

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>

MONDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
<p>Iftar</p> <p><i>(Watch "One Week Vegan Flat Belly Meal Prep" video for the complete guide.)</i></p>	<p>SCRAMBLED TOFU PINEAPPLE FRIED RICE Ingredients (3 servings)</p> <p>1) 1 block (300g) Firm Tofu, mashed – 186Cals 2) 1 ½ cups Brown or White Rice, cooked and cooled – 368.5Cals 3) ½ cup (70g) Carrots, finely sliced – 40Cals 4) 150g Broccoli, chopped – 51Cals 5) 1 cup Pineapples Chunks – 83Cals 6) 1 large (120g) Red Bell Pepper, diced – 43Cals 7) 3 Garlic Cloves, minced – 12Cals 8) 1 medium stalk Spring Onion, sliced – 5Cals 9) 1 tbsp. Red Chilli, finely sliced *Optional. More for extra kick. 10) 1/4 cup (35g) Cashew Nuts – 201Cals 11) 1 tbsp. Sesame Oil – 120Cals 12) 1 tbsp. Soy Sauce, reduce salt – 9Cals 13) Juice from 1 Lime – 11Cals</p> <p>Video Link: https://youtu.be/BdZIHhwX0Ao</p>	<p>1) In a pan, heat ½ tbsp. of sesame oil over medium-high heat. 2) Stir in the tofu and cook for 4 – 5 minutes until tofu is slightly brown. Remove from heat and set aside. 3) Add the remaining ½ tbsp. of sesame oil. Add garlic and lightly stir-fry for about one minute until golden brown and fragrant. 4) Stir in the carrot and broccoli. Cook for 3 – 4 minutes until vegetables are slightly tender. If too dry, add a dash of water. 5) Mix in bell pepper, pineapple chunks and cashew nuts. Cook for another 3 – 4 minutes until pineapples are slightly caramelized on the edges and cashew nuts are lightly brown. 6) Stir in the rice, soy sauce and lime juice. Cook for about 5 minutes until rice is heated through and well combined. 7) Add the scrambled tofu, spring onion and red chilli. Cook quickly for 1 – 2 mins. 8) Remove from heat and serve.</p>	<p>377Cals</p>

<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.</p>	<p>154Cals</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/dByqOfOhOSQ</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>

<p>Suhoor</p> <p><i>(Watch “Fun & Healthy Lunch Box Ideas” video for the complete guide.)</i></p>	<p>BLACK BEANS & SWEET POTATO LETTUCE WRAP Ingredients (4 servings) 1) ½ can (130g) Black Beans, rinsed & drained – 123Cals <i>*Option: Any other beans of your choice</i> 2) 1 large Sweet Potato, baked & diced – 162Cals 3) ¼ medium Red Onion, finely diced – 10Cals 4) A handful of Coriander, roughly chopped – 1Cals 5) Lettuce Leaves 5) Salt & Pepper to taste</p> <p>Dressing 1) Juice from 1 Lime – 10Cals 2) ½ tbsp. Olive Oil – 60Cals 3) ½ tsp. Cumin – 4Cals 4) ½ tsp. Smoked Paprika – 4Cal</p> <p>OR</p> <p>SPICY TOFU MUSHROOM LETTUCE WRAP Ingredients (2 servings) 1) 1 packet (300g) Firm Tofu, drained, cut into small cubes – 286Cals 2) 1 cup (70g) Button Mushroom, chopped – 11Cals 3) 1/2 medium Red Bell Pepper, diced into cubes – 19Cals 4) A handful of Fresh Coriander, finely sliced – 1Cal 5) 2 tbsp. (20g) Cashew Nuts, crushed – 110Cals <i>*Option: other nuts of your choice</i> 6) 2 Red Chilli, deseeded and finely sliced 7) 1/2 tbsp. Sesame Oil – 60Cals</p>	<p>1) In a small bowl, combine limejuice, olive oil, cumin and smoked paprika. Set aside. 2) In a large bowl, add black beans, sweet potatoes, red onion and coriander. Combine well. 3) Toss in the dressing and season with salt and pepper. Mix until evenly coated. 4) To serve, spoon generous amount of black beans & sweet potato mixture onto lettuce leaves.</p> <p>1) In a small bowl, combine soy sauce, limejuice and water. Set aside. 2) Heat sesame oil over medium-high heat. Add mushroom and cook for 2 – 3 minutes until slightly tender. 3) Add tofu and sear until lightly brown for about 2 – 3 minutes on each side. 4) Next, toss in red bell pepper, chilli and cashew nuts. Cook very quickly for about 1 minute and stir in the soy sauce mixture. 5) Continue cooking for another 2 – 3 minutes until sauce has reduced slightly. Remove from heat and</p>	<p>94Cals <i>(consume 2 – 3 servings)</i></p> <p>258Cals</p>
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	<p>Dressing (2 servings) 1) Juice from 1 Lime – 10Cals 2) 2 tbsps. Soy Sauce – 18Cals 3) 1 tbsp. Water</p> <p>Video Link: https://youtu.be/SD0_gNp8EF4</p>	<p>allow it to cool down. 6) To serve, spoon generous amount of tofu mixture onto lettuce leaves and sprinkle with coriander.</p>	
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Total Calories: 1234cals (including 3 dates)

TUESDAY

	MEALS & INGREDIENTS	STEPS	CALORIES PER SERVING
<p>Iftar <i>(Watch "Garlic & Chilli Zucchini Pasta" video for the complete guide.)</i></p>	<p>ZUCCHINI PASTA Ingredients (2 servings) 1) 2 medium Zucchini, end trimmed – 66Cals 2) 2 Garlic cloves, finely chopped – 8Cals 3) ½ cup Fresh Basil Leaves, coarsely chopped – 2Cals 4) 2 tsp. Olive Oil – 80Cals 5) Juice from ½ Lemon – 6Cals 6) Salt & Pepper, to taste 7) 1 pinch Red Chilli Flakes <i>**Optional, add if you like spice.</i> 8) A handful of Cherry Tomatoes, halved – 27Cals</p> <p>Video Link: https://youtu.be/pb_4zkNXrg</p>	<p>1) To make the zucchini noodles, I am using the vegetable spiral slicer. All you'll need to do is gently press and twist the zucchini just like a pencil sharpener. What you'll end up with is a large serving of pasta looking dish. Then set it aside. 2) Heat 1 tsp. of Olive Oil over medium high heat. Add garlic and cook for 1 minute until slightly brown and fragrant. 3) Then add in red chilli flakes and lemon juice, season with salt and pepper and cook for another 2 minutes. Mix it the basil leaves, and set it aside. 5) In the same pan, add in the remaining 1 tsp. of olive oil and zucchini noodles. Toss and cook for 3 – 4 minutes until noodles are soft but do not over cook the zucchini. 6) Remove from heat. 7) Finally top your pasta with cherry tomatoes and serve.</p>	<p>189Cals</p>

<p><i>(Watch "Eat Soup, Stay Slim" video for the complete guide.)</i></p>	<p>CHICKPEAS, CARROT & ONION SOUP Ingredients 1) 200g Carrots, chopped into cubes - 82cals 2) 1 Onion, diced - 44cals 3) ½ can of Chickpeas - 131cals 4) 1 tsp. Olive Oil - 40cals 5) 2 cups Vegetable Stock - 35cals 6) Handful of Parsley</p> <p>Video Link: https://youtu.be/SvmqURW-swg</p>	<p>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.</p>	<p>332Cals</p>
<p>Snack <i>(Watch "How to Make the Perfect Green Smoothie" video for the complete guide.)</i></p>	<p>GREEN SMOOTHIE Ingredients 1) Choose 1 cup GREEN VEGETABLE/S - Spinach, Kale, Zucchini, Bok Choy, Cabbage etc. 2) Choose 1 cup LIQUID/S (200 - 250ml) - Water, Soya Milk, Almond Milk, Coconut Water, Green Tea etc. 3) Choose ½ cup FRUIT or VEGETABLE - Banana, Tomato, Berries, Apple, Mango etc. 4) Choose 1 – 2 tbsps. ADD-ONS - Goji Berry, Chia Seeds, Nuts, Mixed Seeds, Protein Powder etc.</p> <p>Video Link: https://youtu.be/MErSW-RNUqc</p>	<p>1) Add all the ingredients into a smoothie blender and blend until smooth and thick.</p>	<p>240Cals</p>

<p><i>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</i></p>	<p>3-INGREDIENT OAT BITE Ingredients (makes 24 oat bites) 1) 1 cup (90g) Rolled Oats, dry & uncooked – 340Cals 2) ½ cup (125g) Peanut Butter – 778Cals 3) ¼ cup (82g) Maple Syrup / Honey – 270Cals **Optional add-ons 4) 1 tbsp. unsweetened Cocoa Powder – 12Cals 5) 1 tbsp. Sunflower Seeds – 47Cals Video Link: https://youtu.be/dBypQf0hOSQ</p>	<p>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 simply shape them into bite size balls. 4) Chill in the refrigerator for about one hour until firm.</p>	<p>180Cals (Based on 3 oat bites)</p>
<p>Suhoor <i>(Watch "Breakfast in A Jar Chia Pudding" video for the complete guide.)</i></p>	<p>TROPICAL MANGO CHIA PUDDING Ingredients (2 Servings) 1) ¼ cup Chia Seeds – 280Cals 2) 1 cup Milk, any choice – 100Cals 3) 1 tsp. Maple Syrup or Honey – 64Cals 4) 1 cup Mango puree – 140Cals 5) 1 tbsp. Pumpkin Seeds – 56Cals OR BANANA PEANUT BUTTER CHIA PUDDING Ingredients (2 servings) 1) ¼ cup Chia Seeds – 280Cals 2) 1 cup Milk, any choice – 100Cals 3) 1 tsp. Maple Syrup or Honey – 64Cals 4) 1 Large Banana, mashed – 121Cals 5) 2 tbsps. Peanut Butter – 188Cals Video Link: https://youtu.be/p7HvNeEJ-EY</p>	<p>1) Pour mango puree evenly into two 8oz jars. Chill in the fridge. 2) In a bowl, mix together the chia seeds, milk and honey. Stir until well combined. 3) Pour the chia mixture on top of the mango puree. 4) Cover and let it set overnight in the fridge. 5) In the morning, top it up with pumpkin seeds, seal and bring it out with you.</p> <p>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!</p>	<p>320Cals</p> <p>377Cals</p>

Total Calories: 1441cals (including 3 dates)

WEDNESDAY

	MEALS & INGREDIENTS	STEPS	TOTAL CALS
<p>Iftar (Watch “Healthy Fast Food” video for the complete guide.)</p>	<p>SWEET CHILLI VEGGIE BURGER Ingredients (6 servings) 1) 1/3 (35g) cup Oats – 131.5Cals 2) 1 can (240g) Chickpeas, rinsed and drained – 290Cals *Option: Other beans of your choice: Black beans, red beans etc. 3) 1 medium (60g) Carrot, grated – 25Cals Option: Any other vegetables: Bell pepper, spinach etc. 4) 1 tbsp. Sweet Chilli Sauce – 27.5Cals *Option: Any sauces – BBQ sauce, tomato sauce etc. 5) ½ tsp. of Chilli Powder – 4Cals **Optional 6) ½ tsp. of Cumin – 4Cals **Optional 7) ¼ cup Onion, diced – 22Cals 8) 2 cloves Garlic, minced – 8Cals 9) Season with Salt and Pepper 10) 1 Burger Bun – 120cals</p> <p>Video Link: https://youtu.be/dInD98YwEXU</p>	<ol style="list-style-type: none"> 1) Place oats, carrots, onions and garlic into the food processor. Process until all the ingredients are finely minced. 2) Add chickpeas and process until mashed and well blended. 3) Add your chosen sauce and spices and continue to process. 4) Transfer mixture into a bowl and stir well to make sure that all the sauces and spices are combined and all chickpeas are mashed. 5) Pre-heat the oven to 180 degree Celsius or 350 Fahrenheit. 6) Coat a baking tray with cooking spray. 7) Use your hands to divide the mixture into 6 equal sized portions. Roll them into balls and flatten them to make 6 patties. Each patty should be about ¼ - ½ of an inch high. 8) Place the patties on the baking tray and bake for 30 minutes. After 15 minutes, flip the patties and bake for the remaining 15 minutes until the patties are lightly browned and crispy on the outside. 9) Serve with 1 Burger Bun. 	<p>206Cals</p>

	<p>BAKED SWEET POTATO FRIES Ingredients (3 servings) 1) 250g Sweet Potato, peeled and 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>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) Then spread potatoes on a single layer on the 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>87Cals</p>
<p>Snack <i>(Watch "Easy Healthy Fruit Smoothie Ideas" video for complete guide)</i></p>	<p>FRUIT SMOOTHIE Ingredients 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: 1) 1 large Red Date – 23cals 2) ½ Walnut – 13Cals</p> <p>Video Link: https://youtu.be/dByqQfOhOSQ</p>	<p>1) Add all the ingredients into the smoothie blender, blend until smooth and serve.</p>	<p>167Cals</p>
<p><i>(Watch "10 Healthy Desk Snacks" video for the complete guide.)</i></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>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) 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>	<ol style="list-style-type: none"> 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>425Cals</p>
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Total Calories: 1173cals

THURSDAY

	MEALS & INGREDIENTS	STEPS	TOTAL CALS
<p>Iftar</p> <p><i>(Watch "Low Fat Gluten-Free Vegetarian Dinner" for the complete guide.)</i></p>	<p>STIR-FRIED TOFU SCRAMBLE Ingredients 1) ½ block (200g) of Firm Tofu, drained & crumbled – 94Cals 2) 4 Cherry Tomatoes – 12cals 3) 1 medium red bell pepper, cut into chunks - 37cals 5) 2 Green Onions, roughly chopped - 10cals 6) 1 Garlic Clove, minced – 4cals 7) 1 Carrot, sliced – 20cals 8) Salt & pepper to taste. 9) Pinch of Chilli flakes</p>	<ol style="list-style-type: none"> 1) Stir-fry ½ block of firm tofu crumble with garlic, red bell pepper and carrots. 2) Add in green onions, cherry tomatoes, chilli flakes and seasoned with salt & pepper. 3) Cook for 2 to 5 minutes depending on how brown you want it to be. <p>Video Link: https://youtu.be/CUMyrStxbb8</p>	<p>177Cals</p>

	<p>GARLIC FRIED RICE Ingredients (4 servings) 1) 2 cups of cooked rice, I used a mixture of brown and white rice - 418cals 2) 4 Garlic Cloves, minced - 18cals 3) 4 Green Onions, roughly chopped - 10cals 5) 1.5 tbsps. Sesame Oil - 180cals 6) A pinch of Salt</p> <p>HEARTY CREAMY MUSHROOM SOUP Ingredients (6 servings) 1) 500g Fresh Wild Mushrooms, thinly sliced – 90Cals 2) 3 cups (320g) Cauliflower, coarsely chopped – 82Cals 3) 1 large (150g) Yellow Onion, diced – 63Cals 4) 1 tbsp. Olive Oil – 119Cals 5) 3 Garlic Cloves, minced – 15Cals 6) 4 cups Vegetable Stock – 60Cals 7) 1 tbsp. Fresh Lemon Juice – 3Cals 8) Salt & Pepper to Taste</p> <p>Video Link: https://youtu.be/61HoJtm8fk</p>	<p>1) In a pan, heat oil over medium high heat, add garlic and sauté garlic until lightly browned. 2) Then quickly add in the cooked rice and green onions. 3) Keep mixing until all the ingredients are well blended. 4) Serve hot.</p> <p>1) In a large pot, add 2 cups of vegetable stock and cauliflower. Bring to a boil, cover and simmer for about 10 minutes until cauliflower is very tender. Puree with a hand blender until smooth and set aside. 2) In a pan, heat olive oil over medium high heat. Stir in garlic, onion and mushroom. Sautee from 5 – 7 minutes until onion and garlic are golden brown and fragrant and mushrooms are cooked through. 3) Add $\frac{3}{4}$ of the sautéed ingredients and the remaining 2 cups of water into the pureed cauliflower. Bring to a boil, cover and simmer for 5 minutes, until slightly thickened. Turn off the heat, Puree all the ingredients with a hand blender until smooth. 4) Then stir in the remaining sautéed mushrooms, and season with lemon, salt and pepper. Serve hot.</p>	<p>157Cals</p> <p>72Cals</p>
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<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>SUNSHINE SMOOTHIE Ingredients</p> <p>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>PLUM STUFFED CHERRY TOMATO Ingredients</p> <p>1) 3 Cherry Tomatoes – 9cals 2) 3 Plums – 69cals</p> <p>Video Link: https://youtu.be/dBypQfOhOSQ</p>	<p>1) Add all the ingredients into the smoothie blender and blend until the mixture is smooth.</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>151Cals</p> <p>216Cals</p>
<p>Suhoor</p> <p><i>(Watch “8 Delicious Lettuce Wrap Ideas” video for complete guide)</i></p>	<p>BANANA SANDWICH SUSHI ROLLS Ingredients</p> <p>1) 2 medium Bread Slices – 160Cals 2) 1 tbsp. Peanut Butter – 94Cals 3) 1 Medium Banana, halved – 105Cals</p> <p>Video Link: https://youtu.be/SM_Zf50SpQ8</p> <p>OR</p>	<p>1) Cut the crust off on all sides of two breads. 2) Use a rolling pin to flatten the breads as thin as possible. 3) Spread a thin layer of peanut butter and place half a banana at one end of each bread. 4) Firmly roll the banana and bread up. 5) Cut each roll into 4 even pieces and serve.</p>	<p>359Cals</p>

	<p>WHOLE-WHEAT TOAST WITH PEANUT BUTTER & BANANA Ingredients 1) 1 Thick Whole-Wheat Toast - 125Cals 2) 1 tbsp. Peanut Butter - 94Cals 3) 1 medium Banana, sliced - 105Cals</p>	<p>1) Spread peanut butter on toast and top with sliced bananas.</p>	<p>324Cals</p>
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Total Calories: 1312cals (including 3 dates)

FRIDAY

	MEALS & INGREDIENTS	STEPS	TOTAL CALS
<p>Iftar <i>(Watch "Healthy INDIAN Vegetarian Meal Plan" video for the complete guide)</i></p>	<p>EGGPLANT & CAULIFLOWER CURRY WITH RICE Ingredients (3 servings) 1) ½ can Chickpeas, rinsed & drained – 292Cals 2) 1.5 cups Cauliflower Florets – 40.5Cals 3) ½ Eggplant, cut into 1-inch chunks – 68Cals 4) ½ can diced Tomatoes – 50Cals <i>*or ¾ cup of diced fresh tomatoes and ½ cup of water.</i> 5) ¼ cup Plain Yoghurt – 37.5Cals 6) About ¾ cup Water 7) ½ Large Onion, sliced – 30Cals 8) 1 Garlic Clove, minced – 4Cals 9) 1 tsp. Fresh Ginger, minced – 2Cals 10) 1 tbsp. Curry Powder – 21Cals 11) ½ tsp. Garam Masala – 6.5Cals 12) ½ tsp. Mustard Seeds – 5Cals</p>	<p>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. Sauté 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 with ½ cup or 1 cup of rice (198cals).</p>	<p>423Cals</p>

	13) ¼ tsp. Salt 14) 1 tbsp. Oil, divided – 120Cals Video Link: https://youtu.be/-Bgm-iEULxA		
Snack <i>(Watch “10 Healthy Desk Snacks” video for the complete guide.)</i>	YOGHURT & FRUITS Ingredients (3 servings) 1) 1 cup Greek Yoghurt – 64cals 2) ½ cup Kiwi, sliced – 55cals 3) ½ cup Dragon Fruits, sliced – 45cals 4) ½ cup Grapes – 60cals Video Link: https://youtu.be/dBypQf0hOSQ AND 1 glass of Coconut Water (250ml)	1) Slice about ½ cup of your favourite fruits. 2) Mix fruits with yoghurt. <i>*Option: Any other fruits of your choice.</i>	75Cals 51Cals
Suhoor <i>(Watch “4 No-Cook Chilled Soups” video for the complete guide.)</i>	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 OR	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).	334Cals <i>(including 2 slices of toasts)</i>

	<p>CHILLED MINT CUCUMBER YOGHURT SOUP Ingredients (2 servings) 1) 4 cups Cucumber, roughly chopped – 64Cals 2) ½ cup Fresh Mint Leaves, roughly chopped – 8Cals 3) 1 Garlic Clove, minced – 5Cals 4) 1.5 cups Greek or Plain Yoghurt – 225Cals 5) 2 tbsps. Freshly squeezed Lemon Juice – 14Cals 6) 2 tbsps. Extra Virgin Olive Oil – 138Cals 7) Salt & Pepper to Taste 8) ½ cup Cold Water</p>	<p>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.</p> <p>Video Link: https://youtu.be/Qye2YHbxKi8</p>	<p>227Cals</p>
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Total Calories: 1063cals (including 3 dates)

SATURDAY

	MEALS & INGREDIENTS	STEPS	TOTAL CALS
<p>Iftar <i>(Watch “Low Fat Gluten-Free Vegetarian Dinner” video for the complete guide.)</i></p>	<p>CHICKPEAS SPINACH CURRY WITH CHAPATTI Ingredients (2 servings) 1) ½ an onion, peeled and cut into quarters - 22cals 2) 5g of root ginger, peeled and roughly chopped - 5cals 3) 1 Garlic Clove, minced - 4cals 4) 1 ½ tops. Red Curry Powder - 9cals 5) 1 tsp. Olive Oil - 40cals 6) 1 can (240g) Chickpeas, rinsed and drained - 290cals 7) 1 can Undrained Chopped Tomatoes - 100cals 8) 150g Spinach - 42cals 9) 150g Cauliflower - 51cals 10) 125ml Water 11) 1 Whole Wheat Chapatti (130cals) <i>**Option: Brown or Basmati Rice</i></p>	<p>1) Place the onion, ginger and garlic into a food processor and blend into a purée. 2) Heat up a saucepan, add olive oil and add the puréed onion mix and curry powder to pan, sauté for 3 minutes. 3) Add in the chickpeas, tomatoes, cauliflower and simmer. 4) Then stir in the spinach, water, and salt. Cook until spinach is fully thawed and warm. Add more water if needed. 5) Served it hot with 1 medium Whole Wheat Chapatti.</p> <p>Video Link: https://youtu.be/CUMyrStxbb8</p>	<p>411.5Cals (including 1 whole wheat Chapatti)</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 frozed – 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> <p>CHUNKY STRAWBERRY Ingredients (2 servings) 1) 2 medium Bananas, sliced and frozen – 210Cals 2) ½ cup Strawberries, sliced and frozen – 25Cals 3) ¼ cup Strawberries, diced into small cubes- 12.5Cals</p> <p>Video Link: https://youtu.be/L9AaNqs1jFc</p> <p>AND</p> <p>1 glass of Coconut Water (250ml)</p>	<p>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> <p>1) Place frozen bananas and ½ a cup of frozen strawberries into a food processor or blender. Blend until thick and creamy. 2) Transfer your strawberry ice cream into a freezer safe container, and add in the ¼ cup of diced strawberries. Combine well.</p>	<p>187Cals</p> <p>124Cals</p> <p>51Cals</p>
<p>Suhoor</p> <p><i>(Watch "One-Week Vegan Flat Belly Meal Prep" video for the complete guide.)</i></p>	<p>VEGAN MASHED CHICKPEAS SANDWICH Ingredients (3 servings) 1) 1 can (240g) Chickpeas, rinsed & drained – 247Cals 2) 3/4 cup (105g) Carrots, chopped into cubes – 40Cals 3) 1/4 cup (40g) Onions, finely diced – 16Cals 4) 2 tbsps. Sunflower Seeds – 92Cals 5) 1 tbsp. Fresh Parsley, roughly chopped – 1Cal 6) Juice from 1/2 Lemon – 6Cals 7) 1 tsp. Smoked Paprika – 6Cals 8) 1 tsp. Extra Virgin Olive Oil – 40Cals</p>	<p>1) In a large bowl, roughly mash chickpeas with a fork or potato masher. 2) Add the remaining ingredients; carrots, onions, sunflower seeds, parsley, lemon juice, olive oil, smoked paprika and season with salt and pepper. Combine well. 3) Place generous amount of lettuce leaves on one sliced bread, add the mixture and sandwich it with another layer of lettuce leaves and bread.</p>	<p>313Cals <i>(including 2 slices of bread)</i></p>

	<p>9) Salt & Pepper to Taste 10) Lettuce Leaves, as much as you like – 10Cals <i>*Option: Any other green leafy vegetables, spinach, kale etc.</i></p> <p>Video Link: https://youtu.be/BdZIHwX0Ao</p>	<p>Serve with 2 medium bread slices – 160Cals <i>*Whole Wheat, Rye, Whole Grain or Gluten-Free.</i></p>	
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Total Calories: 1142.5cals (including 3 dates)