

Healthy Ramadan Menu

The background is a dark, textured wooden surface. In the top right corner, there is a cluster of bright red, wet tomatoes on their green stems. A few fresh green basil leaves are tucked behind the text. In the center, a single red tomato sits on the wood. Below it, a bundle of uncooked, yellow, long-strapped pasta is visible. To the right of the pasta, there is a white cloth with a red and white striped pattern. Scattered around the wood are several small, round, light-colored seeds or nuts and a few tiny red berries.

<https://happymoms.pk>

Sehri

use the dinner left over curry for sehri

sun.

Daal/Haleem with paratha,
Lassi & dates

mon.

Shami Kabab with
Paratha, Lassi & dates

tues.

Mix veg with paratha,
lassi & dates

wed.

Shami Kabab with
Paratha, Lassi & dates

thurs.

Qeema with Paratha,
Lassi & dates

fri.

Potatoe cutlet with
Paratha, Lassi & dates

sat.

Gosht curry with Paratha,
Lassi & dates

Shami Kabab with

Iftar

sun. Fruit chart & Milk shake

mon. Chana chat, samosa &
juice

tues. Chips, Spring rolls & milk
shake

wed. Fruit chart & Milk shake

thurs. Alobia chat, Spring rolls &
juice

fri. Chips, Pasta & Juice

sat. Dhai baraye, samosa &
Smoothie

Dinner

sun.

Matar/chana/gosht palao/
bariyani

mon.

Mix veg or veg paratha

tues.

Daal chawal

wed.

Qeema sabzi or koftey

thurs.

Mix veg rice or Chinese
rice

fri.

Gosht sabzi

sat.

Daal /Haleem wth Roti