



30-DAY IFTAR MEAL PLAN

WEEK 1

Day	Fruits (Break Fast)	Main Meal	Drinks
Day 1	Dates, Water, Pineapple	Pap & Akara, Jollof Rice, Grilled Chicken	Pineapple Juice
Day 2	Dates, Water, Watermelon	Eba & Egusi (Beef & Stockfish)	Fresh Orange Juice
Day 3	Dates, Water, Pawpaw	Yam Porridge with Fish	Zobo
Day 4	Dates, Water, Apple	Fried Rice with Turkey	Chapman
Day 5	Dates, Water, Banana	Amala with Ewedu & Gbegiri	Lemon & Ginger Juice
Day 6	Dates, Water, Mango	Beans & Corn Porridge with Plantain	Watermelon Juice
Day 7	Dates, Water, Orange	Coconut Rice with Grilled Chicken	Fresh Orange Juice

WEEK 2

Day	Fruits (Break Fast)	Main Meal	Drinks
Day 8	Dates, Water, Grapes	Pounded Yam with Ogbono	Zobo
Day 9	Dates, Water, Watermelon	Sweet Potato Porridge with Fish	Pineapple Juice
Day 10	Dates, Water, Apple	Semovita with Okra	Chapman
Day 11	Dates, Water, Pawpaw	White Rice with Ofada Sauce & Egg	Fresh Orange Juice
Day 12	Dates, Water, Banana	Eba with Vegetable Soup	Zobo
Day 13	Dates, Water, Mango	Couscous with Chicken	Banana & Peanut Smoothie
Day 14	Dates, Water, Pineapple	Amala with Ogbono	Lemon Water

WEEK 3

Day	Fruits (Break Fast)	Main Meal	Drinks
Day 15	Dates, Water, Watermelon	Jollof Rice with Plantain & Turkey	Chapman
Day 16	Dates, Water, Orange	Yam & Egg Sauce with Fish	Pineapple Juice
Day 17	Dates, Water, Apple	Spaghetti Bolognese	Fresh Orange Juice
Day 18	Dates, Water, Pawpaw	Eba with Banga Soup	Zobo
Day 19	Dates, Water, Grapes	Fried Rice with Chicken Wings	Lemon & Ginger Juice
Day 20	Dates, Water, Mango	Semovita with Oha Soup	Chapman
Day 21	Dates, Water, Banana	Jollof Spaghetti with Turkey	Watermelon Juice

WEEK 4

Day	Fruits (Break Fast)	Main Meal	Drinks
Day 22	Dates, Water, Pineapple	Pap & Groundnuts, Eba with Bitterleaf Soup	Zobo
Day 23	Dates, Water, Watermelon	Boiled Yam with Stew & Fish	Fresh Orange Juice
Day 24	Dates, Water, Apple	Amala with Ewedu & Gbegiri	Chapman
Day 25	Dates, Water, Mango	Pounded Yam with Egusi	Lemon Water
Day 26	Dates, Water, Orange	Coconut Rice with Grilled Fish	Pineapple Juice
Day 27	Dates, Water, Banana	Beans Porridge with Plantain	Zobo
Day 28	Dates, Water, Pawpaw	Jollof Rice with Chicken	Chapman

FINAL DAYS

Day	Fruits (Break Fast)	Main Meal	Drinks
Day 29	Dates, Water, Grapes	Semovita with Edikang Ikong	Fresh Orange Juice
Day 30	Dates, Water, Mixed Fruits	Pounded Yam with Vegetable Soup	Pineapple Juice