**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*](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 “3 Oven-Baked Recipes” video for the complete guide.)*  *(Watch “What I Eat Daily (Meal Prep Recipes)” video for the complete guide.)*  *(Watch “3 High Protein Yoghurt Recipes” video for the complete guide.)* | **ROASTED CHICKED WITH MIXED VEGETABLES**  **Ingredients (serves 2)**  1) 2 Chicken Legs Quarter – 336Cals each  2) 2 Carrots, sliced – 50Cals  3) 1 head Broccoli – 98Cals  4) 1 Sweet Potato, sliced into cubes – 112Cals  5)1 Red Onion, sliced – 46Cals  6) 6 Garlic Cloves, crushed – 27Cals  7) 1 tbsp. Olive Oil – 69Cals  8) 1 tbsp. Apple Cider Vinegar – 3Cals  9) ¼ tsp. Fresh Rosemary, chopped  10) ¼ tsp. Mixed herbs  11) Salt & Pepper to taste  ***Video Link:*** [***https://youtu.be/Yy0pPT5Lf4k***](https://youtu.be/Yy0pPT5Lf4k)  **OR**  **BAKED FISH AND VEGETABLES**  **Ingredients (serves 3)**  1) 500g Frozen Tilapia – 480Cals  2) 2 Carrots – 50Cals  3) 1 Red Bell Pepper -20Cals  4) 1 head Broccoli – 98Cals  5) 1 Sweet Potato – 112Cals  6) 1 Red Onion – 46Cals  7) 6 Garlic Cloves, crushed – 27Cals  8) 1 tbsp. Olive Oil, divided – 69Cals  9) 1 tbsp. Apple Cider Vinegar – 3Cals  10) ¼ tsp. Mixed Herbs  11) Salt & Pepper to taste  *\*\*Option, add a bowl of rice – 210Cals*  ***Video Link:*** [***https://youtu.be/2uF73UX6JgY***](https://youtu.be/2uF73UX6JgY)  **AND**  **LOW FAT CREAMY MUSHROOM SOUP**  **Ingredients (serves 6)**  1) 1 cup Greek Yoghurt- 280Cals  2) 400g Mixed Wild Mushrooms, sliced- 60Cals  3) 1 large Yellow Onion, diced- 50Cals  4) 3 Garlic Cloves, minced- 10Cals  5) 4 cups Vegetable Stock- 60Cals  6) 1 tbsp. Olive Oil- 112Cals  7) 1 tbsp. Fresh Lemon Juice- 3Cals  8) 2 tsps. Mixed Herbs  9) Salt & Pepper to Taste  ***Video Link:*** [***https://youtu.be/SxYkeBOi7Hg***](https://youtu.be/SxYkeBOi7Hg) | 1) Preheat the oven to 425°F/220°C.  2) Rub the chicken legs with olive oil. The season with fresh rosemary, salt and pepper. Set aside.  3) Next, make a bed for the chicken pieces by arranging the vegetables on the bottom of a baking dish. Season the vegetables with a little bit of olive oil, apple cider vinegar, salt, pepper, mixed herbs and some rosemary.  4) Transfer and arrange the chicken legs on top of the vegetables.  5) Bake for an hour or until chicken is done.  6) Serve warm!  1) Start by Pre-heating the oven to 220°C/425°F.  2) Then slice up all the vegetables, about 1 carrot, 1 bell pepper, 1 head of a Broccoli, 1 sweet potato and 1 red onion. And crush about 6 garlic cloves.  3) Rub the fish with olive oil, mixed herbs and season with salt and pepper. Set aside.  4) Next, make a bed for the fish by arranging all the chopped up vegetables on the bottom of a baking dish. Season the vegetables with ½ tbsp. of olive oil, 1 tbsp. apple cider vinegar, salt, pepper, and ¼ tsp. mixed herbs. Give it a good mix.  5) Then, arrange the marinated fish on top of the vegetables and cover the baking dish with aluminium foil. Bake in the oven for 30 minutes or until fish is done.  1) Sautee the garlic, onions and mushroom until fragrant and golden brown. Set aside.  2) In a large pot, add vegetable stock and 3/4 of the sautéed ingredients and bring to a boil. Then remove from heat and puree all the ingredients with a hand blender until creamy and smooth.  3) Next, stir in the remaining mushrooms, Greek Yoghurt and season with lemon juice, mixed herbs and salt and pepper. Serve hot. | **538Cals**  **302Cals**  *(with rice 512Cals)*  **106Cals** |
| **Snacks**  *(Watch “3 High Protein Yoghurt Recipes” video for the complete guide.)* | **HEALTHY BANANA WALNUT MUFFINS**  **Ingredients (serves 12)**  1) ½ cup Greek Yoghurt- 140Cals  2) 1.5 cup Rolled Oats- 525Cals  3) 2 Bananas, mashed- 210Cals  4) 2 Eggs, beaten- 130Cals  5) 2 tbsps. Honey- 128Cals  6) ¼ cup Crushed Walnuts- 131Cals  7) 2 tbsps. Cranberries- 44Cals  8) 1 tsp. Baking Soda  ***Video Link:*** [***https://youtu.be/SxYkeBOi7Hg***](https://youtu.be/SxYkeBOi7Hg)  **AND**  **1 – 2 servings of fruits** | 1) Start by pre-heating the oven to 180°C or 350°F.  2) In a large bowl, mash 2 large bananas, then whisk in 2 eggs, 1/2 cup of Greek yoghurt and about 2 tbsps. honey. Stir until well combined and set aside.  3) Blend, 1.5 cups rolled oats until fine.  4) In a separate bowl, mix in all the dry ingredients: 1.5 cups of oats, 1 tsp. baking soda and 1/4 cup crushed walnuts and about 2 tbsps. cranberries.  5) Then combine the wet and dry ingredients together. Keep mixing until you get an even batter.  6) Divide equally to 12 cupcake liners and bake in the oven for 15 minutes or until muffins are cooked through. | **109Cals**  **150Cals** |
| **Suhoor**  *(Watch “4 Superfood BARLEY Recipes” video for the complete guide.)*  *(Watch “Meal Prep to Gain Weight for Female“ video for complete guide)* | **BARLEY PORRIDGE BREAKFAST**  **Ingredients (serve 1)**  1) ¼ cup Pearl Barley – 176Cals  2) ¾ cup Water  3) ½ cup any Milk – 60Cals  4) 1 tsp. Chia Seeds – 22Cals  5) 1 tbsp. Apricot Seeds - 76Cals  6) 1 Banana – 105Cals  7) 1 tsp. Honey to taste - 21Cals  ***Video Link:*** [***https://youtu.be/ybyl9zlNdDc***](https://youtu.be/ybyl9zlNdDc)  **OR**  **OVERNIGHT OATS**  **Ingredients (serves 3)**  1) 1½ cup Oats – 570Cals  2) 1½ cup Milk – 219Cals  3) 2 tbsps. Peanut Butter – 188Cals  4) 3 large Banana – 315Cals  5) ¼ cup Goji Berries – 88Cals  6) 1½ tbsps. Chia Seeds – 90Cals  ***Video Link:*** [***https://youtu.be/OHpzcuh60YQ***](https://youtu.be/OHpzcuh60YQ)  **AND**  **GREEN FRUIT SMOOTHIE**  **Ingredients**  1) Choose 1 – 2 fruits of your choice such as banana, strawberries, mango, kiwi or blueberries  2) Choose 1 cup of leafy greens such as baby spinach, lettuce or kales  3) 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!  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.  1) Add all the ingredients into a smoothie blender, blend until smooth and serve. | **460Cals**  **490Cals**  **Average 250Cals**  **per serving** |

**Total Calories: 1841cals (including 3 dates)**

**WEDNESDAY AND THURSDAY**

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|  | **MEALS & INGREDIENTS** | **STEPS** | **CALORIES PER SERVING** |
| **Iftar**  *(Watch “3 Healthy RICE Recipes” video for the complete guide.)*  *(Watch “4 Superfood BARLEY Recipes” video for the complete guide.)* | **ONE POT FISH & RICE SOUP**  **Ingredients (serves 3)**  1) 4 cups Chicken / Fish / Vegetable Broth – 48Cals  2)400g Dory Fish Fillet – 410Cals  \*or any other fish of your choice  3) ½ cup Uncooked Wild Rice, rinsed – 286Cals  4) ½ can Black Beans, rinsed and drained – 189Cals  5) ½ can Diced Tomatoes – 53Cals  6) ½ cup Corn – 66Cals  7) 1 tsp. Cumin Powder – 8Cals  8) 1 tsp. Garlic Powder – 10Cals  9) 1 tsp. Cayenne Powder– 6Cals  10) 1 tsp. Mixed Herbs – 6cals  11) 1 tsp. Salt  **OR**  **BARLEY & BEEF STEW**  **Ingredients(serves 2)**  1) ½ cup Pearl Barley – 350Cals  2) 300g Beef Ribs – 360Cals  3) 1 Carrot, chopped – 20Cals  4) 1 cup Celery, chopped – 14Cals  5) 1 cup Mushroom, sliced – 16Cals  6) 1 small Onion, chopped – 25Cals  7) ½ tbsp. Unsalted Butter – 51Cals  9) 2 cups water  10) ½ tsp. Dried Basil Leave  11) Salt and pepper to taste | 1) We want to start by prepping the rice. Fill a large pot with 4 cups of broth and the uncooked rice.  2) Cover, bring to a boil and allow the rice to almost cook for about 25 – 30 minutes. Adjust the cooking time, depending on the rice you’re using.  3) Once the rice is almost ready, we want to stir all the ingredients in – the fish, beans, diced tomatoes, corn and all the spices.  4) Allow all the ingredients to simmer for another 10 – 15 minutes until the fish and rice are fully cooked and the soup thickens slightly.  5) Stir occasionally and serve hot.  1) In a pot, melt butter over medium-high heat.  2) Add in the beef pieces to sear. Season with salt and pepper. Set aside.  3) In the same pot, sauté the onions until fragrant and slightly brown, just for about 5-6 minutes.  4) Stir in the mushrooms and cook very quickly until slightly tender, for about 2-3 minutes.  5) Then stir the beef back into the pot. Add 2 cups of water, sprinkle with basil leaves and allow beef to gently simmer under low heat until very tender, for about 1 hour. Don’t forget to stir occasionally.  6) Once the beef is tender, add in the remaining ingredients - barley, celery and carrots. Continue cooking all the ingredients until they are tender for another 40 - 50 minutes. Serve warm.  7) If you like your beef falling off the bone, then cook for another additional hour. | **361Cals**  **418Cals** | |
| **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 – 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  **OR**  **NO-BAKE MATCHA MACAROONS**  **Ingredients (makes 12 balls)**  1) ½ cup Desiccated Coconut – 392Cals  2) 1 tbsp. Matcha Powder – 18Cals  3) 3 tbsps. Sesame Seeds – 156Cals  4) 2 tbsps. Coconut Oil – 234Cals  5) 2 tbsps. Peanut Butter – 188Cals  6) ¼ cup Maple Syrup – 210Cals  7) 1 tsp. Vanilla Extract – 12Cals  8) 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.  ***Video Link:*** [***https://youtu.be/dBypQfOhOSQ***](https://youtu.be/dBypQfOhOSQ)  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 “High FAT Meal Plan to Burn Fat” video for the complete guide.)* | **CHEESY MUSHROOM OMELETTE**  **Ingredients (serve 1)**  1) 3 whole eggs - 216Cals  2) 2 tbsps. Unsalted Butter - 204Cals  3) ¼ cup Shredded Mozzarella Cheese - 85Cals  4) ½ Red Bell Pepper, diced - 18Cals  5) ½ cup Baby spinach - 5Cals  6) ½ Yellow Onion, diced - 32Cals  7) 1 cup Mushrooms, diced - 16Cals  8) Salt and pepper  **OR**  **SALMON SPINACH FRITTATA**  **Ingredients (serves 3)**  1) 9oz (255g) Raw Salmon  2) 225g Frozen Baby Spinach  3) 6 large Eggs  4) ½ cup Cherry Tomatoes  5) 1 Bell Pepper  6) 1 medium Onion  7) ½ tbsp. Olive Oil  8) 60g Grated Parmesan Cheese  11) Salt and Pepper to taste  ***Video Link:*** [***https://youtu.be/E\_QQJPMSxiI***](https://youtu.be/E_QQJPMSxiI)  **AND**  **GREEN FRUIT SMOOTHIE**  **Ingredients**  1) Choose 1 – 2 fruits of your choice such as banana, strawberries, mango, kiwi or blueberries  2) Choose 1 cup of leafy greens such as baby spinach, lettuce or kales  3) 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) Sauté the mushrooms, bell pepper and onion in a nonstick pan with 1 tbsp. butter, seasoned with salt and pepper over medium-high heat about 3-4 minutes or until softened. Add spinach; cook and stir until spinach is wilted. Set aside.  2) Whisk the eggs with a fork until smooth and frothy.  3) Next, melt 1 tbsp. butter in a non-stick pan. Then, pour in the eggs evenly.  4) When the omelet begins to cook, sprinkle the vegetables and cheese on top.  5) Using a spatula, carefully ease around the edges of the omelet, and then fold it over in half. When it starts to turn golden brown, remove the pan from heat and slide the omelet onto a plate.  6) Serve hot with yoghurt and some green leafy vegetables.  1) Pre-heat the oven to 180 Celsius / 350 Fahrenheit.  2) Cubed the salmon fillet and chop up all the vegetables.  3) Add oil into a pan and cook the onion until fragrant and lightly brown.  4) Add in the salmon fillet and cook until slightly pink.  5) Then add in the frozen spinach and allow it to cook for 3 - 4 minutes.  6) Once the spinach has thawed, add in the cherry tomatoes and bell peppers and allow all the ingredients to cook for another 2 - 3 minutes.  7) Transfer into a square baking dish.  8) In a bowl, whisk all the eggs.  9) The pour the eggs onto the mixed ingredients until its fully covered.  10) Sprinkle some grated cheese all over the dish.  11) Bake it for 30 minutes until the egg is firm and fully cooked through.  12) Serve it with the boiled sweet potato as well as half an avocado.  1) Add all the ingredients into a smoothie blender, blend until smooth and serve. | **576Cals**  **475Cals**  **Average 250Cals**  **per serving** | |

**Total Calories: 1622cals (including 3 dates)**

**FRIDAY AND SATURDAY**

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|  | **MEALS & INGREDIENTS** | **STEPS** | **CALORIES PER SERVING** |
| **Iftar**  *(Watch “3 Oven-Baked Recipes” video for the complete guide.)*  *(Watch “3 High FAT Meal Plan to Burn Fat” video for the complete guide.)* | **BAKED SALMON & ZUCCHINI**  **Ingredients (serves 1)**  1) 1 Salmon Fillet - 416Cals  2) ½ Zucchini, halved lengthwise and thinly sliced – 9Cals  3) ½ cup Cherry Tomatoes, halved – 13Cals  4) ½ Lemon, slices, plus 2 teaspoons fresh lemon juice – 8Cals  5) 1 Garlic Cloves, minced – 4.5Cals  6) ¼ tsp. Rosemary, chopped  7) ¼ tbsp. Olive Oil – 17.5Cals  8) Salt & pepper to taste  ***Video Link:*** [***https://youtu.be/Yy0pPT5Lf4k***](https://youtu.be/Yy0pPT5Lf4k)  **OR**  **FISH CURRY INFUSED WITH COCONUT MILK**  **Ingredients (serves 2)**  1) 2 pieces of Mackerel fish - 460Cals  2) 200ml Full Fat Coconut Milk - 316Cals  3) 1.5 tbsp. Red Curry Paste - 22.5Cals  4) 1 Onion, roughly chopped - 44Cals  5) 1 cup Okra - 33Cals  6) 1 Carrot, sliced - 25Cals  7) 1 cup Baby Corn - 133Cals  8) 1 Tomato, roughly chopped - 22Cals  9) Fresh Cilantro, chopped - 0.2Cals  10) 1 cup Water  11) Salt and Pepper to taste  12) ½ cup Brown Rice, cooked – 108Cals  ***Video Link:*** [***https://youtu.be/E\_QQJPMSxiI***](https://youtu.be/E_QQJPMSxiI) | 1) Preheat oven to 350°F/180°C.  2) Line a baking tray with foil.  3) Marinade the salmon fillet with olive oil and salt & pepper. Then add the rosemary and garlic and lightly press into the salmon. Set aside.  4) Next, make a bed for the salmon fillet by arranging the zucchini, cherry tomatoes and lemon slices on the bottom of a baking dish and season with salt and pepper. Then place salmon on the zucchini and drizzle with some lemon juice.  5) Fold the sides of the foil over the salmon, covering completely and sealing the packet closed.  6) Place into oven and bake until cooked through, about 30 minutes.  7) Serve and enjoy!  1) In a pot, cook the curry paste over medium heat very quickly for 1 minute or until fragrant.  2) The stir in the coconut milk and water. Gently bring to boil.  3) Then add the fish, all the vegetables, and season with salt and pepper. Stir to combine and bring to a boil.  4) Reduce the heat to medium-low and allow all the ingredients to simmer until fish is cooked through and vegetables are tender, for about 20 minutes.  5) Don’t forget to stir occasionally.  6) Garnish with parsley and serve hot with a bowl of brown rice. | **468Cals**  **636Cals** | |
| **Snack**  *(Watch “10 Healthy Desk Snacks” video for the complete guide.)* | **PLUM STUFFED CHERRY TOMATO**  **Ingredients**  1) 3 Cherry Tomatoes – 9cals  2) 3 Plums – 69cals  ***Video Link:*** [***https://youtu.be/dBypQfOhOSQ***](https://youtu.be/dBypQfOhOSQ)  **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.  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 “Lazy Student Meals in 15 Minutes” for the complete guide.)* | **TUNA JACKET POTATO**  **Ingredients (serves 1)**  1) 1 large Potato – 197Cals  2) ½ can Tuna – 55Cals  3) 2 tbsp. Cheese, shredded – 36Cals  4) 1 tbsp. Yoghurt – 59Cals  5) ¼ tsp. Mixed Herbs  ***Video Link:*** [***https://youtu.be/adGBEZqF-jc***](https://youtu.be/adGBEZqF-jc)  **OR**  **BLACK BEAN SALSA WRAP**  **Ingredients (serves 4)**  1) 1 can Black Beans – 336Cals  2) 1 can Corn – 196Cals  3) Red Bell Pepper, chopped – 30Cals  4) 3 tbsps. Salsa Sauce – 12Cals  5) 4 tbsps. Cheese, shredded – 72Cals  6) 2 cups Spinach – 14Cals  7) ½ tsp. Mixed Herbs  8) 4 Wholegrain Wrap – 520Cals  **AND**  **GREEN FRUIT SMOOTHIE**  **Ingredients**  1) Choose 1 – 2 fruits of your choice such as banana, strawberries, mango, kiwi or blueberries  2) Choose 1 cup of leafy greens such as baby spinach, lettuce or kales  3) 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) Scrub the potato and prick the potato with knife.  2) Cook on full power in the microwave for 10 minutes.  3) While the potato is cooking in microwave, in a bowl, mix tuna, yoghurt and mixed herbs. Set aside.  4) Cut the potato in half lengthwise and top the open sides with tuna salad.  5) Then add cheese on top and return to the microwave, and cook for about one and a half minute to melt the cheese.  6) Remove from microwave and serve warm with a side of salad.    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.  1) Add all the ingredients into a smoothie blender, blend until smooth and serve. | **337Cals**  **295Cals**  **Average 250Cals**  **per serving** | |

**Total Calories: 1637cals (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 lean meat, 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! =)**