

## Ramadan 2017 (1438AH)

	<i>Suhoor</i>	<i>Iftaar</i>
<b>Day 1</b>	40g porridge oats ( <b>heb</b> ) made with 200ml alpro soya chocolate milk ( <b>hea</b> ), topped with banana and berries PLUS 2 boiled eggs	Fresh fruit Lamb chops, SW chips and salad OR Chicken Kebabs, SW chips and salad
<b>Day 2</b>	2 slices wholemeal bread, toasted ( <b>heb</b> if from a 400g loaf) with baked beans, eggs and mushrooms. Banana	Fresh fruit Salmon Quiche ( <b>hea</b> ) with salad OR Chicken Biryani with salad
<b>Day 3</b>	Weetabix ( <b>heb</b> ) with hot Alpro chocolate soya milk (200ml = <b>hea</b> ) topped with banana and berries. PLUS 2 boiled eggs	Fresh fruit Spaghetti with chicken meatballs and salad OR Kheema Curry Pie with salad
<b>Day 4</b>	2 slices of wholemeal bread, toasted ( <b>heb</b> if from a 400g loaf) topped with 1 tbsp peanut butter (4.5 syns) and chopped banana	Fresh fruit Chicken nibblets, couscous and salad OR Roast Chicken with Vegetable pilau and salad
<b>Day 5</b>	Baked oats ( <b>heb</b> plus 0.5 syn) filled with 1 tbsp jam (2 syns), topped with berries and banana.	Fresh fruit Dhaal, rice and salad OR Pizza topped chicken ( <b>hea</b> ) with salad
<b>Day 6</b>	Overnight Weetabix (1/2 <b>heb</b> ) made with Alpro Plain with Coconut yogurt mixed with 1 tbsp sweetener (1.5 syns), layered with berries and banana PLUS 2 boiled eggs	Fresh fruit Jacket potato, twice baked with tuna, sweetcorn, onion and cheese ( <b>hea</b> ) with salad OR Chicken and Chickpea Curry with boiled rice and salad
<b>Day 7</b>	40g porridge oats ( <b>heb</b> ) made in 200ml Alpro chocolate soya milk ( <b>hea</b> ) with lots of speedy fruit and a banana PLUS 2 boiled eggs	Fresh fruit Grilled salmon, SW chips, mushy peas OR Masala Fish with SW chips

**Please note that I have not included all my syns. I have kept syns to minimum with my meals so I can enjoy the odd treat/craving (all within daily allowance of course!) x**

**Rahema Mamodo – Slimming World Consultant**

Twitter: @RahemaSW | Instagram: @RahemaSW