

# Raya Berganda

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# 30-Days Ramadan Meal Plan



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
<b>Sahur</b> : Nasi Lemak <b>Iftar</b> : Chicken Curry & Roti Jala <b>Dessert</b> : Kuih Seri Muka	<b>Sahur</b> : Oatmeal with Dates <b>Iftar</b> : Bubur Lambuk <b>Dessert</b> : Putu Bambu	<b>Sahur</b> : Chicken Fried Rice <b>Iftar</b> : Chicken Shawarma <b>Dessert</b> : Banana Fritters	<b>Sahur</b> : Mee Siam with Hard-Boiled Egg <b>Iftar</b> : Beef Curry with Steamed Rice <b>Dessert</b> : Kuih Dadar	<b>Sahur</b> : Fried Macaroni <b>Iftar</b> : Ayam Percik with Nasi Impit <b>Dessert</b> : Chocolate cake	<b>Sahur</b> : Mutton Soup with Bread <b>Iftar</b> : Black Pepper Beef with Rice <b>Dessert</b> : Creme Caramel
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
<b>Sahur</b> : Stir-fried Vegetables with Fried Rice <b>Iftar</b> : Grilled Fish with Sambal and Rice <b>Dessert</b> : Pengat Pisang	<b>Sahur</b> : Chicken Soup with Garlic Bread <b>Iftar</b> : Beef Shawarma <b>Dessert</b> : Custard Danish	<b>Sahur</b> : Murtabak Daging <b>Iftar</b> : Tomato Rice with Chicken <b>Dessert</b> : Kuih Lapis	<b>Sahur</b> : Mee Goreng Mamak <b>Iftar</b> : Mexican Burritos <b>Dessert</b> : Kuih Koci	<b>Sahur</b> : Mee Rebus <b>Iftar</b> : Nasi Kerabu <b>Dessert</b> : Kuih Bingka	<b>Sahur</b> : Nasi Dagang <b>Iftar</b> : Bihun Siam <b>Dessert</b> : Kuih Bingka
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
<b>Sahur</b> : Egg Sandwich <b>Iftar</b> : Roasted Chicken with Mashed Potatoes <b>Dessert</b> : Chocolate Cake	<b>Sahur</b> : Kampung Fried Rice <b>Iftar</b> : Johor Laksa <b>Dessert</b> : Putu Piring	<b>Sahur</b> : Tomato Soup, Grilled Cheese Sandwich <b>Iftar</b> : Murtabak Daging Cheese <b>Dessert</b> : Egg Tart	<b>Sahur</b> : Continental Breakfast <b>Iftar</b> : Spaghetti Bolognese <b>Dessert</b> : Ice Cream	<b>Sahur</b> : Nasi Lemak <b>Iftar</b> : Chicken Chop <b>Dessert</b> : Jemput <sup>2</sup> Pisang	<b>Sahur</b> : Stir-fried Mushrooms and Steamed Rice <b>Iftar</b> : Nasi Lemak Rendang <b>Dessert</b> : Bubur Kacang
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
<b>Sahur</b> : Soto Ayam <b>Iftar</b> : Bubur Lambuk <b>Dessert</b> : Kuih Talam	<b>Sahur</b> : Lontong Kuah <b>Iftar</b> : Spaghetti Carbonara <b>Dessert</b> : Cheesecake	<b>Sahur</b> : Tuna Sandwich <b>Iftar</b> : Beef Shawarma <b>Dessert</b> : Kuih Kosui	<b>Sahur</b> : Nasi Goreng Usa <b>Iftar</b> : Dosai with Chutney <b>Dessert</b> : Apple Pie	<b>Sahur</b> : Chicken Rice <b>Iftar</b> : Nasi Briyani with Chicken <b>Dessert</b> : Kuih Lopes	<b>Sahur</b> : Lontong Kering <b>Iftar</b> : Chapati with Mutton <b>Dessert</b> : Cream Puffs
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<b>Sahur</b> : Fried Kuay Teow <b>Iftar</b> : Assam Laksa <b>Dessert</b> : Pumpkin Pie	<b>Sahur</b> : Serunding with Bread <b>Iftar</b> : Chicken Rendang with Pulut Kuning <b>Dessert</b> : Bread Pudding	<b>Sahur</b> : Bihun Soup <b>Iftar</b> : Nasi Kandar <b>Dessert</b> : Putu Bambu	<b>Sahur</b> : Chinese Fried Rice <b>Iftar</b> : Chicken Curry Mee <b>Dessert</b> : Pulut Inti	<b>Sahur</b> : Chicken Porridge <b>Iftar</b> : Roti Telur with Dhal <b>Dessert</b> : Onde-Onde	<b>Sahur</b> : Omelette with Cheese <b>Iftar</b> : Nasi Goreng Ayam <b>Dessert</b> : Brownies