

RAMADAN
WITH
MYRTLE WELLNESS
SAHUR MENU

WEEK 1

MONDAY

OATS WITH HONEY AND FRUITS

PLANTAIN AND EGG/EGG SAUCE

ALTERNATIVE - POTATOE PORRIDGE WITH PLANTAIN OR PAP WITH AKARA

DRINK

LEMON WATER

GREEN TEA

TUESDAY

AVOCADO TOAST WITH FRIED EGGS (WITH PREFERRED BREAD CHOICE)
WITH YOGURT, GRANOLA AND FRUITS

ALTERNATIVE - BAGEL SANDWICH WITH YOGURT AND GRANOLA

DRINK

LEMON WATER

GREEN TEA (PREFERRED TEA)

WEDNESDAY

BOILED YAM WITH EGG SAUCE AND SAUSAGES (OPTIONAL)

ALTERNATIVE - BOILED POTATOES / BOILED SWEET POTATOES WITH EGG SAUCE AND SAUSAGES

DRINK

LEMON WATER

GREEN TEA (PREFERRED TEA)

FRUIT/GREEN SMOOTHIE

THURSDAY

RICE BOWL WITH CHICKEN AND VEGETABLES (BROCCOLI, CARROTS ,CHICKEN,MUSHROOMS E.TC)

ALTERNATIVE - PASTA BOWL (MACARONI MIXED WITH SALAD)

DRINK

LEMON WATER

GREEN TEA (PREFERRED TEA)

FRUIT SMOOTHIE

FRIDAY

BOILED SWEET POTATOES WITH PALM OIL BEEF/CHICKEN SAUCE

ALTERNATIVE - FRIED SWEET POTATOES / STEW / EGG / POTATOES / FRIED YAM

DRINK

LEMON WATER

GREEN TEA (PREFERRED TEA)

FRUIT SMOOTHIE

SATURDAY

PANCAKES WITH HONEY , EGGS , SAUSAGES AND FRUITS

ALTERNATIVE - YAM BALLS WITH SAUCE OR FRIED EGG OR EGG SAUCE

DRINK

LEMON WATER

GREEN TEA (PREFERRED TEA)

FRUIT SMOOTHIE

RAMADAN
WITH
MYRTLE WELLNESS
SAHUR MENU

WEEK 2

MONDAY

RICE PUDDING WITH BREAD OR AKARA

ALTERNATIVE - COUSCOUS SALAD OR OATS WITH FRUITS, EGG AND BREAD/BAGEL

DRINK

LEMON WATER

GREEN TEA

GRREEN SMOOTHIE

TUESDAY

MINI SANDWICHES (EGG , CHICKEN , BEEF , VEGETABLE ,TUNA) WITH OATS

ALTERNATIVE - BAGEL SANDWICH WITH YOGURT AND GRANOLA

DRINK

LEMON WATER

GREEN TEA (PREFERRED TEA)

WEDNESDAY

PANCAKES WITH EGGS AND SAUSAGES (OPTIONAL)

ALTERNATIVE - BOILED POTATOES / BOILED SWEET POATOE WITH EGG SAUCE AND SAUSAGES

DRINK

LEMON WATER

GREEN TEA (PREFERRED TEA)

FRUIT/GREEN SMOOTHIE

THURSDAY

CHICKEN WRAPS WITH YOGURT, FRUIT AND GRANOLA

ALTERNATIVE - AVOCADO ON TOAST WITH OATS , FRUITS AND HONEY

DRINK

LEMON WATER

GREEN TEA (PREFERRED TEA)

FRUIT SMOOTIE

FRIDAY

FRIED YAM WITH PALM OIL BEEF/CHICKEN SAUCE

ALTERNATIVE - FRIED SWEET POATOES WITH STEW / EGG OR CHIPS OR FRIED YAM

DRINK

LEMON WATER

GREEN TEA (PREFERRED TEA)

FRUIT SMOOTHIE

SATURDAY

RICE BOWL WITH CHICKEN AND VEGETABLES (BROCCOLI, CARROTS ,CHICKEN,MUSHROOMS E.TC)

ALTERNATIVE - PASTA BOWL (MACARONI MIXED WITH SALAD)

DRINK

LEMON WATER

GREEN TEA (PREFERRED TEA)

FRUIT SMOOTIE

RAMADAN
WITH
MYRTLE WELLNESS
SAHUR MENU

WEEK 3

MONDAY

BANNANA BREAD WITH SMOOTHIE / YOGURT , GRANOLA AND FRUITS

ALTERNATIVE - FRIED CHIPS AND EGG SAUCE/ FISH SAUCE

DRINK
LEMON WATER
GREEN TEA
GRREEN SMOOTHIE

TUESDAY

MINI SANDWICHES (EGG , CHICKEN , VEGETABLE ,TUNA) WITH OATS

ALTERNATIVE - BAGEL SANDWICH WITH YOGURT AND GRANOLA

DRINK
LEMON WATER
GREEN TEA (PREFERRED TEA)

WEDNESDAY

PANCAKES WITH EGGS AND SAUSAGES (OPTIONAL)

ALTERNATIVE - BOILED POTATOES / BOILED SWEET POATOES WITH EGG SAUCE AND SAUSAGES

DRINK
LEMON WATER
GREEN TEA (PREFERRED TEA)
FRUIT/GREEN SMOOTHIE

THURSDAY

RICE BOWL WITH CHICKEN AND VEGETABLES (BROCCOLI, CARROTS ,CHICKEN,MUSHROOMS E.T.C)

ALTERNATIVE - PASTA BOWL (MACARONI MIXED WITH SALAD)

DRINK
LEMON WATER
GREEN TEA (PREFERRED TEA)
FRUIT SMOOTIE

FRIDAY

CHICKEN WRAPS WITH YOGURT, FRUIT AND GRANOLA

ALTERNATIVE - AVOCADO ON TOAST WITH OATS , FRUITS AND HONEY

DRINK
LEMON WATER
GREEN TEA (PREFERRED TEA)
FRUIT SMOOTIE

SATURDAY

OATS WITH HONEY AND FRUITS

PLANTAIN WITH EGG OR EGG SAUCE

ALTERNATIVE - POTATOE PORRIDGE WITH PLANTAIN / PAP WITH AKARA

DRINK
LEMON WATER
GREEN TEA

RAMADAN
WITH
MYRTLE WELLNESS
SAHUR MENU

WEEK 4

MONDAY

RICE PUDDING WITH BREAD OR AKARA OR MASA

ALTERNATIVE - COUSCOUS SALAD / OATS WITH FRUITS , EGG AND BREAD/BAGEL

DRINK
LEMON WATER
GREEN TEA
GRREEN SMOOTHIE

TUESDAY

FRIED YAM WITH PALM OIL BEEF/CHICKEN SAUCE

ALTERNATIVE - FRIED SWEET POTATOES WITH STEW / EGG OR CHIPS OR FRIED YAM

DRINK
LEMON WATER
GREEN TEA (PREFERRED TEA)
FRUIT SMOOTHIE

WEDNESDAY

PANCAKES WITH EGGS AND SAUSAGES (OPTIONAL)

ALTERNATIVE - CHICKEN WRAP WITH CEREAL / CHICKEN WRAP WITH YOGURT (GRANOLA AND FRUITS) INCLUDED FOR BOTH OPTIONS

DRINK
LEMON WATER
GREEN TEA (PREFERRED TEA)
FRUIT /GREEN SMOOTHIE

THURSDAY

CEREAL/OATS AND FRUITS WITH AVOCADO ON TOAST (USE PREFERRED BREAD CHOICE)

ALTERNATIVE - BOILED POTATOES / BOILED SWEET POTATOE WITH EGG SAUCE AND SAUSAGES

DRINK
LEMON WATER
GREEN TEA (PREFERRED TEA)
FRUIT SMOOTHIE

FRIDAY

BANNANA BREAD WITH SMOOTHIE / YOGURT , GRANOLA AND FRUITS

ALTERNATIVE - FRIED CHIPS AND EGG SAUCE/ FISH SAUCE

DRINK
LEMON WATER
GREEN TEA
GRREEN SMOOTHIE

SATURDAY

RICE BOWL WITH CHICKEN AND VEGETABLES (BROCCOLI, CARROTS ,CHICKEN,MUSHROOMS E.TC)

ALTERNATIVE - PASTA BOWL (MACARONI MIXED WITH SALAD)

DRINK
LEMON WATER
GREEN TEA (PREFERRED TEA)
FRUIT SMOOTHIE