

28-DAY HEALTHY RAMADAN MEAL PLAN

****Start Iftar by drinking at least 2 glasses of water and eating 2-3 dates.**

****Medjool Dates recipe here: <https://youtu.be/xnM1dt1xBnQ>**

MONDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
Iftar <i>(Watch "Healthy Asian Meal Plan to Lose Weight" video for complete guide)</i>	EGG PRAWN FRIED RICE Ingredients (3 servings) 1) 1.5 cups cooked Brown / White Rice (preferably leftovers) – 320Cals 2) 8 - 10 uncooked large Prawns, peeled – 100Cals **Option, any other protein of your choice. 3) 1 tbsp. Soy Sauce – 9Cals 4) 1 tbsp. Olive Oil – 120Cals 5) 2 cloves Garlic, minced – 8Cals 6) ½ medium Onion, diced – 22Cals 7) 50g Carrots, sliced – 20Cals 8) 50g Long Beans, sliced – 24Cals 9) 1 large Egg – 78Cals **For vegan, omit this. 10) 1 medium stalk Spring Onion, sliced – 5Cals 11) Salt & Pepper to taste Video Link: https://youtu.be/5odnF7H-tz0	1) Heat ½ a tablespoon of olive oil over medium-high heat. 2) Add garlic and toss quickly for about 10 seconds. Then add in onions and lightly stir-fry until golden brown and fragrant. 3) Add the shrimps and sauté for 1 – 2 minutes. Then stir in the carrots and long beans. Continue to fry the ingredients together for about 3 – 4 minutes. 4) Next stir in the rice, soy sauce and mix well. 5) Then spread the rice mixture to the corner of the pan creating a small hole in the center. 6) Add ½ a tablespoon of olive oil in the centre of the pan. Add the egg and scramble very quickly for about 10 seconds. When the egg is still a bit runny, combine with the rice mixture. Mix well. 7) Finally, stir in the spring onions and season with salt and pepper. 8) Remove from heat and serve.	236Cals

<p><i>(Watch "4 No-cook Chilled Soups" video for complete guide)</i></p>	<p>CHILLED SPICED TOMATO SOUP Ingredients (2 servings) 1) 3 cups Tomatoes, chopped – 96cals 2) ¼ cup Cucumber, diced – 4cals 3) ¼ cup Red Onion, diced – 15cals 4) ¼ cup Red Bell Pepper, diced – 11.5cals 5) 1 Garlic Clove, minced – 5cals 6) 2 tbsps. Balsamic Vinegar – 28cals 7) 2 tbsps. Extra Virgin Olive Oil – 138cals 8) 1 tsp. Cayenne Pepper – 6cals 9) ½ tsp. Cumin – 4cals 10) Salt & Pepper to Taste 11) 1 cup Cold Water</p> <p>Video Link: https://youtu.be/Qye2YHbxKi8</p>	<p>1) Add all ingredients in a blender and blend it up until smooth. 2) Chill in the fridge for at least 2 hours or overnight before serving. 3) Serve with 2 slices of toasts (180cals).</p>	<p>334Cals</p>
<p>Snacks <i>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</i></p>	<p>TRAIL MIX Ingredients 1) Cashew Nuts 2) Sunflower Seeds 3) Dried Cranberries</p> <p>Video Link: https://youtu.be/dBypQf0hOSQ</p> <p>AND</p> <p>1 glass of fresh Watermelon Juice (250ml)</p>	<p>Simply choose a combination of nuts, seeds and dried fruits of your choice. Measure ¼ cup per serving.</p>	<p>140 – 170Cals</p> <p>71Cals</p>

Total Calories: 1249cals (including 3 dates)

TUESDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
<p>Iftar</p> <p><i>(Watch "Healthy Asian Meal Plan to Lose Weight" video for complete guide)</i></p>	<p>CHICKEN SOBA SOUP NOODLES Ingredients (2 Servings)</p> <p>1) 1 bundle (80g) Soba / Buckwheat Noodles – 284Cals 2) 4oz (113g) Chicken, boiled, cooked, and hand-shredded into pieces – 120Cals 3) 50g Green Leafy Vegetables – Kale, Bok Choy, Cabbage etc – 20Cals 4) 3 cups (750ml) Chicken Stock – 52.5Cals 5) 1 Garlic Clove, crushed – 4Cals 6) ½ a small Onion, diced – 14Cals 7) 1 tbsp. Goji Berries – 22.4Cals 8) 1 tsp. Olive Oil – 40Cals 9) ½ tsp. Toasted Sesame Oil – 18Cals 10) 1 small Fresh Red Chilli **Optional</p> <p>Video Link: https://youtu.be/5odnF7H-tz0</p>	<p>1) Cook soba noodles with boiling water for 5 minutes. 3) Once noodles are cooked, drain and rinse with cold water. Divide the noodles evenly into 2 bowls. Mix ¼ teaspoon of sesame oil into each bowl and set aside. 4) Next, bring a pot of water to boil and cook the chicken. Once chicken is cooked, remove from boiling water and set aside to cool down. 5) In the meantime. Coat a large pot with olive oil over medium-high heat. 6) Add crushed garlic and onions and cook until the onion is slightly brown. 7) Then add 3 cups of chicken stocks and bring to a boil for about 5 minutes. 8) Once broth starts to boil, reduce to medium-high heat. Add in green leafy vegetables and goji berries. Cook for another 2-3 minutes until vegetables have softened. 9) Once chicken has cool down, hand shred it into small piece. 10) Pour broth evenly onto the noodles and top each bowl with shredded chicken, spring onions and fresh chopped chillies.</p>	<p>288Cals</p>

WEDNESDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
<p>Iftar</p> <p><i>(Watch "Healthy Fast Food" video for the complete guide.)</i></p>	<p>LEAN HOT DOGS Ingredients (5 servings) 1) ¼ cup (25g) Rolled Oats – 94Cals 2) 250g lean Ground Turkey / Beef / Lamb / Chicken – 320Cals <i>**Go for extra lean meat, less than 5% fat</i> 3) 1 large egg white, lightly beaten – 17Cals 4) 2 Garlic Cloves, minced – 8Cals 5) ¼ cup Onion, diced – 22Cals 6) ½ tsp. Dried Mixed Herbs – 3Cals 7) ½ tsp. Paprika – 3Cals 8) Season with Salt & Pepper</p> <p>+ Hot Dog Bun – 120Cals + 1 medium Tomato (22Cals) & Lettuce (4Cals) – 26Cals</p> <p>BAKED SWEET POTATO FRIES Ingredients (3 servings) 1) 250g Sweet Potato, peeled & cut into wedges – 215Cals 2) 1 tsp. Olive Oil – 40Cals 3) ½ tsp. Paprika – 3Cals 4) ½ tsp. Cumin – 4Cals <i>*Option: Any other spices of your choice.</i></p> <p>Video Link: https://youtu.be/dInD98YwEXU</p>	<p>1) Grind oats in a food processor until fine. 2) Then place the ground chicken in the food processor and process until very fine. 3) Add oats, egg white, onion and garlic, process until you have a paste. 4) Finally, add the mixed herbs, paprika and season with salt and pepper. Pulse the mixture for another 30 seconds to combine all the ingredients evenly. 5) Transfer mixture into a bowl, cover and refrigerate for 45 minutes to an hour. 6) Once the mixture is chill, divide into 5 equal sized portions. Shape and roll each portion between your hands to form a 4 – 5 inches long log. 7) Place the hot dogs in a pan. Then add enough water to cover almost halfway up the meat. 8) Bring to a boil and then reduce the heat to medium and simmer. Cook for about 15 minutes. 9) Then remove and allow the hot dogs to cool down.</p> <p>1) Preheat oven to 200°C / 400°F 2) In a bowl, toss together all ingredients until potatoes are evenly coated with oil and spices. 3) Spread potatoes on a single layer on baking tray. 4) Bake for a total of 25 to 30 minutes. After 15 minutes, turn over all of the sweet potato pieces. Return to the oven and bake for another 10-15 minutes, or until they are well browned and serve.</p>	<p>240Cals (Including Hot Dog Bun, Tomato and Lettuce)</p> <p>87Cals</p>

<p>Snack</p> <p><i>(Watch "Easy Healthy Fruit Smoothie Ideas" video for complete guide)</i></p> <p><i>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</i></p>	<p>FRUIT SMOOTHIE Ingredients</p> <p>1) 8 medium Strawberries, sliced – 32Cals 2) 1 small Banana, sliced – 90Cals 3) 1 cup Ice Cubes 4) ¼ cup Water 5) 2 tbsps. of Goji Berries – 45Cals</p> <p>Video Link: https://youtu.be/Xh99RkYgnCc</p> <p>AND</p> <p>STUFFED RED DATES WITH WALNUT Ingredients:</p> <p>1) 1 large Red Date – 23cals 2) ½ Walnut – 13Cals</p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p>	<p>1) Add all the ingredients into the smoothie blender, blend until smooth and serve.</p> <p>1) Simply slice the red date to create a small pocket, remove the seed. 2) Then insert half a walnut into the red date.</p>	<p>167Cals</p> <p>36Cals <i>(consume 2 – 3 servings)</i></p>
<p>Suhoor</p> <p><i>(Watch "4 High Fibre OATMEAL Breakfasts" video for the complete guide.)</i></p>	<p>OVERNIGHT OATMEAL Ingredients (1 Serving)</p> <p>1) ½ cup (45g) Oats – 194Cals 2) ½ cup (125ml) any Milk of your choice – 66Cals 3) 1 tbsp. Goji Berries – 18Cals 4) 1 tsp. Chia Seeds – 22Cals <i>**Option: any other superfood of your choice</i> 5) 1 Banana – 85cals 6) 2 chopped Dates – 40cals</p> <p>Video Link: https://youtu.be/qByjiXsxrnc</p>	<p>1) In a bowl, mix oats, milk, goji berries and chia seeds together. 2) Assemble the overnight oats, in a jar or glass. 3) Lay the bottom with half of the oat mixture, then add in half of the fruits, banana and dates and mix in the remaining oat mixture. Finally top it up with the remaining fruits. 4) Place the jar in the fridge overnight and serve it for breakfast the next morning.</p>	<p>425Cals</p>

Total Calories: 1207cals (including 3 dates)

	<p><u>Marinade:</u> 1) 1 tsp. Light Soy Sauce - 3Cals 2) 1 Egg White, lightly beaten - 17cals</p> <p>BUDDHA'S DELIGHT <u>Ingredients (4 servings)</u> 1) A head of Broccoli, cut into florets - 98cals 2) 1 Carrot, thinly sliced - 25cals 3) ½ cup (40g) Shitake Mushrooms, thinly sliced - 10cals 4) 1 cup (100g) Snow Peas - 42cals 5) 3 Garlic Cloves, minced - 11cals 6) 1 tbsp. Light Soy Sauce - 6cals 7) 1 tbsp. Sesame Oil - 120cals 8) A pinch of Salt</p> <p>Video Link: https://youtu.be/hDHH8uh_Y-c</p>	<p>6) Mix in the pineapple and sweet and sour sauce mixture. Continue to cook very quickly for another 2 to 3 minutes until all ingredients are evenly coated and remove from heat. 7) Sprinkle with a little bit of cilantro and serve.</p> <p>1) In a pan, heat oil over medium-high heat. Stir in the garlic and sauté very quickly for 1 to 2 minutes until lightly browned. 2) Then stir in all the vegetables and cook until vegetables are tender. If you need to, add in a little bit of water. 3) Finally, mix in soy sauce and season with salt.</p>	<p>78Cals</p>
<p>Snack <i>(Watch "Easy Healthy Fruit Smoothie Ideas" video for complete guide)</i></p>	<p>SUNSHINE SMOOTHIE <u>Ingredients</u> 1) ½ Medium Mango, diced – 65cals 2) ½ cup Pineapple, diced – 41cals 3) 1 cup Ice Cubes 4) ¼ cup Water 5) 2 tbsps. Goji Berries – 45cals</p> <p>Video Link: https://youtu.be/Xh99RkYgnCc</p> <p>AND</p>	<p>1) Add all the ingredients into the smoothie blender and blend until the mixture is smooth.</p>	<p>151Cals</p>

<p><i>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</i></p>	<p>PLUM STUFFED CHERRY TOMATO Ingredients 1) 3 Cherry Tomatoes – 9cals 2) 3 Plums – 69cals</p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p>	<p>1) Slice the cherry tomato to create a pocket. 2) Insert a small piece of marinated plum into the cherry tomato.</p>	<p>216Cals</p>
<p>Suhoor</p> <p><i>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</i></p>	<p>FANCY RICE CAKES Ingredients 1) 3 pieces Rice Cake – 39Cals each 2) ½ Banana, sliced 3) ½ Egg, hard boiled</p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p>	<p>1) Topped them up with any toppings of your choice such as sliced bananas, vegetable sticks, egg, fruits, dried fruits, nuts and seeds.</p>	<p>240Cals <i>(based on 3 rice cakes with toppings)</i></p>

Total Calories: 1291cals (including 3 dates)

FRIDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
<p>Iftar</p> <p><i>(Watch "Victoria's Secret Angel's Flat Tummy Meal Plan" video for complete guide)</i></p>	<p>GRILLED CHICKEN SALAD</p> <p>Ingredients</p> <ol style="list-style-type: none"> 1) 2 cups Lettuce - 10cals 2) 1 medium Tomato, sliced - 22cals 3) ¼ cup Carrots, sliced - 12.5cals 4) 3oz / 85g Grilled Chicken Breast - 142cals 5) 1 tsp. of Olive Oil - 40cals 6) 1 tbsp. of freshly squeezed Lemon Juice - 3Cals 7) 1 medium Potato, mashed or but in chunks - 163cals <p>Video Link: https://youtu.be/7-efgmFg1nc</p>	<ol style="list-style-type: none"> 1) Grill the chicken breast or buy ready grilled chicken breast. 2) Mix the olive & lemon together to make the salad dressing. 3) Add all the ingredients into a bowl and drizzle it with the lemon and oil dressing. 4) Serve with potato. <ol style="list-style-type: none"> 1) Coat a large pot with olive oil over medium-high heat. 2) Add crushed garlic, leeks and zucchinis. Cook for 3-4 minutes until leeks are soft. 3) Add 1 cup of water and chicken stock cube. Allow zucchini to cook for 10 minutes until very tender. Don't forget to stir occasionally. 4) Once zucchini is very tender, remove pot from heat. Puree zucchini until thick and creamy with a blender or hand blender. 5) Add another cup of water and bring the pot back to boil under low heat. 6) Add in the spinach; simmer for another 5 minutes and serve. 	<p>392.5Cals</p>
	<p>ZUCCHINI SOUP</p> <p>Ingredients (4 servings)</p> <ol style="list-style-type: none"> 1) 1 tsp. Olive Oil - 40cals 2) 1 Garlic Clove, crushed - 4cals 3) 1 large or 2 medium leeks, green parts trimmed and discarded, white part washed well and chopped - 54Cals 4) 2 medium Zucchinis, chopped in cubes - 85cals 5) 2 cups (500ml) of Water 6) 1 Chicken Stock Cube - 35cals 7) 2 cups of Spinach - 14cals <p>**Salt & Pepper to taste</p> <p>Video Link: https://youtu.be/SvmqURW-swg</p>		<p>58Cals</p>

	<p>OPEN-FACED EGG SPINACH QUESADILLA Ingredients (2 servings) 1) 1 medium whole-grain tortilla – 169Cals 2) 2 Eggs – 156Cals 3) 1 cup Fresh baby Spinach – 7Cals 4) ¼ cup Onions, diced – 17Cals 5) ¼ cup Bell Pepper, diced – 6Cals 6) ¼ cup (25g) Cheese, grated – 89Cals 7) 2 tbsps. Olives, sliced – 20Cals 8) 1 tsp. Olive Oil – 40Cals 9) ½ tsp. Cayenne Pepper – 3Cals 10) A pinch of Salt & pepper</p> <p>Video Link: https://youtu.be/mp2my1GfuWc</p>	<ol style="list-style-type: none"> 1) Pre-heat the oven to 180 Celsius or 350 Fahrenheit. 2) Let's start by prepping the eggs. Break and scramble the eggs in a small bowl. Season with a cayenne pepper and salt & pepper. Set aside. 3) Heat olive oil of medium-low heat. Stir-fry the onions and bell pepper for 1 – 2 minutes until fragrant. Then add the spinach and cook until wilted, for another 1 to 2 minutes. 4) Pour in the eggs and cook very quickly until the eggs are just set, only about 1 to 2 minutes. Don't overcook as the eggs will finish cooking in the oven. Remove from heat and set aside. 5) Line a baking tray with parchment paper and place one tortilla. 6) Top it up with the scrambled egg mixture, some olives and sprinkle with cheese. 7) Place in the oven and cook very quickly for just about 5 – 6 minutes until cheese is melted. 8) Transfer the quesadilla to a cutting board to cool for a few minutes and cut into 6 portions. Serve warm. 	<p>254Cals</p>
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Total Calories: 1172.5cals (including 3 dates)

SATURDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
<p>Iftar</p> <p><i>(Watch "Healthy INDIAN Vegetarian Meal Plan" video for the complete guide)</i></p>	<p>MANGO SPINACH DAL Ingredients (2 servings) 1) ½ cup Yellow Lentils, soaked and drained – 339Cals 2) 1 Ripped Mango, peeled & diced – 201Cals 3) 1 cup Spinach, washed and chopped – 7Cals 4) 3 cups Water 5) ½ Medium Onion, diced – 22Cals 6) 2 Garlic Cloves, minced – 8Cals 7) ½ tbsp. Ginger, minced – 3Cals 8) ¼ tsp. Ground Coriander – 2Cals 9) ¼ tsp. Ground Turmeric – 2Cals 10) ¼ tsp. Cumin Seeds – 2Cals 11) ¼ tsp. Cayenne Pepper – 2Cals 12) ½ tsp. Salt, divided 13) ½ tbsp. Canola Oil – 60Cals</p> <p>Video Link: https://youtu.be/-Bgm-iEULxA</p>	<ol style="list-style-type: none"> 1) In a pot, add 2 cups of water, lentils, turmeric and ¼ tsp. of salt. Bring to a boil. Then reduce to a simmer and allow it to cook for about 15 minutes. 2) While waiting for the lentils to cook, in a pan, heat oil over medium-high heat. Add cumin seeds and cook very quickly for about 30 seconds until fragrant and slightly brown. 3) Then add in the onion and cook for 1 – 2 minutes until onions are golden brown and fragrant. 4) Stir in the rest of the ingredients, garlic, ginger, coriander, cayenne pepper and the remaining ¼ tsp. of salt. Continue to sauté very quickly for another 1 minute. Remove from heat. 5) Stir the cooked mixture, mango and spinach into the lentils. Allow all the ingredients to simmer for another 15 minutes, until the lentils are falling apart. Keep stirring occasionally. 6) Serve warm with Chapatti or Rice. 	<p>424Cals <i>(Including 1 chapatti)</i></p>
<p>Snack</p> <p><i>(Watch "Creamy Low-Calorie Vegan Ice Cream" video for the complete guide)</i></p>	<p>PEANUT BUTTER CHOCOLATE BANANA ICE CREAM Ingredients (2 servings) 1) 2 medium Bananas, sliced and frozen – 210Cals 2) 1 tbsp. Cocoa Powder – 18Cals 3) 1 tbsp. Peanut Butter – 94Cals 4) 1 tbsp. Dark Chocolate pieces, finely diced – 52Cals</p> <p>OR</p>	<ol style="list-style-type: none"> 1) Blend frozen bananas in a food processor or blender until thick and creamy. 2) Add cocoa powder and peanut butter. Continue to process until all the ingredients are well combined. 3) Transfer into a freezer safe container, and stir in the dark chocolate pieces. Serve cold. 	<p>187Cals</p>

