

My Active Kitchen Ramdan Food Menu Week 2

Days	Suhoor	Snacks	Iftar
1	Mackerel and tomato sandwich with hot/cold beverage of choice	Date and freshly squeezed orange juice	Oatmeal swallow and Ogbono soup
2	Semolina cooked in coconut milk like akamu served with akara/moi moi	Date/Freshly squeezed fruit juice	Easy stir fry mixed pepper sauce and boiled rice
3	Boiled/fried plantain served with Efo riro	Date and puff puff with beverage of choice	Lumpy egusi soup and any swallow of choice
4	Boiled yam and fried egg	Date/Seasonal fruits of choice	Roasted whole tilapia and sweet potato wedges
5	Yam and plantain frittata served with salad	Date with home made low fat ice cream	Plantain porridge
6	Rice and beef stew served with fried plantain	Date/Seasonal fruits of choice	Edikang ikong and swallow of choice
7	Custard and 2 slices of bread and a boiled egg	Date, apple and peanut butter	Garden egg sauce and boiled yam