


Ramadan's Food Timetables

Week1							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sahur	Oatmeal Nuts Milk Scrambled eggs and fruits	Salad Pasta Meatballs	Waffle Egg Sausage Milk or Tea	Yogurt with fruits Pasta and seafood or protein of your choice	Sweet and sour chicken with rice Juice	Pancakes Peppered sausage With tea/water	Mango Lassi Efo riro (vegetable soup) plantain and protein of your choice
Iftar	Fruits Rice tuwo Gbegiri Protein of your choice	“Swallow” Egusi soup with protein of your choice Fruit juice	Fruits Beans Plantains With Bread/pap/agidi	“Swallow” with Efo riro (vegetables) with protein of your choice	Fruits Moimoi, stewed chicken with bread/pap	Fruits Akara Bread/pap	Rice Moimoi Gizdodo
Week 2							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sahur	Potatoes Chicken Coleslaw	Noodles with vegetables and chicken Plantain	Moimoi Bread/eko Tea	Meatballs Soup Vegetables with potatoes	Coconut shrimp/chicken sauce Rice	Oatmeal Nut Fruits Scrambles eggs Fruits Milk	Fruits Bread Fish stew Tea

Iftar	Fruits Amala Gbegiri Ewedu and protein of choice Cold water):	Fruits Rice tuwo Gbegiri Stew with protein of your choice	Fruits Waffle Chicken Coleslaw Juice	Fruits Jollof rice Salad Chicken	Stewed fried egg with vegetables Yam/potatoes	Fried Rice Moimoi Protein of your choice	Fruits Pounded/poundo Egusi (melon) soup Protein of your choice
Week 3							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sahur	Yam Fish stew Tea	Bread Fried egg and Tea	Yogurt parfait Noodles soup Protein of your choice	Chicken sauce Pasta and vegetables	Scrambled eggs Wheat bread fruits and milk	Crepes berries/fruit s of your choice milk	Taco wrap Vegetables Milk/water
Iftar	Fish stew Rice and beans	Coconut rice Salad Protein of your choice	Fruits Oat amala with soup of your choice	Fruits Fish and yam pepper soup	Fruits Ekuru with stew Eko	Cucumber salad Jollof rice Protein of your choice	Baked chicken Potatoes wedges Salad