

# Ramadan Meals List

Soups

Salads

Pastries

Main Dishses

Side Dishes

Desserts

Beverages

Ramadan Meals List

Soups

Salads

Pastries

Main Dishses

Side Dishes

Desserts

Beverages

Lined writing area for Soups

Lined writing area for Salads

Lined writing area for Pastries

Lined writing area for Main Dishses

Lined writing area for Side Dishes

Lined writing area for Desserts

Lined writing area for Beverages

# Ramadan's Meals Plan

1

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

2

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

3

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

4

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

5

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

6

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

7

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

8

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

9

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

10

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

11

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

12

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

13

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

14

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

15

Iftar \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Suhoor \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Ramadan's Meals Plan

16 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

17 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

18 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

19 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

20 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

21 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

22 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

23 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

24 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

25 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

26 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

27 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

28 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

29 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

30 Iftar \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Suhoor \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Ramadan's Meals Plan

1 Iftar

Suhoor

2 Iftar

Suhoor

3 Iftar

Suhoor

4 Iftar

Suhoor

5 Iftar

Suhoor

6 Iftar

Suhoor

7 Iftar

Suhoor

8 Iftar

Suhoor

9 Iftar

Suhoor

10 Iftar

Suhoor

11 Iftar

Suhoor

12 Iftar

Suhoor

13 Iftar

Suhoor

14 Iftar

Suhoor

15 Iftar

Suhoor

# Ramadan's Meals Plan

16

Iftar

Suhoor

17

Iftar

Suhoor

18

Iftar

Suhoor

19

Iftar

Suhoor

20

Iftar

Suhoor

21

Iftar

Suhoor

22

Iftar

Suhoor

23

Iftar

Suhoor

24

Iftar

Suhoor

25

Iftar

Suhoor

26

Iftar

Suhoor

27

Iftar

Suhoor

28

Iftar

Suhoor

29

Iftar

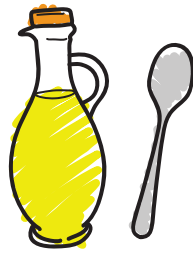
Suhoor

30

Iftar

Suhoor

Recipe:



Ingredients

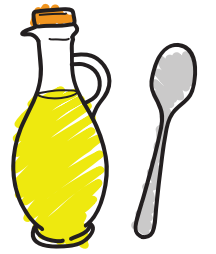
Instructions

Blank lined area for writing ingredients and instructions.

Notes



Recipe:



Ingredients

Instructions

Blank lined area for writing ingredients and instructions.

Notes



1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30