

# My Active Kitchen Ramadan Menu

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<b>Days</b>	<b>Fajr</b>	<b>Snacks</b>	<b>Iftar</b>
1	Yam and egg stew	Seasonal fruits of choice	Moi Moi and eko/ akamu
2	Markerel fish stew and rice	Freshly squeezed fruit juice	Efo riro and pounded yam
3	Bread and corned beef stew	Yogurt / chin chin	Yam porridge
4	Oat cooked in coconut milk served with 2 Slices of bread	Seasonal fruits of choice	Semovita and ogbono soup
5	Cereal of choice with Yogurt	Mini sausage roll	Adalu (beans and corn)
6	Pap/ akamu and moi moi	Seasonal fruits of choice	Ila alasepo and swallow of choice
7	Ewa aganyin and bread/ garri	Meat pies/ fresh juice	Grilled tilapia and Chips