

RAMADAN
WITH
MYRTLE WELLNESS
IFTAR MENU

WEEK 1

MONDAY

BREAK FAST WITH : DATES AND TEA

MAIN COURSE : LAMB CHOPS WITH MASHED SWEET POTATOES OR POTATOES

ALTERNATIVE : PEPPER SOUP WITH POTATOES AND FISH/CHICKEN

DRINK : FRESH JUICE

TUESDAY

BREAK FAST WITH : DATES AND ZOBO TEA

MAIN COURSE : JOLLOF RICE AND CHICKEN WITH SIDE SPINACH *

ALTERNATIVE : GOLDEN FRIED YAM WITH STEW AND MEAT

DRINK : FRESH JUICE

WEDNESDAY

BREAK FAST WITH : DATES AND WATERMELON/PINEAPPLE/APPLES

MAIN COURSE : MOI MOI (ALONE OR WITH SIDE DISH OF YOUR CHOICE)

ALTERNATIVE : GRILLED SHRIMP KEBABS WITH VEGETABLE COUSCOUS

DRINK : FRESH JUICE OR TEA

THURSDAY

BREAK FAST WITH : DATES AND PEPPER SOUP

MAIN COURSE : ROASTED FISH WITH (SIDE DISH OF YOUR CHOICE)

ALTERNATIVE : VEGETABLE STIR FRY NOODLE (YOUR CHOICE OF PROTEIN)

DRINK : FRESH JUICE

FRIDAY

BREAK FAST WITH : DATES AND TEA /PAP

MAIN COURSE : SWALLOW AND SOUP (BOTH WITH ANY OF YOUR CHOICE)

ALTERNATIVE :PASTA (ALFREDO, TOMATO E.TC)

DRINK : FRESH JUICE

SATURDAY

BREAK FAST WITH : DATES AND BANANA BREAD AND TEA

MAIN COURSE : RICE WITH CHICKEN MASALA SAUCE

ALTERNATIVE :RICE AND STEW (PROTEIN OF YOUR CHOICE) WITH SIDE PLANTAIN AND SPINACH

DRINK : FRESH JUICE

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WEEK 2

MONDAY

BREAK FAST WITH : MEAT PIES/ PUFF PUFF WITH TEA OR COOKIES WITH TEA

MAIN COURSE : LASANGA

ALTERNATIVE : SPHAGETTI AND MEATBALL SAUCE / NORMAL SAUCE /FISH SAUCE

DRINK : FRESH JUICE

TUESDAY

BREAK FAST WITH : DATES AND ZOBO TEA

MAIN COURSE : GRILLED CHICKEN WITH SIDE VEGETABLES

ALTERNATIVE : GRILLED BEEF KEBABS WITH VEGETABLE COUSCOUS

DRINK : FRESH JUICE

WEDNESDAY

BREAK FAST WITH : DATES AND WATERMELON

MAIN COURSE : SALMON WITH RICE AND MEDITERRIAN SALAD

ALTERNATIVE : WHITE RICE WITH CHICKEN AND SALAD (OF YOUR CHOICE)

DRINK : FRESH JUICE OR TEA

THURSDAY

BREAK FAST WITH : DATES AND PEPPER SOUP

MAIN COURSE : MINI BURGERS WITH POTATOE FRIES / SWEET POTATOE FRIES

ALTERNATIVE : HOME-MADE SHARWARMA

DRINK : FRESH JUICE

FRIDAY

BREAK FAST WITH : DATES ,TEA AND CAKE /BANANA BREAD

MAIN COURSE : JOLLOF MACARONI (WITH PROTEIN OF YOUR CHOICE) WITH VEGETABLES

ALTERNATIVE :MACARONI AND SAUCE WITH (CHOICE OF PROTEIN) WITH VEGETABLES

DRINK : FRESH JUICE

SATURDAY

BREAK FAST WITH : DATES AND FRUIT BOWL

MAIN COURSE : RICE WITH CHICKEN MASALA SAUCE

ALTERNATIVE :RICE AND STEW (PROTEIN OF YOUR CHOICE) WITH SIDE PLANTAIN AND SPINACH

DRINK : FRESH JUICE

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WEEK 3

MONDAY

BREAK FAST WITH : SMALL CHOPS , OATS

MAIN COURSE : LASANGA

ALTERNATIVE : SPHAGETTI AND MEATBALL SAUCE / NORMAL SAUCE /FISH SAUCE

DRINK : FRESH JUICE

TUESDAY

BREAK FAST WITH : DATES AND ZOBO TEA

MAIN COURSE : LASANGA

ALTERNATIVE : SALMON AND EGG FRIED-RICE /(CHOOSE PROTEIN OF CHOICE)

DRINK : FRESH JUICE

WEDNESDAY

BREAK FAST WITH : DATES AND WATERMELON

MAIN COURSE : BEANS AND PLANTAIN

ALTERNATIVE : GOLDEN FRIED YAM WITH SAUCE (CHOOSE PROTEIN OF CHOICE)

DRINK : FRESH JUICE OR TEA

THURSDAY

BREAK FAST WITH : DATES AND FRENCH TOAST

MAIN COURSE : SHEPHARD'S PIE

ALTERNATIVE : POTATOE CASSAROLE

DRINK : FRESH JUICE

FRIDAY

BREAK FAST WITH : DATES ,TEA AND CAKE /BANANA BREAD

MAIN COURSE : ROASTED PLANTAIN AND FISH SAUCE

ALTERNATIVE : FRIED PLANTAIN/ BOILED PLANTAIN /ANY SAUCE OF YOUR CHOICE

DRINK : FRESH JUICE

SATURDAY

BREAK FAST WITH : DATES AND FRUIT BOWL

MAIN COURSE : JOLLOF RICE WITH PLANTAIN , (PROTEIN OF YOUR CHOICE) AND COLSLAW

ALTERNATIVE :FRIED RICE (PROTEIN OF YOUR CHOICE) WITH SIDE PLANTAIN AND SPINACH

DRINK : FRESH JUICE

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WEEK 4

MONDAY

BREAK FAST WITH : CHICKEN MASALA AND GARLIC NAAN / PLAIN NAAN WITH
TEA
MAIN COURSE : PEPPER SOUP WITH POTATOES AND FISH/CHICKEN
ALTERNATIVE : BURGERS WITH FRIES/SWEET POTATOE FRIES
DRINK : FRESH JUICE

TUESDAY

BREAK FAST WITH : DATES AND ZOBO TEA
MAIN COURSE : SWALLOW AND SOUP (YOUR CHOICE)
ALTERNATIVE : GOLDEN FRIED YAM WITH SAUCE (CHOOSE PROTEIN OF
CHOICE)
DRINK : FRESH JUICE

WEDNESDAY

BREAK FAST WITH : SMALL CHOPS, DATES AND TEA
MAIN COURSE : BOILED PLANTAIN WITH SAUCE AND SIDE SPINACH
ALTERNATIVE : HOME-MADE SHARWARMA
DRINK : FRESH JUICE OR TEA

THURSDAY

BREAK FAST WITH : DATES AND PEPPER SOUP
MAIN COURSE : COCONUT RICE (INCLUDE PROTEIN OF YOUR CHOICE)
ALTERNATIVE : FRIED RICE WITH (PROTEIN OF YOUR CHOICE)
DRINK : FRESH JUICE

FRIDAY

BREAK FAST WITH : DATES ,TEA AND CAKE /BANANA BREAD
MAIN COURSE: STIR-FRY SPHAGETTI (WITH PROTEIN OF YOUR CHOICE) WITH
VEGETABLES
ALTERNATIVE :SPHAGETTI AND SAUCE WITH (CHOICE OF PROTEIN) WITH
VEGETABLES
DRINK : FRESH JUICE

SATURDAY

BREAK FAST WITH : DATES AND FRUIT BOWL
MAIN COURSE: LAMB CHOPS WITH MASHED SWEET POTATOES OR
POTATOES*
ALTERNATIVE : LAMB CHOPS WITH (SIDE OF YOUR CHOICE) OR ALONE
DRINK : FRESH JUICE