

Day	Iftar	Suhoor	Fruit & Drink Ideas
1	Ogi/Akamu/custard with Moimoi	Coconut Rice (or Brown rice) with Grilled Fish and Moimoi	Dates, Water, Zobo (Hibiscus Drink).
2	Yam porridge with fish stew and vegetables	Chicken, vegetables with Couscous.	Watermelon slices, Water, Fresh Mint Tea.
3	Pap and Moimoi	Egusi Soup (protein) with Fufu /Wheat/Oat/Plantain	Dates, Water, Apple
4	Toast with scrambled eggs and a slice of avocado.	Roasted beef with mashed potatoes and vegetables	Orange slices, Water, Fresh Lemonade
5	Yam with vegetable sauce with fish	Rice and beans fish stew and fried plantain.	Dates, Water/ Kunu
6	Grilled cheese with tomato soup	Stir fry with pasta and vegetable	Pineapple, Water, Tamarind tea
7	Oatmeal with/banana slices and nuts, and scrambled eggs	Yam and fish pepper soup	Dates, Water/ginger Tea.
8	Akara with pap/bread.	Fried rice, chicken, and vegetable	Grapes, Water, cucumber
9	Bread and beans (or Ewa agonyin)	Roasted potatoes with chicken	Dates, Water, Carrot Juice.
10	Roasted plantains with turkey and vegetable stew	Jollof Rice with vegetables and chicken/beef	Apple slices, Water, Moringa Tea.
11	Waffles and chicken	Okra Soup beef with Fufu/amala/eba.	Dates (3), Water, Pineapple & Ginger Smoothie.
12	Yam porridge, fish (or beef) and vegetables	Fish Stew with rice and beans with plantain.	Orange, Water, Ginger tea
13	Beans porridge and plantains	Chicken shawarma	Dates, Water, Mango Juice.
14	Shrimps' quesadilla	Pounded yam with vegetables soup/protein	Berries, Water, Tea.
15	Whole Wheat Toast, eggs with mashed avocado and a side of sliced cucumber.	Couscous with veggies with protein of choice.	Dates, Water, Fresh Watermelon Juice.
16	Plantain and fried egg.	Akara (beans fritters) with pap/bread	Banana, Water, Zobo (Hibiscus Drink).
17	Oatmeal with fruits, milk and dates/raisins	Yam Pottage/Asaro protein and vegetable.	Orange, Water, Ginger & Lemon Tea.

18	Pancakes, eggs, and fruits	Grilled/Baked Chicken with roasted potato wedges and sautéed greens.	Dates, Water, Baobab Juice.
19	Plain Yoghurt with a small serving of fruit salad.	Fish Pepper Soup with a few chunks of boiled yam/plantain.	Pineapple, Water, Freshly Squeezed Orange Juice.
20	Egg salad with whole-wheat bread.	Meatballs with pasta and veggies	Dates Water, Kunu (Millet Drink).
21	Bread with Moimoi	Nigerian Suya sandwiches	Mango, Water, Coconut Water.
22	Potato wedges with chicken and veggies	Jollof Rice (brown rice) with plantain and a mixed vegetable stir-fry.	Dates, Water, Fruit Juice.
23	Plantains with vegetable sauce	Egusi Soup with wheat Swallow and fish/protein of your choice.	Apple, Water, Fresh Mint Tea.
24	Chicken quesadilla	Rice and beans with stew (meat/chicken).	Banana, Water, Juice.
25	Millet Porridge or pap with nuts and a dash of cinnamon.	Spiced Baked Fish with a side of grilled corn on the cob and spinach.	Dates, Water, Watermelon/any fruit of choice
26	Moi Moi with fish/meat stew	Nigerian Vegetable Soup (Efo Riro) with oat Swallow and lean chicken.	Orange, Water, Ginger Tea.
27	Plain Yoghurt with dates/nuts	Chicken Tacos	Grapes, Water.
28	Boiled Yam with garden egg sauce/stew.	Chicken stew with rice or whole grain side.	Dates, Water, Fresh orange juice
29	Akara and bread/Ogi/Akamu.	Vegetables stew with swallow and protein of choice.	Pineapple, Water, or Tea.
30	Oatmeal with milk/water, topped with mango chunks and nuts.	Light Fish Pepper Soup with yam/plantains	Dates, Water/Baobab Juice.