

My Active Kitchen Ramdan Food Menu Week 3

Days	Suhoor	Snacks	Iftar
1	Roasted plantain and stir fry vegetable (ownyee's Island)	Date, Seasonal fruits of choice and a slice of banana bread	Easy coconut rice and grilled chicken
2	Corned beef stew and bread	Date and freshly squeezed fruit juice	Ehwobobo and egusi pepper-soup
3	Tapioca cooked in coconut milk served with moi moi	Date, fruits of choice and crunchy bread and fish roll	Bitter leaf efo riro and swallow of choice
4	Spaghetti Jollof and boiled eggs	Seasonal fruits of choice	Stewed beans with plantain served with garri, bread or ogi (pap)
5	Roasted/boiled sweet potato served with fish stew	Date and Healthy smoothie of choice	Bitter leaf efo riro and semovita
6	Boiled yam and egg sauce	Date and any Seasonal fruits of choice	Jollof rice and beef
7	Akara and pap (Ogi)	Date, and any freshly squeezed juice	Gbegiri, ewedu and amala (Abula)