</p> <p>LABAN</p> <p>RED LENTIL SOUP</p> <p>Red lentil soup with onion, carrot, garlic, cumin and paprika.</p> <p>TILAPIA WITH CAULIFLOWER RICE WITH CAPSICUM</p> <p>Tilapia with low carb cauliflower rice with capsicum and parsley. Served with a lemon wedge and fresh chives.</p> <p>MIXED GREENS SIDE</p> <p>Mixed greens, tomatoes, cucumber with lemon vinaigrette dressing.</p> <p>NAMOURA</p> <p>Traditional Namoura made with honey, skim milk, yoghurt, rose water, tahini, honey, lemon juice and almonds.</p>	<p>PLAIN DATES (2 PCS)</p> <p>MELON BERRY JUICE 250ML</p> <p>LABAN</p> <p>HEARTY VEGETABLE SOUP</p> <p>Vegetable soup with diced carrot, potato, zucchini, tomato, celery, kidney beans, onion, chopped basil and parsley.</p> <p>DAWOOD BASHA</p> <p>Traditional beef meatballs in tomato sauce.</p> <p>BROWN RICE</p> <p>PALEO CARROT CAKE</p> <p>Gluten free carrot cake made with grated carrot, almond flour, eggs, cinnamon, almond flour, coconut, chopped pineapple, raisins and walnuts, topped with coconut cream and shredded coconut.</p>	<p>PLAIN DATES (2 PCS)</p> <p>BEACHY BLEND JUICE 250ML</p> <p>LABAN</p> <p>OAT SOUP</p> <p>Oat soup with tomato, onion, turmeric and chopped parsley.</p> <p>CHICKEN MAKLOUBEH</p> <p>Chunks of roasted chicken breast marinated in garlic, tomato, cumin, coriander and arabic spices, served with roasted cauliflower, eggplant, potato and tomato flavored rice. With yoghurt and cucumber sauce.</p> <p>FATTOUSH SIDE SALAD</p> <p>Iceberg lettuce, tomato and cucumber cubes, spring onions, fresh mint, sliced red radish and pomengranate seeds, with pomengranate vinaigrette</p> <p>BARAZEK</p> <p>A healthy version of traditional barazek made with whole wheat flour, skimmed milk, coconut sugar and coconut oil coated with honey, rose water, sesame seeds and pistachios.</p>	<p>PLAIN DATES (2 PCS)</p> <p>ORANGE JUICE 250ML</p> <p>LABAN</p> <p>FREEKAH SOUP</p> <p>Light soup with freekah, chicken breast, onion, cinnamon, cardomon and fresh chopped parsley.</p> <p>SHRIMP KEBSA</p> <p>Baked shrimp marinated with spices, tomato and lemon juice, on a bed of brown spiced rice, topped with coriander and roasted pinenuts.</p> <p>TABBOULEH WITH QUINOA</p> <p>Chopped parsley, tomato, spring onion, mint, quinoa with a lemon tomato vinaigrette.</p> <p>FIG & DATE COOKIE BAR</p> <p>Gluten-free cookie made with almond flour, coconut oil and light cream cheese, filled with dried figs, apricots and dates.</p>	<p>PLAIN DATES (2 PCS)</p> <p>RED SMOOTHIE JUICE 250ML</p> <p>LABAN</p> <p>CREAMY YELLOW LENTIL SOUP</p> <p>A creamy yellow lentil soup with onion, brown rice, turmeric, cumin and coriander leaves.</p> <p>BEEF OUZI</p> <p>Marinated beef cubes on top of spiced rice with green peas. Garnised with chopped fresh parsley and roasted pinenuts.</p> <p>CUCUMBER YOGHURT SAUCE</p> <p>Fresh chopped mint, cucumber and yoghurt.</p> <p>TAHINI BROWNIE</p> <p>Chocolate and coconut brownie layered with tahini topping.</p>

This is just one of thousands of menu combinations, you can easily make changes to your plan using your personal dashboard, putting you in control of what you eat.