



My Ramadan Meal Planning Toolkit

By Rahaf Al Bochi, RD

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Salam!

Eating well during Ramadan starts by meal planning and prepping before and during ramadan. Use this toolkit to help you organize and plan out your meals. I've also included a 7-day sample meal plan for your reference. Refer to the blog posts on www.olivetreenutrition.com for more guidance on healthy eating for Ramadan. Planning healthy meals for Ramadan can be stressful and frustrating. Please know that I do offer limited coaching sessions during Ramadan for people who would like extra guidance and accountability for a nourished Ramadan.

Apply for a FREE discovery call at www.olivetreenutrition.com/contact

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

Follow on Facebook and Instagram @OliveTreeNutrition

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, 2 pieces toast Fruit	2 whole wheat protein pancakes, nuts, strawberries, glass of milk	Tuna salad sandwich on whole wheat bread Fruit	fava beans or dal with vegetables, one whole wheat pita bread Fruit
Iftar	Salad 1 cup rice and chicken (Biryani)	Salad Lasagna	Baked fish with lemon, roasted vegetables and 1 sweet potato	Chicken stir fry with vegetables, 1 cup rice	Salad Chicken pot pie	Vegetarian Chili (kidney beans, vegetables)	Salad Tandoori chicken, 1 cup brown rice
Dessert	Greek yogurt, granola, and berries	1 square dark chocolate	1 oatmeal cookie	Pudding	1 square dark chocolate	1 piece 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