**28-DAY HEALTHY RAMADAN VEGAN 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*](https://youtu.be/xnM1dt1xBnQ)

*\*\*Follow* ***Daily Detox Drinks*** */* ***Chia Seed Drinks*** *recipes to improve your daily water intake and to have a healthy digestion.*

*\*\*Daily Detox Drinks Recipe here:* [*https://youtu.be/HkfTWw77YWU*](https://youtu.be/HkfTWw77YWU)

*\*\*Chia Seed Drinks Recipe here:* [*https://youtu.be/VCHbnbqIhsU*](https://youtu.be/VCHbnbqIhsU)

**MONDAY AND TUESDAY**

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|  | **MEALS & INGREDIENTS** | **STEPS** | **CALORIES PER SERVING** |
| **Iftar***(Watch “Meal Prep to Gain Weight for Female“ video for complete guide)**(Watch “Healthy INDIAN Vegetarian Meal Plan “ video for complete guide)**(Watch “4 No-Cook Chilled Soups” video for the complete guide.)* | **BLACK BEAN & COCONUT RICEIngredients (serves 3)**1) 1 can (200g) Black Beans – 182Cal2) 200ml Coconut Milk – 467Cals3) 2 Potatoes, cubed – 260Cals4) 2 large Carrots, cubed – 60Cals5) 2 large Tomatoes, roughly chopped – 66Cals6) 1 Onion, chopped – 46Cals7) ½ Red Bell Pepper, chopped - 15Cals8) ½ Yellow Bell Pepper, chopped -15Cals9) 1 Garlic Cloves, minced - 4Cals10) 1 tbsp. Mixed Herbs11) 1 tsp. Ground Cumin12) ¼ tsp. Ground Cinnamon13) ½ tsp. Salt14) 2-3 cups Hot Water15) 1 cup Brown Rice, cooked -216Cals**OR****EGGPLANT & CAULIFLOWER CURRY WITH RICE****Ingredients (serves 3)**1) ½ can Chickpeas, rinsed & drained – 292Cals2) 1.5 cups Cauliflower Florets – 40.5Cals3) ½ Eggplant, cut into 1-inch chunks – 68Cals4) ½ can diced Tomatoes – 50Cals\*Or ¾ cup of diced fresh tomatotoes and ½ cup of water.5) ¼ cup Vegan Yoghurt – 37.5Cals6) about ¾ cup Water7) ½ Large Onion, sliced – 30Cals8) 1 Garlic Clove, minced – 4Cals9) 1 tsp. Fresh Ginger, minced – 2Cals10) 1 tbsp. Curry Powder – 21Cals11) ½ tsp. Garam Masala – 6.5Cals12) ½ tsp. Mustard Seeds – 5Cals13) ¼ tsp. Salt14) 1 tbsp. Oil, divided – 120Cals15) 1 cup Brown Rice, cooked – 216Cals**AND****CHILLED SPICED TOMATO SOUP****Ingredients (serve 4)**1) 3 cups Tomatoes, chopped – 96Cals2) ¼ cup Cucumber, diced – 4Cals3) ¼ cup Red Onion, diced – 15Cals4) ¼ cup Red Bell Pepper, diced – 11.5Cals5) 1 Garlic Clove, minced – 5Cals6) 2 tbsps. Balsamic Vinegar – 28Cals\*more if you like the taste of it.7) 2 tbsps. Extra Virgin Olive Oil – 138Cals8) 1 tsp. Cayenne Pepper – 6Cals9) ½ tsp. Cumin – 4Cals10) Salt & Pepper to Taste11) 1 cup Cold Water | 1) In a pan, add oil, garlic and onion. Cook the onion and garlic until fragrant and lightly brown.2) Then add in bell peppers, potatoes, carrots and black beans and sauté for 2 - 3 minutes.3) Next, add in coconut milk and water. Stir until well-combined.4) Finally, season it with all the herbs and spices, with some salt to taste.5) Close the lid and let it cook for 20-25 minutes. Enjoy with some brown rice or by itself.***Video Link:*** [***https://youtu.be/OHpzcuh60YQ***](https://youtu.be/OHpzcuh60YQ)1) Heat ½ tbsp. oil over medium-high heat. Add curry powder, garam masala and mustard seeds. Toast for about 30 seconds until the spices begin to darken. 2) Add onion, garlic, ginger and salt. Saute for about 2 to 3 minutes until they are soft and slightly brown. Then stir in the eggplant, cauliflower, chickpeas, tomatoes and water.3) Reduce to a simmer and cook for 15 to 20 minutes until vegetables are tender. You want to stir occasionally. 4) Remove from heat and serve warm.1) In a blender, add in all the ingredients and blend it up!2) Serve immediately or chill in the fridge for at least 2 hours or overnight.***Video Link:*** [***https://youtu.be/Qye2YHbxKi8***](https://youtu.be/Qye2YHbxKi8) | **588Cals****442Cals****73Cals** |
| **Snacks***(Watch “3 Skinny Breakfast Muffins” video for the complete guide.)* | **NUTTY BANANA MUFFIN****Ingredients (6 muffins)**1) 3⁄4 cup Oat Flour – 300Cals*\*Option: any other flour of your choice.*2) 1 tbsp. Chia Seeds + 3 tbsps. Water – 70Cals 3) 1⁄2 cup Soy Milk (or any other Milk) – 50Cals 4) 2 tbsps. Maple Syrup / Honey – 104Cals5) 1 tbsp. Coconut Oil – 117Cals 6) 1⁄2 tsp. Vanilla Extract – 6Cals 7) 1⁄4 tsp. Baking Soda8) 1⁄4 tsp. Baking Powder9) 2 Medium Bananas, mashed – 210Cals*\*Roughly mash with a fork*.10) 3 tbsps. Crushed Almond Nuts – 105Cals***Video Link:*** [***https://youtu.be/LkicedG3L54***](https://youtu.be/LkicedG3L54)**AND****1 – 2 servings of fruits** | 1) To make the egg replacement, mix 1 tbsp. of chia seeds with 3 tbsps. of water. Allow the mixture to sit for about 5 minutes until it becomes pudding like, just like a raw egg yolk.2) In a large bowl, mix in all the dry ingredients, oat flour and baking soda.3) In another bowl, mix in all the wet ingredients, milk, maple syrup, coconut oil, vanilla extract, chia mixture and mashed bananas.\*If you are not a Vegan, you can replace the chia mixture with an egg.4) Combine the dry and wet ingredients. Then add in the crushed almond nuts.5) Scoop the batter into 6 muffin-tin and top them up with a little more crushed almond nuts just for presentation.6) Bake in a pre-heated oven at 180 degrees Celsius or 350 degree Fahrenheit for about 15 minutes, until a toothpick inserted comes out clean.7) Cool down for 5 – 10 minutes before serving. | **160Cals****150Cals** |
| **Suhoor***(Watch “4 Superfood BARLEY Recipes” video for the complete guide.)**(Watch “4 Matcha Green Tea Breakfast Recipes “ video for complete guide)* | **BARLEY PORRIDGE BREAKFAST****Ingredients (serve 1)**1) ¼ cup Pearl Barley – 176Cals2) ¾ cup Water3) ½ cup any Milk – 60Cals4) 1 tsp. Chia Seeds – 22Cals5) 1 tbsp. Apricot Seeds - 76Cals6) 1 Banana – 105Cals7) 1 tsp. Honey to taste - 21Cals**OR****MATCHA OATMEAL PANCAKES****Ingredients (makes 12 small pancakes)**1) 1 cup Oat Flour – 336Cals2) 1 cup any Milk – 100Cals3) 1 Large Banana – 121Cals4) Chia Mixture (1 tbsp Chia Seeds + 3 tbsps. Water) – 69Cals5) 1 tbsp. Matcha Powder – 18Cals6) ½ tbsp Maple Syrup – 26Cals7) 1 tsp. Baking Powder – 2Cals**AND****GREEN FRUIT SMOOTHIE****Ingredients**1) Choose 1 – 2 fruits of your choice such as banana, strawberries, mango, kiwi or blueberries2) Choose 1 cup of leafy greens such as baby spinach, lettuce or kales3) Choose 1 tbsp. of superfood such as chia or flax seeds or goji berries.4) Add 1 cup liquid of your choice such as water, coconut water or any milk. | 1) Combine barley with ¾ cup of water in a small pot and bring to the boil. 2) Lower the heat and simmer until the water has been absorbed. Pearl barley can take between 20 – 30 minutes until completely soft.3) Add 1 cup of milk and cook it on low heat until you get your desire consistency.4) Top the porridge with banana and sprinkle the apricot seeds, chia seeds on top of the porridge.5) Drizzle with honey and enjoy!***Video Link:*** [***https://youtu.be/ybyl9zlNdDc***](https://youtu.be/ybyl9zlNdDc)1) Roughly mash the banana in a bowl.2) Then add in the milk, chia seed mixture and maple syrup. Mix until well combined.3) Then add in the dry ingredients: oat flour, matcha and baking soda. Keep mixing until you get a consistent batter.4) Scoop about ¼ cup of the batter and cook on a non-stick pan over medium heat. Once your pancakes starts to bubble, flip it, and cook for another 1 – 2 minutes. Don’t press the pancakes! You want to keep them nice and fluffy. This should make about 12 pancakes. 1) Add all the ingredients into a smoothie blender, blend until smooth and serve. | **460Cals****224Cals***(per 4 pancakes)***Average 250Cals** **per serving** |

**Total Calories: 1879cals (including 3 dates)WEDNESDAY AND THURSDAY**

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|  | **MEALS & INGREDIENTS** | **STEPS** | **CALORIES PER SERVING** |
| **Iftar***(Watch Vegan Asian Meal Prep to Lose Weight” video for the complete guide.)**(Watch “Healthy Chinese Takeaway” for the complete guide.)* | **TEMPEH FRIED RICE****Ingredients (serves 3)**1) 3 cups Cooked Brown Rice – 744Cals2) 1 cup Tempeh Chunks – 318Cals3) ½ Broccoli, cut into florets – 49Cals4) ½ Red Bell Pepper – 18Cals5) 1 Carrot – 25Cals6) 3 stalks Scallions, sliced – 10Cals7) 2 tbsps. Olive Oil – 138Cals8) 2 tbsps. Soy Sauce – 19Cals9) 1 tsp. Sesame Oil – 40Cals10) Salt and pepper to taste***Video Link:*** [***https://youtu.be/n9ZYSKLV3Og***](https://youtu.be/n9ZYSKLV3Og) **AND****BUDDHA’S DELIGHT****Ingredients (4 servings)**1) A head of Broccoli, cut into florets - 98cals2) 1 Carrot, thinly sliced - 25cals3) ½ cup Shitake Mushrooms, thinly sliced - 10cals4) 1 cup (100g) Snow Peas - 42cals5) 3 Garlic Cloves, minced - 11cals6) 1 tbsp. Light Soy Sauce - 6cals7) 1 tbsp. Sesame Oil - 120cals8) A pinch of Salt | 1) Heat a large pan with 1 tbsp. olive oil over medium-high heat. Stir in the tempeh and sauté until it is slightly brown. Remove and set aside.2) Drizzle the remaining 1 tbsp. of oil over medium-high heat. Add your vegetables - broccoli, bell pepper, and carrot and cook until they are slightly tender but still crunchy, just for 4 - 5 minutes. 3) Then stir in the cooked rice and tempeh and continue to cook for a few more minutes, until the rice is heated through. 4) Season with some soy sauce sesame oil and salt & pepper. Add in some scallions and continue to stir until all the ingredients are well combined. 5) Remove from pan and set aside to cool down.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. | **487Cals****78Cals** |
| **Snack***(Watch “10 Healthy Desk Snacks” video for the complete guide.)**(Watch “4 Matcha Green Tea Breakfast Recipes “ video for complete guide)* | **3-INGREDIENT OAT BITE****Ingredients (makes 24 oat bites)** 1) 1 cup (90g) Rolled Oats, dry & uncooked – 340Cals2) ½ cup (125g) Peanut Butter – 778Cals3) ¼ cup (82g) Maple Syrup / Honey – 270Cals*\*\*Optional add-ons*4) 1 tbsp. unsweetened Cocoa Powder – 12Cals5) 1 tbsp. Sunflower Seeds – 47Cals***Video Link:*** [***https://youtu.be/dBypQfOhOSQ***](https://youtu.be/dBypQfOhOSQ)**OR****NO-BAKE MATCHA MACAROONS****Ingredients (makes 12 balls)**1) ½ cup Desiccated Coconut – 392Cals2) 1 tbsp. Matcha Powder – 18Cals3) 3 tbsps. Sesame Seeds – 156Cals4) 2 tbsps. Coconut Oil – 234Cals5) 2 tbsps. Peanut Butter – 188Cals6) ¼ cup Maple Syrup – 210Cals7) 1 tsp. Vanilla Extract – 12Cals8) Pinch of Salt to Taste***Video Link:*** [***https://youtu.be/lqDvyiA64To***](https://youtu.be/lqDvyiA64To) | 1) Melt the maple syrup and peanut butter in a pan under low heat until smooth. Don’t let it overheat! 2) Turn off the heat. Add in the oats. You can also add other ingredients such as sunflower seeds and goji berries. Mix them well.3) Then simple shape them into bite-size balls. 4) Chill in the refrigerator for about one hour or until firm.1) Mix together all the dry ingredients - desiccated coconut, sesame seeds, matcha and a pinch of salt. Combine well. 2) The stir in the wet ingredients - coconut oil, maple syrup, peanut butter and vanilla extract. Combine until it forms a consistent paste.3) Take about 1 tbsp. of the mixture and roll into a ball. This will make about 9 – 12 balls.4) Allow the macaroons to set in the fridge for about an hour until solid. 5) I’ve dusted mine with more desiccated coconut. | **180Cals** *(Based on 3 oat bites)***202Cals***(based on 2 macaroons)* |
| **Suhoor***(Watch “Meal Prep to Gain Weight for Female“ video for complete guide)**(Watch “Breakfast in a Jar Chia Pudding” video for the complete guide.)* | **OVERNIGHT OATS****Ingredients (serves 3)**1) 1½ cup Oats – 570Cals2) 1½ cup Milk – 219Cals3) 2 tbsps. Peanut Butter – 188Cals4) 3 large Banana – 315Cals5) ¼ cup Goji Berries – 88Cals6) 1½ tbsps. Chia Seeds – 90Cals**OR****BANANA PEANUT BUTTER CHIA PUDDING****Ingredients (serve 1)**1) ¼ cup Chia Seeds – 280Cals (70Cals per tbsp.)2) 1 cup Milk, any choice – 100Cals3) 1 tsp. Maple Syrup or Honey – 64Cals4) 1 Large Banana, mashed – 121Cals5) 2 tbsps. Peanut Butter – 188Cals**AND****GREEN FRUIT SMOOTHIE****Ingredients**1) Choose 1 – 2 fruits of your choice such as banana, strawberries, mango, kiwi or blueberries2) Choose 1 cup of leafy greens such as baby spinach, lettuce or kales3) Choose 1 tbsp. of superfood such as chia or flax seeds or goji berries.4) Add 1 cup liquid of your choice such as water, coconut water or any milk. | 1) In a bowl, mix oats, milk, peanut butter, goji berries and chia seeds together.2) Now let’s transfer the overnight oatmeal, either in a jar or glass.3) Place the jar in the fridge overnight.4) Top it up with banana and serve it for breakfast.***Video Link:*** [***https://youtu.be/OHpzcuh60YQ***](https://youtu.be/OHpzcuh60YQ)1) In a bowl, mix together mashed banana, chia seeds, milk, honey and peanut butter. Stir until well combined.2) Divide equally into 2 jars. Cover and let it set overnight in the fridge.3) In the morning, add any topping of your choice and enjoy!1) Add all the ingredients into a smoothie blender, blend until smooth and serve. | **490Cals****377Cals****Average 250Cals** **per serving** |

**Total Calories: 1705cals (including 3 dates)**

**FRIDAY AND SATURDAY**

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|  | **MEALS & INGREDIENTS** | **STEPS** | **CALORIES PER SERVING** |
| **Iftar***(Watch “3 Healthy Ways to Enjoy Tempeh” for the complete guide.)**(Watch “Eat Soup, Stay Slim” video for the complete guide.)* | **SWEET & SOUR TEMPEH WITH RICE****Ingredients (serves 4)**1) 1 (250g) packages Tempeh, cut into cubes – 482Cals2) ½ medium Red Bell Pepper, cut into chunks – 18.5cals3) ½ medium Green Bell Pepper, cut into chunks – 18.5cals4) ½ Red Onion, roughly chopped - 23cals5) ½ cup Pineapple, cut into chunks - 41cals6) 2 Garlic Cloves, minced - 9cals7) 1.5 tbsps. Sesame Oil - 180cals8) A handful of Fresh Cilantro, roughly chopped – 6Cals9) ¼ tsp. Red Chilli Flakes - 2cals10) 1 cup Cooked Wild Rice – 166Cals**Sweet & Sour Sauce**1) ¼ cup Ketchup - 68cals *\*choose the low sodium option*2) ¼ cup Rice Vinegar - 8cals3) 1 tbsp. Raw Honey - 64cals4) ¼ cup water5) 1 tbsp. Cornstarch mixed with 2 tbsps. Cold Water - 30cals6. ½ tbsp. Soy Sauce – 4.5Cals**AND****CHICKPEAS, CARROT & ONION SOUP****Ingredients**1) 200g Carrots, chopped into cubes - 82cals2) 1 Onion, diced - 44cals3) ½ can of Chickpeas - 131cals4) 1 tsp. Olive Oil - 40cals5) 2 cups Vegetable Stock - 35cals6) Handful of Parsley***Video Link:*** [***https://youtu.be/SvmqURW-swg***](https://youtu.be/SvmqURW-swg) | 1) First, prepare the sweet and sour sauce. In a bowl, whisk together ketchup, rice vinegar, soy sauce, honey, water and cornstarch. Set aside.2) In a large pan, heat oil over medium-high heat. Stir in tempeh, bell pepper, onion, garlic, and chilli flakes. Cook until just beginning to brown, 5-7 minutes or until vegetables are slightly tender.3) 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.4) Sprinkle with a little bit of cilantro and serve.***Video Link:*** [***https://youtu.be/hDHH8uh\_Y-c***](https://youtu.be/hDHH8uh_Y-c)1) Heat olive oil in a pan, add carrots and onion, cook for 2-3mins until fragrant.2) Add stock, bring to a boil and cook for 15-20mins until carrots are very tender.3) Remove from heat and puree the carrots with a hand or food blender.4) Bring the pot back to boil under low heat, add chickpeas and parsley. Simmer for 5 mins and serve hot. | **402Cals** **332Cals** |
| **Snack***(Watch “10 Healthy Desk Snacks” video for the complete guide.)* | **PLUM STUFFED CHERRY TOMATO****Ingredients**1) 3 Cherry Tomatoes – 9cals2) 3 Plums – 69cals**OR****RED DATE WITH WALNUT** **Ingredients**1) 1 large Red Date – 23cals 2) ½ Walnut – 13Cals | 1) Slice the cherry tomato to create a pocket.2) Insert a small piece of marinated plum into the cherry tomato.***Video Link:*** [***https://youtu.be/dBypQfOhOSQ***](https://youtu.be/dBypQfOhOSQ)1) Simply slice the red date to create a small pocket,remove the seed.2) Then insert half a walnut into the red date. | **216Cals***(based on 3)***108Cals***(based on 3)* |
| **Suhoor***(Watch “3 Healthy Ways to Enjoy Tempeh” video for the complete guide.)**(Watch “Lazy Student Meals in 15 Minutes” video for the complete guide.)* | **BAKED TEMPEH SANDWICH****Ingredients**1) 50g Tempeh, thinly sliced - 97Cals2) 2 slices Whole-Grain Toast – 138Cals3) ½ Tomato, sliced – 11Cals4) ¼ cup Baby Spinach – 2Cals**Marinade Sauce for Tempeh**1) ½ tbsp. Soy Sauce – 4Cals2) ¼ tbsp. Olive Oil – 30Cals3) 1 Garlic Cloves, minced – 3Cals**OR****BLACK BEAN SALSA WRAP****Ingredients (serves 4)**1) 1 can Black Beans – 336Cals2) 1 can Corn – 196Cals3) Red Bell Pepper, chopped – 30Cals4) 3 tbsps. Salsa Sauce – 12Cals5) 4 tbsps. Cheese, shredded – 72Cals6) 2 cups Spinach – 14Cals7) ½ tsp. Mixed Herbs8) 4 Wholegrain Wrap – 520Cals**AND****GREEN FRUIT SMOOTHIE****Ingredients**1) Choose 1 – 2 fruits of your choice such as banana, strawberries, mango, kiwi or blueberries2) Choose 1 cup of leafy greens such as baby spinach, lettuce or kales3) Choose 1 tbsp. of superfood such as chia or flax seeds or goji berries.4) Add 1 cup liquid of your choice such as water, coconut water or any milk. | 1) Pour the sauce over the tempeh to pack in more flavours. 2) Lay them out on a tray and bake at 180 degrees celcius in a pre-heated oven for about 15 -20 minutes.3) Once the tempeh is done, assemble your sandwich and serve.***Video Link:*** [***https://youtu.be/Hm455GV3afs***](https://youtu.be/Hm455GV3afs)1) In a bowl, combine beans, corn, bell pepper, salsa sauce and mixed herbs.2) Place your wrap on a plate, arrange spinach on the first layer.3) Then, spoon bean mixture onto your wrap. Top with cheese and roll up. Enjoy with a side of salad. ***Video Link:*** [***https://youtu.be/adGBEZqF-jc***](https://youtu.be/adGBEZqF-jc)1) Add all the ingredients into a smoothie blender, blend until smooth and serve. | **285Cals****295Cals****Average 250Cals** **per serving** |

**Total Calories: 1693cals (including 3 dates)**

**\*\*As for SUNDAY, choose your favourite meals and have them together with one Reward Meal in MODERATION.**

**IMPORTANT NOTES:**

1) This Meal Plan is based on a balanced diet rich with unrefined carbs, healthy fat, packed with fruits and vegetables, which helps for quick weight loss, to build lean muscles and to give you a flat tummy.

2) You can watch my step-by-step guidance for all the meals and recipes on my “Healthy Meal Plan, Food & Nutrition” playlist on my YouTube channel: www.youtube.com/user/joannasohofficial

3) Do NOT consume less than 1200cals for women and 1600cals for men in a day. Starving will NOT help to lose weight.

4) If you are a male, increase the portion size and keep to 1800cals – 2100cals per day.

5) You can choose to prepare your meals in BULK and have them for the next 2 – 3 days for convenience.

6) Only use and prepare HIGH QUALITY, natural, clean and unprocessed food.

7) Adjust the portion size and calories according to the product you use. Mine might be slightly different from yours. So read the food label carefully. If there isn’t a food label, you can search up on the nutrients and calories online.

8) You can always mix your meal plan and create your own recipe by using other ingredients of your choice.

9) You MUST drink at least 2.5L - 3L of water EVERY DAY.

10) Make it a habit to PLAN & PACK your meals the night before and store them in the fridge for the next day; this will make your mornings easier, which will help to keep you on track.

11) PRINT this meal plan and stick it on your fridge as a daily reminder to stay on track.

12) Keep a FOOD DAIRY of what you eat and how you feel as well, which is a crucial part to stay on track.

13) Aim to WORKOUT 4 - 5 times a week between 30 - 45 minutes for maximum result. Please follow my “Ramadan Workout Plan” for that.

14) You can add another small meal or increase your calories by 200 – 300cals on your workout days if needed.

15) STAY AWAY from soda drinks, processed food, fast food and all junks!

16) It's always a good idea to talk with your doctor before starting your weight-loss journey. And that's especially important in this case if you have kidney disease, diabetes or other chronic health condition. You know your body better than I do!

**DON’T WAIT UNTIL YOU HAVE ACHIEVED YOUR GOAL TO BE PROUD OF YOURSELF,**

**BE PROUD OF YOURSELF FOR EVERY STEP YOU TAKE TOWARDS YOUR GOAL. ALL THE BEST! =)**