

The title "10 Day Ramadan Meal Planner" is centered in a teal, sans-serif font. The text is overlaid on a semi-transparent white rectangular area that spans across the middle of the image. The background of the entire page is a close-up photograph of a bowl of food containing lettuce, tomatoes, cucumbers, and fried tofu, with a pair of wooden chopsticks resting on a dark blue textured surface to the right.

# 10 Day Ramadan Meal Planner





# Day 1



## Suhoor

## Iftar

### Scrambled eggs



3g  
carbs

200g

### Khubz



35g  
carbs

60g

### Labaan



7g  
carbs

250ml

### Water / Fluids



0g  
carbs

4-6 glasses per day

### Dates



3g  
carbs

x3

### Cheese samosa



10g  
carbs

x2

### Kebabs / Kofta



3g  
carbs

200g

### Houmous



9g  
carbs

200g

### Vine leaves



20g  
carbs

135g

### Arabic pilau rice



40g  
carbs

100g

### Peaches in cream



10g  
carbs

100g



# Day 2



## Suhoor

## Iftar

### Boiled eggs

### Khubz



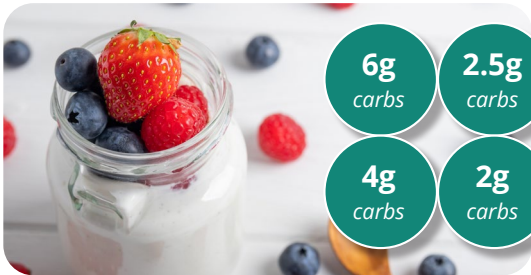
??g  
carbs

35g  
carbs

x2

60g

### Greek yoghurt / Strawberries / Blueberries / Raspberries



6g  
carbs

2.5g  
carbs

4g  
carbs

2g  
carbs

126g / 40g / 40g / 40g

### Water / Fluids



0g  
carbs

4-6 glasses per day

### Dates



15g  
carbs

x3

### Kibbeh

### Tabbouleh salad / Vine leaves & rice



12g  
carbs

28g  
carbs

75g

150g / 135g

### Tashreebah

### Khubz



8g  
carbs

35g  
carbs

200g

60g

### Ummali pudding



30g  
carbs

100g



# Day 3



## Suhoor

## Iftar

### Eggs with avocados



3g  
carbs

250g

### Khubz



35g  
carbs

60g

### Water / Fluids



0g  
carbs

4-6 glasses per day

### Dates



15g  
carbs

x3

### Margoog



32g  
carbs

250g

### Arabic pilau rice



40g  
carbs

100g

### Fattoush salad



17g  
carbs

200g



# Day 4



## Suhoor

## Iftar

### Jereesh



40g  
carbs

250g

### Khubz



35g  
carbs

60g

### Water / Fluids



0g  
carbs

4-6 glasses per day

### Dates



15g  
carbs

x3

### Falafel / Tzatziki



22g  
carbs

7g  
carbs

70g / 200g

### Lentil soup



30g  
carbs

230g

# Day 5



## Suhoor

## Iftar

### Salmon with eggs and feta cheese



3g  
carbs

250g

### Khubz



25g  
carbs

50g

### Water / Fluids



0g  
carbs

4-6 glasses per day

### Dates



15g  
carbs

x3

### Kubbat Burghul



25g  
carbs

80g

### Lentil soup



30g  
carbs

200g

### Khubz



25g  
carbs

50g

### Luqaimat



18g  
carbs

x2



# Day 6



## Suhoor

## Iftar

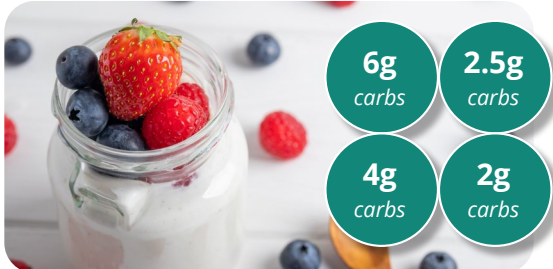
### Pancake with beans



100g

65g

### Greek Yoghurt / Strawberries / Blueberries / Raspberries



126g / 40g / 40g / 40g

### Water / Fluids



4-6 glasses per day

### Dates



x3

### Cheese samosa



x2

### Samak mashwi / Rice



350g / 100g

### Arabic pilau rice



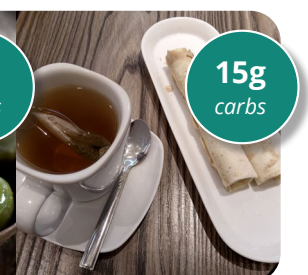
100g

### Olives



50g

### Darabeel



??



# Day 7



## Suhoor

## Iftar

### Shakshuka eggs



6g  
carbs

200g

### Dates



15g  
carbs

x3

### Ghaimar



3g  
carbs

60g

### Khubz



35g  
carbs

60g

### Lamb Margoog



38g  
carbs

200g

### Labaan



7g  
carbs

250ml

### Cooked vegetables



8g  
carbs

300g

### Water / Fluids



0g  
carbs

4-6 glasses per day

### Labaan



7g  
carbs

250ml

### Portion of fruit



10g  
carbs

100g



# Day 8



## Suhoor

## Iftar

### Omelette and vegetables



2 eggs

### Khubz



60g

### Water / Fluids



4-6 glasses per day

### Dates



x3

### Bamia



250g

### Quinoa



85g

### Lentil soup



200g

### Mahalabia



60g



# Day 9



## Suhoor

## Iftar

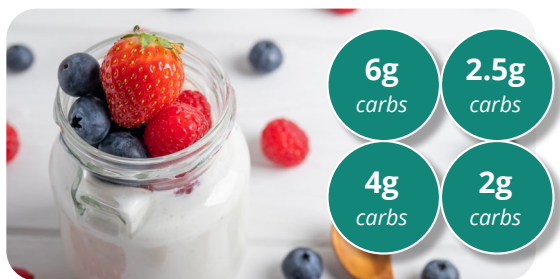
### Harees



25g  
carbs

240g

### Greek Yoghurt / Strawberries / Blueberries / Raspberries



6g  
carbs

2.5g  
carbs

4g  
carbs

2g  
carbs

126g / 40g / 40g / 40g

### Water / Fluids



0g  
carbs

4-6 glasses per day

### Dates



15g  
carbs

x3

### Lentil soup



30g  
carbs

200g

### Khubz



35g  
carbs

60g

### Yoghurt, cucumber and pomegranate salad



10g  
carbs

200g



# Day 10



## Suhoor

## Iftar

### Halloumi with stuffed aubergine



3g  
carbs

150g

### Khubz



35g  
carbs

60g

### Pieces of fruit



10g  
carbs

100g

### Water / Fluids



0g  
carbs

4-6 glasses per day

### Dates



15g  
carbs

x3

### Chicken curry / Rice



37g  
carbs

150g / 100g

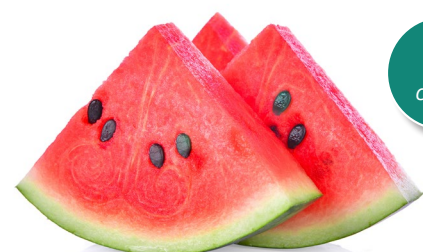
### Fattoush salad



18g  
carbs

200g

### Portions of fruit melon



7g  
carbs

150g