

RAMADAN HEALTHY MEAL PLAN GUIDE

INSTRUCTIONS:

- Drink 75cl-100cl water first thing in the morning on waking up before Sahur
- You can get in your exercise early in the morning or later in the evening as you wish
- Get your measuring cups. Measure your meal portion always. All foods are measured cooked.
- After breakfast Take another 50- 75cl of water before 5am.
- You can pre infuse water the night before with lemon or fruits for your intake in the morning.
- Milk of choice should be skimmed milk
- Drink at least 75cl of water before iftar. Do not start eating without that water target

| | Sahur | Iftar | 9pm |
|------------------|--|---|--------------------------------------|
| Monday | 1 cup of oat swallow with Okro soup and 170g of Chicken + 2 apples + 1 cup of Moringa tea | Chicken vegetable Salad OR 1 chicken wrap + 1 cup of yogurt + 1 apple | 1 golden Melon or 2 cucumbers |
| Tuesday | 1 cup of Ariella granola + skimmed milk + 2 oat pancakes + 1 cucumber | 1 Large cup of green smoothie (lettuce /spinach, Banana, avocado) + 170g of Chicken or fish | 4 carrots or 4 garden eggs |
| Wednesday | 1 cup of Amala + Ewedu + 85g of fish + 1 apple + 1 cup of Moringa Tea | 1.5 cup of sweet potatoe porridge with veggies | 1 cup of Moringa Tea |
| Thursday | 2 pieces of yam and vegetable stew with 2 boiled eggs or 1 cup of Ariella granola and 2 apples/mangoes | 1 cup of oat porridge with milk + 1 banana + 1 apple | 200g of water melon (blended or cut) |
| Friday | 2 cups of sweet potato porridge with veggies and 85g of chicken | 1 chicken wrap + 1 cup of yogurt + 2 bananas | 1 golden melon or 2 apples |
| Saturday | Vegetable omelet and boiled sweet potatoes + 1 mango + 1 cup of Moringa Tea | 1 cups of beans porridge with steamed vegetables + 1 banana | 1 large cucumber diced |
| Sunday | 1 cup of Ariella Granola + 2 boiled eggs + 1 apple OR 1 cup of oat porridge with skimmed milk | 1 cup of rice and vegetable salad(without dressing) with Chicken. + 1 avocado | 200g of watermelon (blended or cut) |

7 DAY EXERCISE PLAN

Monday: 50 jumping Jacks and 20 burpees + stretch

Tuesday: 1 minute jog at a spot. 50 Jumping Jacks + 50 burpees

Wednesday: 2 minutes Jog at a spot. 40 jumping Jacks + 300 skips

Thursday: 2 minutes jog at spot. 30 jumps. 300 skips + 1 minute plank

Friday: 20 jumping jacks + 30 jumps + 50 burpees. Stretch

Saturday: 300 skips + 50 burpees. Stretch

Sunday: 50 jumping jacks. Stretch