

A close-up photograph of a hand holding a single date fruit over a table set with various dishes. The background is softly blurred, showing other people and more food. The lighting is warm and natural, suggesting an indoor setting with windows. The overall mood is peaceful and focused on the act of eating or preparing food.

My Ramadan Meal Planning Toolkit

Rahaf Al Bochi, RD

My Ramadan Meal Planning Toolkit



Salam!

Nourishing your body during Ramadan is important to optimize your energy levels. However, preparing healthy foods can be a challenging and stressful process for many. Meal planning and prepping can be a great strategy to help you organize your meals during Ramadan. Use this meal planning toolkit alongside the "meal planning for ramadan" blog on my website to start your meal planning process.

The information in this toolkit and blog provides general recommendations. If you would like more guidance on meal planning for Ramadan and tailored healthy eating tips, you can schedule a free discovery call at www.olivetreenutrition.com to set up your consult.

Lastly, if you find this information useful please share with your friends and family!

You can find me on social media Facebook and Instagram @OliveTreeNutrition where I share healthy recipes and nutrition tips.

Wishing you a blessed Ramadan!

Rahaf Al Bochi, RD

My Ramadan Meal Ideas



Suhur Meal Ideas

A large, empty, light gray rounded rectangular box intended for writing meal ideas for Suhur.

Iftar Meal Ideas

A large, empty, light gray rounded rectangular box intended for writing meal ideas for Iftar.

Dessert and Snack Ideas

A large, empty, light gray rounded rectangular box intended for writing dessert and snack ideas.

My Ramadan Grocery List



Vegetables and Fruits

Meat/Chicken/Fish

Dairy and Eggs

Grains/Cereals/Pantry Staples

Frozen Food

Other

My Ramadan Meal Planner



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Suhur

Iftar

Dessert

Snack

7-Day Ramadan Sample Meal Plan



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Suhur	Oatmeal with milk, nuts and fruit	Egg Wrap (2 scrambled eggs whole wheat tortilla) Fruit	Hummus with pita bread, carrot and cucumber sticks 1 cup milk and dates	Egg omelet with vegetables, toast bread, Fruit	whole wheat protein pancakes, nuts, strawberries, glass of milk	Tuna salad sandwich on whole wheat bread Fruit	fava beans or dal with vegetables, whole wheat pita bread Fruit
Iftar	Salad rice and chicken (Biryani)	Salad Lasagna	Baked fish with lemon, roasted vegetables and sweet potato	Chicken stir fry with vegetables, rice	Salad Chicken pot pie	Vegetarian Chili (kidney beans, vegetables)	Salad Tandoori chicken, brown rice
Dessert	Greek yogurt, granola, and berries	dark chocolate square	oatmeal cookie	Pudding	dark chocolate square	traditional sweet	Fruit salad
Snack	Cheese and crackers	½ cup Greek yogurt	¼ cup nuts and dried fruit	Fruit	Crackers and peanut butter	Whole grain granola bar	¼ cup nuts and dried fruit