



# HEALTHY RAMADAN MEAL IDEAS

1	Omelette
Breakfast	<p>2 Eggs 1 Banana <math>\frac{1}{4}</math> Cup of Cheese 1Tsp Butter Melt butter in pan. Add eggs, Chopped banana and cheese. Top with Micro Leaf Basil Or Coriander</p> <p>2 Glasses of Water</p> 


2	Smoothie Bowl
Breakfast	<p><math>\frac{1}{2}</math> Cup Raspberries 1 Banana <math>\frac{1}{2}</math> Cup Double Thick Yogurt 1 Cup Milk 1 Tbsp Health Seeds 1 Tbsp Crushed Frozen Raspberry Topped with edible Flowers</p> <p>2 x Glasses Water</p> 

3	Avo and Toast
Breakfast	<p>2 Slices of Low Gi Bread Avo Seasoned with Salt and Pepper 1 Orange Cut up 1 Kiwi Cut up</p> <p>2 x Glasses Water</p> 

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<b>4</b>	<b>Mango Berry Smoothie</b>	
Breakfast	<p> <math>\frac{1}{2}</math> Cup Double Thick Yogurt  <math>\frac{1}{2}</math> Cup Raspberries  <math>\frac{1}{2}</math> Cup Mango            1 Cup Milk            Topped With Edible Flowers              2 x Glasses Water         </p>	

<b>5</b>	<b>Colourful Fruit Salad Bowl</b>	
Breakfast	<p> <math>\frac{1}{2}</math> Cup Double Thick Yogurt            1 Banana Cut  <math>\frac{1}{2}</math> Cup Pineapple Cut  <math>\frac{1}{2}</math> Cup Fruit Salad (Store Bought)            Topped with Edible Flowers              2 x Glasses Water         </p>	

<b>6</b>	<b>Warm Oats and Fruit Salad</b>	
Breakfast	<p> <math>\frac{1}{2}</math> Cup of Oats            1 Cup Warm Milk            1 Tsp Butter  <math>\frac{1}{2}</math> Tsp Honey              Fruit Salad (Store Bought)            2 x Glasses Water         </p>	

<b>7</b>	<b>Very Berry Smoothie</b>	
Breakfast	<p>           1 Banana  <math>\frac{1}{2}</math> Cup Blueberries  <math>\frac{1}{2}</math> Cup Raspberries            1 Cup Milk  <math>\frac{1}{2}</math> Cup Double Thick Yogurt            Topped with Edible Flowers              2 Glasses of Water         </p>	