

THE CANTERS

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**COOKING
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Contents

Editorial Note	03
Importance of Healthy Eating During Ramadan	04
Ideal Healthy Sehar Pattern	04
Ideal Healthy Iftar Pattern	05
Common Health Issues During Ramadan and Their Prevention	05
Physical Activity During Ramadan	06
Common Diseases and Nutrition-Related Tips During Ramadan	07
Medication Management during Ramadan	10
Sleep Pattern During Ramadan and Its Impact on Health	11
Ramadan Nutrition: Myths & Facts	12
Ramadan & Lactating Mothers	15
Nutrition Rich Recipes for Sehar and Iftar	18
Healthy Diet Pattern during Eid-ul-Fitr days	84



Editorial Note

Ramadan is a blessed and sacred month that nurtures patience, self-discipline, moderation and compassion. While its primary purpose is spiritual purification, Islam also places great emphasis on the protection and preservation of physical health. Fasting during Ramadan brings positive physiological and metabolic changes to the human body. However, these benefits can only be fully realized when fasting is observed with balance, moderation and informed dietary practices.

In today’s fast-paced lifestyle, unhealthy eating patterns, excessive consumption at Iftar, poorly planned Sehri meals and limited nutritional awareness often lead to fatigue, dehydration, indigestion, acidity and general weakness during Ramadan. Such challenges highlight the importance of adopting a balanced, mindful and well-structured dietary approach throughout the fasting period.

This booklet has been prepared by a team of experienced nutrition experts to promote public awareness about healthy and responsible dietary practices during the month of Ramadan. It provides practical, evidence-based guidance on balanced Sehri and Iftar planning, adequate hydration, appropriate food choices and simple lifestyle modifications that help maintain sustained energy, digestive health, and overall well-being while fasting.

To further enhance outreach and community engagement, educational content related to Ramadan health and nutrition is also disseminated through Asian Burg, a digital information and awareness platform, ensuring wider access to key health messages.

This booklet serves as a practical and reliable guide for individuals and families, supporting them in observing Ramadan in a healthy, balanced, and responsible manner while fully embracing its spiritual essence.



Importance of Healthy Eating During Ramadan

Healthy eating during Ramadan plays a vital role in maintaining physical strength, mental alertness and overall well-being while fasting. Fasting does not imply overeating at Iftar or neglecting essential nutrients at Sehri. Instead, it calls for mindful food choices, proper meal planning and balanced portion sizes to meet the body's nutritional needs.

Adopting healthy eating practices during Ramadan helps regulate blood sugar levels, supports digestion, and prevents common health problems such as weakness, dizziness, constipation, acidity and dehydration. Consuming balanced meals that include appropriate proportions of carbohydrates, proteins, healthy fats, fruits and vegetables ensures sustained energy levels throughout the day and reduces fatigue during fasting hours.

By following a nutritionally balanced diet, individuals can observe fasting in a healthy and responsible manner, allowing them to fully engage in spiritual activities while safeguarding their physical health.



Ideal Healthy Sehri Pattern

Sehri is the foundation of a healthy and sustainable fast. A well-balanced Sehri meal helps maintain stable blood sugar levels, prevents excessive hunger during fasting hours, reduces fatigue and supports adequate hydration throughout the day.

An ideal Sehri should include a combination of complex carbohydrates, quality proteins, healthy fats and fluids to ensure sustained energy release and nutritional balance.

Recommended Components of Sehri

Whole grains such as chapati, oats, and brown rice, which provide complex carbohydrates and help maintain energy levels for longer durations.

Protein sources including eggs, milk, yogurt and lentils, which support muscle maintenance, satiety and blood sugar stability.

Healthy fats such as nuts and seeds, which contribute to sustained energy and improved nutrient absorption.

Fruits and vegetables, which supply essential vitamins, minerals, fiber and natural hydration.

Adequate water intake to reduce the risk of dehydration during fasting hours.

Foods to Avoid at Sehri

Excessively salty foods, which can increase thirst and dehydration during the day.

Fried and spicy items, as they may cause indigestion and acidity.

Sugary drinks and sweets, which can lead to rapid spikes and drops in blood sugar levels.

Ideal Healthy Iftar Pattern

Iftar marks the end of the fast and should be approached with moderation and balance. The primary goal of Iftar is to gently restore energy levels, replenish fluids and prepare the digestive system for the main meal.

Recommended Iftar Approach

- Begin by breaking the fast with dates and water, following the Sunnah and providing a quick source of natural energy.
- Consume **fresh fruits or freshly prepared juices without added sugar** to replenish vitamins and fluids.
- Start with **light snacks such as soups or salads**, which are easy to digest and help prevent overeating.

Foods to Avoid at Iftar

- **Excessive consumption of fried foods** which increases the risk of acidity and digestive discomfort.
- **Large quantities of sugary desserts** which may cause sudden blood sugar fluctuations.
- **Consumption of carbonated drinks** can lead to lethargy and weight gain



Common Health Issues During Ramadan and Their Prevention

During Ramadan, changes in meal timing, fluid intake and daily routines may lead to certain health concerns if proper care is not taken. The most commonly observed issues include:



Common Health Issues

- **Weakness and Fatigue:** Often caused by inadequate calorie intake, skipping Sehri, or low blood sugar levels during fasting hours.
- **Dehydration:** Results from insufficient fluid intake between Iftar and Sehri, among individuals with high physical activity.
- **Constipation:** May occur due to reduced fiber intake, inadequate hydration and lack of physical movement.
- **Acidity and Indigestion:** Frequently associated with overeating at Iftar, consumption of fried and spicy foods and irregular eating patterns.



Preventive Measures

- Consume balanced meals that include carbohydrates, proteins, healthy fats, fruits and vegetables.
- Ensure adequate water intake during non-fasting hours, preferably at regular intervals between Iftar and Sehri.
- Limit fried, spicy, and excessively sugary foods, as they can contribute to digestive discomfort and acidity.
- Maintain light physical activity, such as walking, to support digestion and overall metabolic health.

Physical Activity During Ramadan

Maintaining an appropriate level of physical activity during Ramadan is essential for overall health and well-being. While fasting, individuals are encouraged to remain active without overexertion.

Light physical activities such as walking, stretching, or gentle household activities are recommended, particularly after Iftar. These activities help improve circulation, support digestion and prevent muscle stiffness.

Strenuous exercise, heavy workouts, and prolonged physical exertion should be avoided during fasting hours, as they may lead to excessive fatigue, dehydration or dizziness. Individuals who wish to engage in regular exercise should ideally schedule it after Iftar or before Sehri, depending on personal tolerance and health status.



Special Advice for Vulnerable Groups

Certain individuals may require special attention and precaution while observing fasting during Ramadan. These include:

- **Elderly individuals**, who may be more susceptible to dehydration and weakness
- **People with diabetes**, who are at risk of blood sugar fluctuations and should only fast after medical consultation
- **Pregnant and lactating women**, whose nutritional needs are increased to support maternal and child health



Such individuals are strongly advised to seek medical guidance before fasting. If fasting poses any risk to health, Islam provides flexibility and health should be prioritized in accordance with medical advice and religious guidance.

Jaweria Naveed
Dietitian/ Nutritionist



Common Diseases and Nutrition Related Tips During Ramadan

While many healthy individuals can observe fasting safely during Ramadan, people with chronic health conditions may face additional challenges due to prolonged fasting hours, changes in meal timing, reduced fluid intake and altered eating patterns. Adopting appropriate nutritional strategies is essential to minimize health risks and support safe fasting. Individuals with existing medical conditions are advised to seek medical guidance before fasting.

1. Diabetes Mellitus

People with diabetes, particularly those using insulin or oral hypoglycemic medications, are at increased nutritional risk during Ramadan due to long fasting hours and large post-fast meals.

Nutritional Risks During Fasting

- Hypoglycemia, especially if Sehri is skipped or meals lack adequate carbohydrates.
- Post-Iftar hyperglycemia due to excessive intake of refined carbohydrates and sugary foods.
- Dehydration, which may worsen blood glucose control.

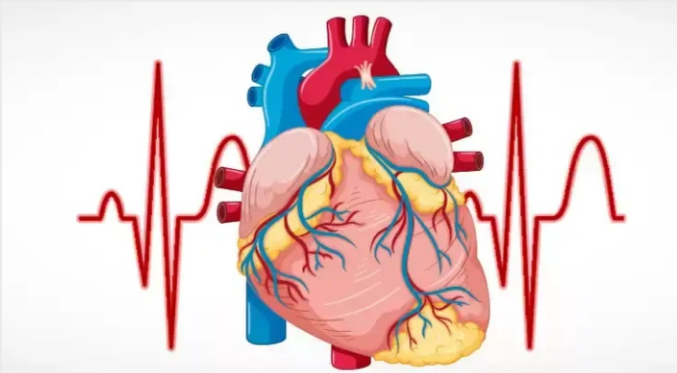
Nutrition-Focused Tips

- Consume a balanced Sehri that includes complex carbohydrates (whole grains), protein and healthy fats to ensure gradual glucose release.
- Avoid refined sugars and sweetened beverages at Iftar; instead, choose low-glycemic foods such as whole grains, legumes and vegetables.
- Divide food intake into smaller portions, starting with a light Iftar and avoiding large, heavy meals.
- Include fiber-rich foods (vegetables, fruits with peel, whole grains) to improve glucose stability.
- Ensure adequate fluid intake between Iftar and Sehri to support metabolic control.
- If symptoms of low or high blood sugar occur, fasting should be discontinued as advised by healthcare professionals.



2. Hypertension and Cardiovascular Disease

Dietary habits during Ramadan can significantly influence blood pressure and cardiovascular stability, especially when meals are high in salt, fat or calories.



Nutrition-Focused Tips

- Limit salt and sodium intake by avoiding processed foods, pickles, sauces and salty snacks.
- Choose heart-healthy cooking methods such as steaming, grilling, baking or boiling instead of frying.
- Include foods rich in potassium and fiber, such as fruits, vegetables and legumes, to support blood pressure regulation.
- Avoid excessive consumption of fried foods and saturated fats, which can strain the cardiovascular system.
- Maintain regular fluid intake during non-fasting hours to prevent dehydration-related blood pressure fluctuations.

3. Gastrointestinal Disorders (Acidity, Indigestion, Peptic Ulcers)

Digestive issues are common during Ramadan, often due to irregular eating patterns, overeating or consumption of heavy foods.

Nutrition-Focused Tips

- Begin Iftar with light, easily digestible foods, such as dates, fruit, or soup.
- Avoid spicy, fried, and high-fat foods that can trigger acidity and indigestion.
- Eat moderate portions and chew food slowly to support digestion.
- Include fiber-rich foods such as vegetables, fruits and whole grains to prevent constipation.
- Avoid lying down immediately after meals and allow time for digestion.



4. Dehydration and Nutrition-Related Symptoms

Dehydration is a common concern during Ramadan, particularly in hot climates or among individuals with increased physical activity.

Nutrition-Focused Tips

- Drink water at regular intervals between Iftar and Sehri rather than consuming large amounts at once.
- Include water-rich foods such as watermelon, oranges, cucumber, tomatoes and soups.
- Limit intake of caffeinated and sugary beverages, which may increase fluid loss.
- Balance meals with adequate electrolyte-containing foods, such as fruits and vegetables, to support hydration.





General Nutrition Advice for Individuals with Health Conditions

- Do not skip Sehri, as it is essential for maintaining energy and metabolic balance.
- Avoid overeating at Iftar; follow a gradual and balanced eating pattern.
- Focus on nutrient-dense foods rather than calorie-dense, low-nutrient options.
- Listen to the body's signals and prioritize health, as preservation of health is strongly emphasized in Islam.

Medication Management during Ramadan

For individuals on chronic medications (e.g., for diabetes, blood pressure, heart conditions), the timing and dosage often require careful adjustment to maintain therapeutic effectiveness while fasting. Always consult a clinician for personalized plans.



General Advice for All

- **Pre-Ramadan medical check-up:** Assess health status, optimize chronic disease control and plan medication timings.
- **Eat balanced meals:** Include fiber, lean proteins and low-glycemic carbohydrates to support stable metabolism.
- **Stay active lightly:** Gentle activity after Iftar supports circulation and metabolism.
- **Know when to stop fasting:** If serious symptoms occur (e.g., severe hypoglycemia, chest pain, fainting, extreme dehydration), break the fast and seek medical care.



Sleep Pattern During Ramadan and Its Impact on Health

- During Ramadan, changes in meal timings, late-night prayers, and early Sehri often disrupt normal sleep patterns. Reduced or fragmented sleep, when combined with improper eating habits, can lead to fatigue, headaches, poor concentration, and reduced fasting tolerance. Adequate sleep is essential for maintaining energy levels, blood sugar balance, hormonal regulation, and immune function. Insufficient sleep increases cravings for sugary and high-fat foods, contributing to acidity, bloating, and post-Iftar lethargy.
- Heavy, oily, or spicy meals consumed late at night interfere with digestion and disturb sleep quality. Excessive intake of sweetened beverages and desserts causes rapid fluctuations in blood sugar levels, leading to restlessness and night awakenings. Similarly, caffeine consumption after Iftar disrupts natural sleep cycles and reduces sleep depth.
- Proper hydration between Iftar and Sehri supports sleep quality, while dehydration may cause headaches, dry mouth, and disturbed rest. Completing meals at least two to three hours before bedtime, limiting sugar and caffeine and choosing light, easily digestible foods help promote restful sleep.
- Balanced nutrition, adequate hydration and sufficient rest together support physical strength, mental clarity and overall well-being during Ramadan, enabling individuals to observe fasting in a healthy and productive manner.



Ramadan Nutrition: Myths & Facts

Myth: Low blood pressure after fasting is normal and unavoidable

- **Fact:** Low BP often happens due to dehydration or skipping Sehri, not fasting itself.
Reason: Long hours without fluids reduce blood volume, especially if water intake is low or salt is avoided completely.



Myth: Acidity increases because of fasting

- **Fact:** Acidity usually increases due to wrong food choices at Sehri and Iftar.
Reason: Fried foods, tea on an empty stomach, spicy items and long gaps without balanced meals trigger excess acid production.

Myth: Feeling bloated after Iftar is normal

- **Fact:** Bloating is caused by overeating and poor food combinations.
Reason: Eating too fast, consuming fizzy drinks, fried snacks and refined carbs slows digestion and traps gas.



Myth: Fried foods give instant energy after fasting

- **Fact:** Fried foods cause lethargy and heaviness, not real energy.
Reason: High fat content delays digestion and causes post Iftar sleepiness.

Myth: Tea or coffee at Sehri prevents headache

- **Fact:** Tea and coffee increase dehydration and may worsen headaches.
Reason: Caffeine increases urine output and can cause caffeine withdrawal headaches later in the day.



Myth: Eating a lot at Iftar prevents hunger later

- **Fact:** Overeating at Iftar leads to acidity, bloating, and indigestion.
Reason: The stomach needs time to adjust after fasting; heavy meals overload the digestive system.



Myth: Sweet drinks at Iftar give instant and lasting energy

- **Fact:** Sweet beverages cause a rapid sugar spike followed by a sugar crash.
Reason: Refined sugar raises blood glucose quickly, triggering excess insulin release, which then drops sugar levels suddenly causing fatigue, dizziness and weakness.

Myth: Sharbat and packaged juices are healthy hydration options

- **Fact:** Most sharbat and juices are high in added sugar and low in fiber.
Reason: Liquid sugar is absorbed rapidly, increasing blood sugar without providing sustained energy or hydration.



Myth: Dates and sweet drinks together give more energy

- **Fact:** Combining dates with sugary drinks overloads the body with sugar.
Reason: Dates already provide natural glucose; adding sugary drinks increases insulin spikes and worsens post-Iftar lethargy.

Myth: Feeling sleepy after Iftar means you ate enough

- **Fact:** Post-Iftar sleepiness is a sign of blood sugar imbalance.
Reason: High sugar and refined carbs divert blood flow to digestion and cause insulin-driven energy crashes.



Myth: Sweetened tea after Iftar helps digestion

- **Fact:** Sweet tea worsens acidity and bloating.
Reason: Sugar ferments in the gut while caffeine increases stomach acid secretion.



Myth: Fruit-flavored drinks are better than plain water

- **Fact:** Artificial flavors and sugar increase thirst.
Reason: Sugar draws water out of cells, worsening dehydration instead of correcting it.



Myth: Sweet desserts immediately after Iftar aid digestion

- **Fact:** Desserts should be limited and delayed.
Reason: Sugar slows stomach emptying and promotes acidity when eaten on an empty stomach.



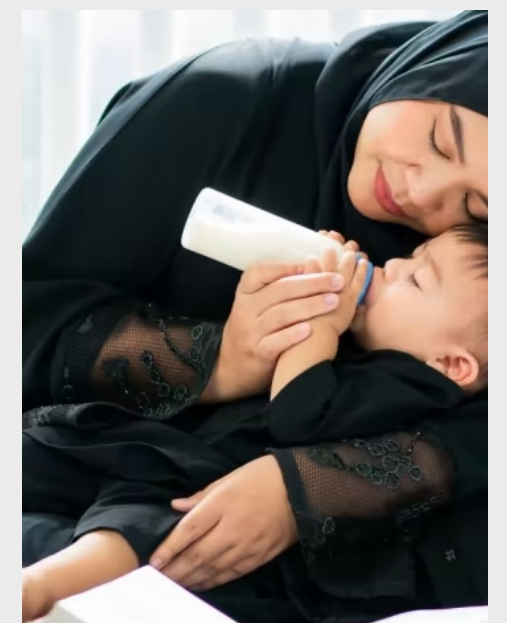
Myth: Sugar cravings mean the body needs sugar

- **Fact:** Cravings usually indicate poor meal balance.
Reason: Lack of protein, fiber, and healthy fats causes unstable blood sugar and intense cravings.



Ramadan & Lactating Mothers

Islam is a religion of compassion, ease and flexibility, particularly when it comes to matters of health. Lactating mothers are permitted not to fast if fasting poses a risk to their own health, leads to a reduction in the quantity or quality of breast milk or causes distress or harm to the infant. In such situations, Islam prioritizes the well-being of both mother and child, recognizing that their care is a responsibility and an act of worship in itself. Missed fasts may be made up at a later time when the mother is able or fidya may be given in accordance with religious guidance, ensuring that no hardship is imposed and that health is never compromised.



If a Lactating Mother Chooses to Fast

Fasting may be considered **only if:**

- The baby is older and feeding is well-established
- The mother is healthy, well-nourished and hydrated
- Close attention is paid to nutrition and fluids
- Medical or nutrition advice has been considered

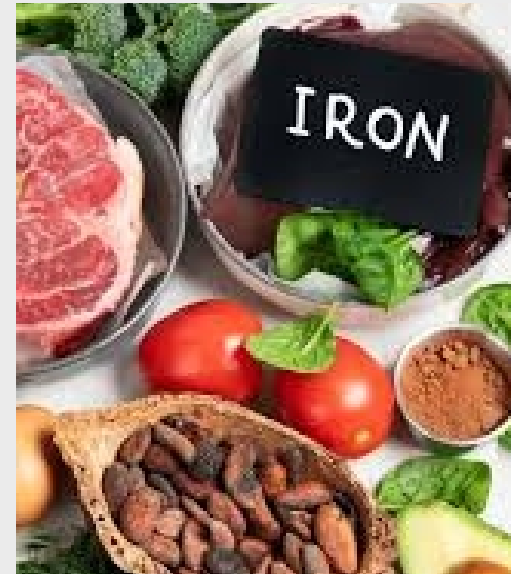
Nutrition Guidelines for Lactating Mothers During Ramadan

Hydration is Critical

- Aim for 8–10 glasses of fluid between Iftar and Sehri.
- Prefer water, milk, soups and unsweetened drinks.
- Avoid excessive caffeine (tea, coffee).
- Dehydration directly reduces breast milk volume.

Sehri Must Be Nutrient-Dense

- Balanced Sehri supports sustained energy and milk production.
- Include complex carbohydrates (oats, whole wheat roti).
- Include protein (eggs, yogurt, milk, lentils).
- Include healthy fats (nuts, seeds).



Avoid High-Sugar Foods & Drinks

- Sugar spikes cause fatigue and dehydration, affecting milk quality.
- Limit sharbat, desserts and sweetened juices.
- **Avoid energy drinks.**

Prioritize Protein Intake

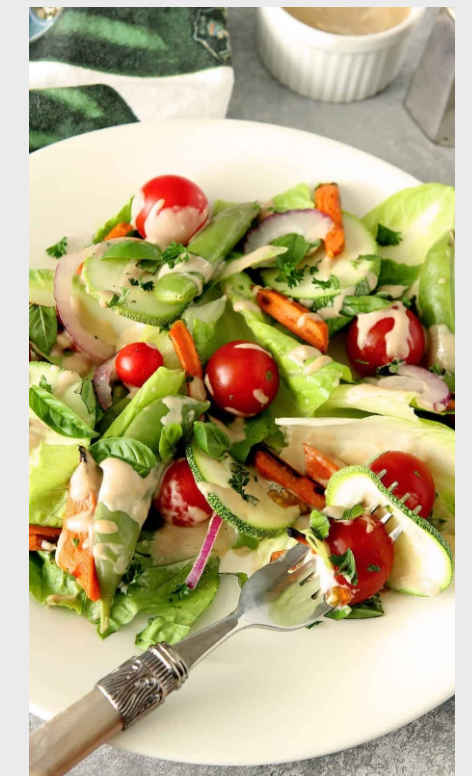
- Protein supports milk synthesis and maternal muscle strength.
- Include eggs, chicken, fish, lentils, chickpeas and dairy.

Include Calcium & Iron-Rich Foods

- Lactation increases mineral needs and deficiency risk.
- Include milk, yogurt, sesame seeds and leafy greens.
- Include dates, lentils, and fortified foods.

Eat Small, Frequent Meals After Iftar

- Prevents acidity, bloating, and energy crashes.
- Ensure adequate sleep between feeding schedules.
- Avoid excessive physical exertion.
- **Reason:** Fatigue reduces milk production and immunity.



Healthy Ramadan Recipes

Healthy eating during Ramadan does not require complex or elaborate meals. This section presents simple, nutritious, and easy to prepare recipes that are suitable for both Sehri and Iftar.

The recipes are designed to:

- Provide balanced nutrition to meet daily energy requirements
- Support easy digestion
- Prevent excessive weight gain or weakness
- Promote sustained energy during fasting hours

Emphasis is placed on the use of fresh ingredients, whole grains, lean proteins, fruits and vegetables, while minimizing the use of oil, sugar and processed foods. These recipes aim to encourage healthier eating habits throughout the holy month.

Rafia Akbar
Dietitian/ Nutritionist



Nutritious Recipes for Sehar and Iftar

Healthy Lentil, Spinach & Veggie Gravy (Sehar)

01

Nutrition (per serving)

Calories: ~350 kcal

Serving Size: 1 bowl (220–230 g)

Ingredients

Red lentils – ½ cup (100 g), rinsed

Spinach – 1 packed cup, chopped

Tomato – 1 medium, finely chopped

Carrot – ½ medium, grated

Zucchini – ½ cup, chopped (if available)

Onion – 1 medium, finely chopped

Garlic – 3 cloves, minced

Ginger – 1 tsp, minced

Cumin powder – 1 tsp

Turmeric – ½ tsp

Black pepper – ¼ tsp

Salt – to taste

Olive oil – 1 tbsp (Ghee/Deshi Ghee)

Water – 1.5–2 cups (adjust consistency)

Flaxseeds – 1 tsp, ground

Lemon juice – ½ tsp

Method

- Heat olive oil in a pan. Add onion, garlic and ginger; sauté until golden.
- Add tomato, carrot and zucchini; cook for 3–4 minutes until softened.
- Stir in cumin, turmeric and black pepper; cook for 30 seconds to release flavors.
- Add lentils, salt and water. Bring to a boil.
- Reduce heat, cover and cook for 12–15 minutes until lentils are soft.
- Stir in chopped spinach; simmer for 3–4 minutes until wilted.
- Mix in ground flaxseeds and lemon juice (if using). Serve warm.

Health Benefits

- Protein & fiber for gut health and steady energy
- Magnesium, folate, and antioxidants for overall wellness
- Vitamin C & lycopene for immunity & heart health
- Beta-carotene, fiber and hydration support
- Omega-3 fatty acids for brain & heart health
- Anti-inflammatory, aids digestion & reduces bloating
- Healthy fats for nutrient absorption





Grilled Chicken with Brown Rice, Roasted Sweet Potato & Avocado Salad (Sehar)

02

Nutrition (per serving)

Calories: ~420–440 kcal
Serving Size: 1 grilled chicken breast + ¾ cup brown rice + 1 cup salad

Ingredients (Serves 4)

- For Chicken:**
4 skinless chicken breasts (120 g each)
2 tbsp olive oil
2 cloves garlic, minced
1 tsp paprika
1 tsp black pepper
½ tsp salt
1 tbsp lemon juice
Optional: ½ tsp smoked paprika or chili flakes for extra flavor
- For Brown Rice:**
Brown rice – 1½ cups (uncooked)
Water – 3 cups
Pinch of salt
- For Vegetable Salad:**
Cucumber – ½ cup (diced)
Tomato – ½ cup (diced)
Bell pepper – ½ cup (diced)
Red onion – ¼ cup (finely chopped)
Fresh parsley or coriander – 2 tbsp
Spinach or arugula – ½ cup
Olive oil – 1 tbsp
Lemon juice – 2 tbsp
Salt & black pepper – to taste
Roasted sweet potato – ½ cup, diced
Avocado – ¼ medium, sliced

Method

- **Marinate Chicken:** Mix olive oil, garlic, paprika, black pepper, salt and lemon juice. Coat chicken breasts and rest 20–30 minutes.
- **Cook Chicken:** Grill on medium heat or bake at 200°C/400°F for 20–25 minutes until cooked through.
- **Cook Brown Rice:** Wash rice, boil with water + pinch of salt, cook until tender.
- **Roast Sweet Potato:** Dice sweet potato, toss with a little olive oil, salt and paprika, then roast at 200°C/400°F for 15–20 minutes until tender.
- **Prepare Salad:** Mix cucumber, tomato, bell pepper, red onion, spinach, parsley, roasted sweet potato and avocado. Drizzle olive oil and lemon juice, season with salt & pepper.
- **Assemble:** Serve 1 grilled chicken breast with ¾ cup brown rice and 1 cup salad.

Health Benefits

- High in fiber, vitamin A, potassium; supports digestion and eye health.
- Provides healthy monounsaturated fats, improves heart health and increases satiety.
- Antioxidants, magnesium and folate for overall health.
- Lean protein for muscle repair and fullness.
- Complex carbs for steady energy.
- High in fiber, vitamins and antioxidants.

Healthy Whole-Wheat Vegetable Pasta (Low-Fat, High-Fiber)

03

Nutrition (per serving)

Total Servings: 16

Total Calories: 2,240 kcal

Serving Size: 1 cookie

Calories per Serving: 140 kcal

Ingredients

Whole-wheat pasta (dry) – 2 cups
Olive oil – 1 tbsp
Garlic (chopped) – 1 tsp
Onion (sliced) – ½ medium
Tomato (chopped / crushed) – 1 cup
Bell peppers – ½ cup
Broccoli or zucchini – ½ cup
Carrot (julienned) – ½ cup
Spinach – 1 cup
Black pepper – ½ tsp
Oregano / mixed herbs – 1 tsp
Salt – to taste
Optional: Low-fat cheese – 2 tbsp
(optional topping)



Method

- Boil whole-wheat pasta in water with a pinch of salt until all done. Drain and keep aside.
- Heat olive oil in a pan then sauté garlic and onion until light golden.
- Add tomatoes and cook until soft.
- Add vegetables and cook for 4–5 minutes (keep slightly crunchy).
- Season with salt, pepper and herbs.
- Add boiled pasta and toss well.
- Garnish with spinach and optional low-fat cheese. Serve warm.

Health Benefits

- Whole-wheat pasta is high in fiber, supports digestion & stable blood sugar.
- Vegetables are Rich in vitamins A, C, folate & antioxidants.
- Low fat & balanced carbs for Sustained energy and weight-friendly.

Nutrition Information

Total Servings: 4 servings

Total Calories: 880 kcal

Serving Size: 1 cup cooked pasta

Calories Per Serving: 220 kcal per serving



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Date & Yogurt Power Smoothie (Sehar)

04

Nutrition (per serving)

Total Serving: 1 serving

With Water:

Total Calories: 189 kcal

Per Serving Size: 1 small glass (250 ml)

Calories per Serving: 189 kcal

With Low-Fat Milk:

Total Calories: 231 kcal

Ingredients

Dates – 2 (seeds removed)

Plain yogurt (dahi) – ½ cup

Water or low-fat milk – ½ cup

Chia seeds – ½ tsp (soaked)

Cinnamon powder – a pinch

Soaked almonds – 2, peeled

Method

- Add dates, yogurt, soaked chia seeds, cinnamon, almonds and water or milk to a blender.
- Blend until smooth and creamy. Pour into a glass.
- Serve chilled (avoid ice-cold for better digestion).

Health Benefits

- Dates provide natural sugars, iron and quick energy without refined sugar ideal for breaking fast.
- Yogurt probiotics support gut health and reduce bloating.
- Chia seeds add fiber and omega-3 fats, improving satiety and bowel regularity.
- Cinnamon helps stabilize blood sugar and prevents energy crashes.
- Almonds provide magnesium and healthy fats, keeping you fuller for longer.
- Light, cooling and gentle on the stomach suitable for acidity-prone individuals.



Healthy Dark Chocolate Energy Bites (No Refined Sugar)

05

Nutrition (per serving)

Total Servings: 8 servings

Total Calories: 960 kcal

Serving Size: 1 energy bite each

Calories Per Serving: 120 kcal per serving

Ingredients

Rolled oats – 1 cup (80 g)

Natural peanut butter
(unsweetened) – ½ cup

Cocoa powder
(unsweetened) – 3 tbsp

Honey or date paste – ¼ cup

Dark chocolate chips
(70% cocoa, optional) – 2 tbsp

Chia seeds – 1 tbsp

Vanilla essence – ½ tsp

Method

- In a bowl, mix oats, cocoa powder and chia seeds.
- Add peanut butter, honey/date paste and vanilla essence.
- Mix well until a soft dough forms.
- Shape into small bite-sized balls.
- Refrigerate for 30 minutes to set.
- Store in an airtight container (up to 5–6 days refrigerated).

Health Benefits

- Rich in antioxidants, improves mood & heart health.
- High in fiber, supports digestion & energy release.
- Good source of plant protein & healthy fats.
- Omega-3 fatty acids, calcium & iron.
- Natural energy, better alternative to refined sugar.



Opus

Dil Walon ki CHOCOLATE



SCAN TO
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High-Protein Chicken Chapati Roll (Healthy Version) Sehar

06

Nutrition (per serving)

Total Serving: 6 rolls

Total Calories: 1,948 kcal

Per Serving Size: 1 small chicken roll

Calories per Serving: 325 kcal

Ingredients

For Chicken Filling

500 g boneless chicken (small cubes)

1½ tbsp olive or canola oil (reduced)

1 tsp black pepper powder

½ tsp salt

1 tbsp vinegar or lemon juice

2 tbsp yogurt

2 tbsp tomato ketchup

½ tsp garlic paste

For Chapati

2 cups whole wheat flour

Water – as needed

For Roll Assembly

¼ cup yogurt-mint chutney

¼ cup onions (thinly sliced)

½ cup cucumber (sliced)

½ cup capsicum (sliced)

½ cup lettuce or cabbage

Method

- Knead whole wheat flour with water into a soft dough. Rest 20–30 minutes.
- Divide into 6 balls, roll thin chapatis and cook on a tawa until light brown.
- Marinate chicken with salt, pepper, vinegar/lemon, yogurt, ketchup and garlic. Rest 20 minutes.
- Heat oil in a pan and cook chicken on medium heat until tender and dry.
- Place chapati on a clean surface.
- Spread yogurt-mint chutney.
- Add chicken and vegetables.
- Roll tightly and wrap.

Health Benefits

- High protein supports muscle repair and satiety.
- Whole wheat chapati provides fiber, iron, magnesium and B-vitamins.
- Yogurt & raw vegetables improve gut health and digestion.
- Lower saturated fat than commercial rolls or red-meat fillings.
- Balanced carbs, protein, ideal for Iftar or Sehri.

Channa Masala curry (Sehar)

07

Nutrition (per serving)

Total Serving: 3 servings

Total Calories: 833 kcal

Per Serving Size: 1 bowl (Small)

Calories per Serving: 278 kcal

Ingredients

Chickpeas – 1 can (400 g),

drained & rinsed

Onion – ½ medium, finely chopped

Garlic – 1 clove, minced

Ginger paste – 1 tsp

Tomato – ½ medium, finely chopped

Cumin powder – 1 tsp

Coriander powder – 1 tsp

Turmeric – ½ tsp

Black pepper – ¼ tsp

Salt – to taste

Olive oil – 1 tbsp

Water – ¾ cup

Fresh coriander – for garnish

Method

- Heat oil in a pan and then sauté onion until soft (not dark).
- Add garlic and ginger and cook briefly.
- Add tomato and cook until lightly soft.
- Stir in spices and cook for 30 seconds.
- Add chickpeas, salt and water.
- Simmer gently for 12–15 minutes until soft and slightly thick.
- Garnish with fresh coriander.

Health Benefits

- High fiber and protein keep you full longer
- Low spice & low oil prevents thirst and acidity
- Slow-digesting carbohydrates provide sustained energy
- Ginger & cumin reduce bloating during fasting hours





Beetroot & Chickpea Cutlets (Baked or Pan-Fried) Sehar

08

Nutrition (per serving)

Pan-Fried Chickpea & Veggie Cutlets
Total Serving: 3 servings
(2 cutlets per serving)
Total Calories: 750 kcal
Per Serving Size: 2 medium cutlets
Calories per Serving: 250 kcal

Baked Chickpea & Veggie Cutlets
Total Serving: 3 servings
(2 cutlets per serving)
Total Calories: 551 kcal
Per Serving Size: 2 medium cutlets
Calories per Serving: 184 kcal

Ingredients

- 1 cup boiled chickpeas (*coarsely mashed*)
- 1 medium beetroot (*grated*)
- 1 medium potato (*boiled & mashed*)
- 1 small onion (*finely chopped*)
- 2 green chilies (*optional, finely chopped*)
- 2 tbsp fresh coriander & mint (*chopped*)
- 1 tsp ginger-garlic paste
- 1 tsp roasted cumin powder
- ½ tsp red chili powder (*optional*)
- ½ tsp black pepper
- Salt to taste
- 1 tbsp ground oats or flaxseed powder
- 1 tsp lemon juice
- 2 tbsp oil (*for pan-frying*)

Common Preparation (For Both Methods)

- Mash chickpeas lightly, keeping some texture. Add grated beetroot and mashed potato, mix well.
- Add onion, green chilies, herbs, ginger-garlic paste, spices, salt, oats/flaxseed powder and lemon juice.
- Mix until well combined.
- Shape into 5 medium cutlets.

Option 1: Pan-Fried Method (Crispy Option)

- Heat oil in a non-stick pan over medium heat.
- Shallow fry cutlets for 3–4 minutes per side until golden and crisp.
- Drain briefly on paper towel.

Option 2: Baked Method (Healthier Option)

- Preheat oven to 180°C (350°F).
- Place cutlets on a lined, lightly greased baking tray.
- Bake for 18–20 minutes, flipping halfway, until lightly browned.

Health Benefits

- Iron & folate-rich, supporting healthy blood formation and preventing anemia.
- Vitamin C from lemon enhances iron absorption.
- High fiber improves digestion, prevents constipation and supports weight management.
- Beetroot betalains reduce inflammation and support heart health.
- Chickpeas provide plant protein, keeping you full longer.

Spinach & Feta Egg Muffins (Sehar)

09

Nutrition (per serving)

Total Servings: (2 muffins)

Total Calories: 218 kcal

Serving size: 1 muffin

Total calories of per serving size: 109 kcal

Ingredients

- 2 eggs
- ¼ cup chopped spinach
- 2 tablespoons cheese
- Black pepper, herbs

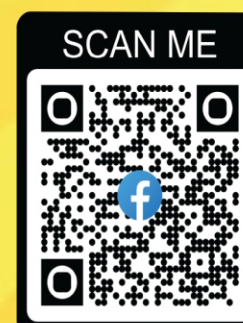


Method

- Preheat oven to 180°C (350°F).
- Whisk eggs in a bowl and mix in chopped spinach and cheese.
- Pour mixture into greased muffin trays.
- Bake for 15–18 minutes or until set.
- Allow to cool slightly before serving.

Health Benefits

- High-protein meal supporting muscle maintenance.
- Provides calcium and iron for bone and blood health Low glycemic, helping stabilize blood sugar.
- Convenient and easy to digest.



For More
Information:

☎ 0321-1117658



Smoked Salmon & Avocado Rye Toast (Sehar)

10

Nutrition (per serving)

Total Serving: 1 serving
Total Calories: 221 kcal

Ingredients

- 1 slice rye or whole-grain bread
- 2 oz (56 g) homemade smoked salmon
- ¼ medium avocado (50 g), mashed
- ½ tsp lemon juice
- Pinch of black pepper

Homemade Smoked Salmon (Optional)

- 200 g fresh salmon fillet
- 1 tsp salt
- ½ tsp sugar (optional)
- Wood chips or smoking setup (hot or cold smoke)

Method for Smoking:

- Pat salmon dry and lightly coat with salt (and sugar if desired).
- For hot-smoking, smoke at 60–70°C (140–158°F) for 30–40 minutes until cooked through.
- For cold-smoking, smoke at ≤30°C (86°F) for 2–4 hours until smoky flavor develops (fish remains raw-like).
- Slice smoked salmon thinly for use in the toast.

Toast Assembly

- Lightly toast the rye or whole-grain bread.
- Spread mashed avocado evenly over the toast.
- Place smoked salmon slices on top.
- Drizzle with lemon juice and sprinkle black pepper.
- Serve immediately.

Health Benefits

- Excellent source of high-quality protein.
- Rich in omega-3 fatty acids for brain and heart function.
- Provides healthy fats that enhance satiety.
- Supports cognitive focus and energy levels.

High-Fiber Vegetable Paratha (Sehar)

11

Nutrition (per serving)

Total Serving: 4 parathas

Total Calories: 474 kcal

Per Serving Size: 1 medium vegetable paratha(6 inches)

Calories per Serving: 119 kcal

Ingredients

1 cup whole wheat flour

¼ cup grated carrot

¼ cup finely chopped spinach

1 tbsp grated bottle gourd (lauki)

½ tsp cumin seeds

¼ tsp black pepper

Salt to taste

Water (as needed)

1 tsp Olive oil/Desi ghee

(for shallow cooking)

Method

- Mix flour, vegetables, spices and salt.
- Knead into a soft dough using water. Rest for 10 minutes.
- Roll into thin parathas.
- Cook on a non-stick pan using a few drops of oil on each side until lightly golden.

Health Benefits

- Supports digestion and gut health due to high fiber from whole wheat and vegetables.
- Provides sustained energy and fullness through complex carbohydrates and fiber.
- Supplies essential vitamins, minerals and antioxidants, supporting immunity and overall well-being.





Desi Pizza Paratha (Sehar) (Cooked in Achha Desi Ghee)

12

Nutrition (per serving)

Total Parathas: 4

Total Servings: 4

Total Calories: ~1,660 kcal

Serving Size: 1 stuffed paratha

Calories per Serving: ~415 kcal

(Values are approximate and may vary depending on cheese and ghee quantity.)

Ingredients

For Paratha Base:

220 g whole wheat flour -748 kcal

Water (as required)

Salt (to taste)

For Filling:

45 g pizza sauce - 24 kcal

131 g boiled chicken breast - 216 kcal

60 g capsicum, finely chopped -16 kcal

60 g onions, finely chopped - 24 kcal

100 g Achha Cheddar cheese

(shredded) -354 kcal

For Cooking:

31 g Achha Desi Ghee

(total for 4 parathas) -278 kcal

Method

- Knead whole wheat flour with salt and water into a soft dough. Rest 10–15 minutes.
- Mix chicken, capsicum, onions and pizza sauce in a bowl.
- Divide dough into balls and roll one into a disc.
- Spread pizza sauce, add chicken mixture and top with Achha cheddar cheese.
- Seal, dust lightly and roll into a thick paratha.
- Cook on a medium-hot pan using Achha Desi Ghee until golden and crisp on both sides.

Serving Suggestion

- Serve hot with extra pizza sauce or chili garlic dip.
- Cut into halves or triangles for an easy iftar serving.

Health & Energy Benefits

- Whole wheat provides fiber for long-lasting energy during fasting.
- Chicken and cheese supply protein for strength and satiety.
- Vegetables add essential nutrients and freshness.
- Achha Desi Ghee enhances taste while providing healthy fats needed after fasting.



Moringa & Fenugreek Paratha (Sehar)

13

Nutrition (per serving)

Total Serving: 4 medium parathas

Total Calories: 495 kcal

Per Serving Size: 1 medium Paratha (6 inches)

Calories per Serving: 124 kcal

Ingredients

1 cup whole wheat flour

1 tbsp moringa powder

1 tbsp fresh methi leaves
(finely chopped)

¼ tsp black pepper

¼ tsp ajwain

Salt to taste

Water as needed

1 tsp Olive oil/Desi ghee

Method

- Mix flour, moringa, methi, spices and salt.
- Knead into a soft dough then rest it for 10 minutes.
- Roll and cook lightly on a non-stick pan with minimal oil, until lightly golden.

Health Benefits

- Rich in calcium, iron and antioxidants, supporting overall nourishment.
- Helps strengthen bones and support immune health.
- Serves as a nutritious alternative to plain paratha.





Superfood Chickpea & Quinoa Power Bowl (Sehar)

14

Nutrition (per serving)

Total Serving: 4 servings
Total Calories: 1,618 kcal
Per Serving Size: 1 medium bowl
Calories per Serving: 405 kcal

Ingredients

Base:

Quinoa – 1 cup (uncooked)
Water – 2 cups
Pinch of salt

Protein & Legumes:

Cooked chickpeas – 1½ cups (or canned, rinsed)
Edamame or green peas – ½ cup (optional)

Veggies & Superfoods:

Baby spinach – 1 cup
Red cabbage – ½ cup, shredded
Carrot – ½ cup, grated
Bell peppers – ½ cup, diced
Cherry tomatoes – ½ cup, halved
Cucumber – ½ cup, diced
Avocado – ½ medium, sliced
Pumpkin seeds – 1 tbsp (optional)

Dressing:

Olive oil – 1½ tbsp
Lemon juice – 2 tbsp
Garlic – ½ tsp, minced
Dijon mustard – ½ tsp
Honey or maple syrup – ½ tsp
Salt & pepper – to taste

Method for Smoking:

- Rinse quinoa well. Boil in 2 cups water with a pinch of salt for 12–15 minutes until fluffy. Drain excess water.
- Lightly sauté chickpeas and edamame in a tsp of olive oil with a pinch of paprika and cumin (optional) for flavor.
- Chop, shred, or grate all vegetables.
- Whisk olive oil, lemon juice, garlic, mustard, honey, salt and pepper.
- Start with quinoa as the base. Layer chickpeas, edamame and colorful vegetables. Add avocado slices and sprinkle pumpkin seeds on top. Drizzle dressing just before serving.

Health Benefits

- Complete protein along with fiber for muscle repair and digestive health.
- Heart-healthy fats, vitamin E and anti-inflammatory benefits.
- Pumpkin Seeds rich in magnesium, zinc and omega-3s for brain & heart health.

Fiber-Rich Tropical Power Oatmeal (Sehar)

15

Nutrition (per serving)

Total Serving: 1 serving

Total Calories: 357 kcal

Ingredients

Oats – $\frac{1}{3}$ cup

Low-fat milk – 1 cup

Apple – $\frac{1}{2}$ medium, sliced

Banana – $\frac{1}{2}$ medium, sliced

Honey – 1 tsp

Chia seeds – 1 tsp

Almonds – 5–6, chopped

Cinnamon powder – a pinch

Method

- Cook oats with low-fat milk on medium flame for 5 minutes, stirring occasionally.
- Once oats turn soft and creamy, add honey, chia seeds and cinnamon; mix well.
- Transfer to a serving bowl.
- Top with apple slices, banana slices, and chopped almonds.
- Serve warm.

Health Benefits

- Oats (beta-glucan fiber) keep you full longer and stabilize blood sugar during fasting.
- Chia seeds improve hydration and digestion and slow energy release.
- Banana & apple provide potassium, antioxidants and natural sweetness.
- Almonds add healthy fats and protein, preventing early hunger.
- Milk supplies calcium and protein for muscle and bone health.
- Cinnamon helps reduce sugar spikes, making it Sehri-friendly.





Peanut, Almond & Flaxseed Cookies

16

Nutrition (per serving)

Serving: 10-12 cookies

Calories: 4,038kcal

Ingredients

Whole wheat flour - 1 cup

Chickpea flour - ½cup

Semolina - ½ cup

Peanuts - ½ cup

Almonds - ½ cup

Flaxseeds - 2 tbsp

Butter or desi ghee – ½ cup

Brown sugar – ½ cup

Milk – 2–3 tbsp

Baking powder – ½ tsp

Vanilla essence – ½ tsp

Method for Smoking:

- Lightly dry roast peanuts, cool and crush; chop almonds and grind flaxseeds.
- Mix whole wheat flour, chickpea flour, semolina and baking powder in a bowl.
- Butter and desi ghee with brown sugar until light then mix in vanilla essence.
- Add nuts and flaxseeds, then fold in the dry ingredients gently.
- Add milk gradually to form a soft, non-sticky dough (do not knead).
- Shape dough into small balls, flatten slightly and place on lined tray.
- Bake at 170–180°C for 15–18 minutes until lightly golden.
- Cool completely before storing in an airtight container.

Health Benefits

- Provides balanced energy from whole grains, legumes, nuts and healthy fats
- Rich in plant-based protein (chickpea flour, peanuts, almonds) supporting satiety and muscle health.
- High in dietary fiber, aiding digestion, gut health and better blood sugar control.
- Contains heart-healthy fats from nuts, flaxseeds and ghee/butter.
- Supplies essential micronutrients including magnesium, zinc, iron and vitamin E.
- Flaxseeds contribute omega-3 fatty acids with anti-inflammatory benefits.

Healthy Chicken Chapli Kebab (Sehar)

17

Nutrition (per serving)

Total Serving: 2 servings

Total Calories: 734 kcal

Per Serving Size: 2 medium kebabs (75 g each)

Calories per Serving: 367 kcal

Calories per Kebab: 185 kcal

Ingredients

Ground chicken (chicken qeema) – 250 g

Besan (chickpea flour) – 2 tbsp

Onion – 1 small, finely chopped

Green chili – 1, finely chopped

Garlic paste – ½ tsp

Ginger paste – ½ tsp

Coriander powder – 1 tsp

Cumin powder – 1 tsp

Garam masala powder – ½ tsp

Salt – to taste

Fresh coriander leaves – 2 tbsp, chopped

Tomato – 1 small, finely chopped (optional)

Spinach – ¼ cup, finely chopped

Zucchini – ¼ cup, grated

Red or yellow bell pepper – 2 tbsp,
finely chopped

Flaxseed powder – 1 tsp

Oil – 1 tsp for greasing pan

Method

- Lightly roast chickpea flour in a dry pan over low heat for 1–2 minutes. Cool.
- Finely chop onion, chili, coriander, tomato, spinach, zucchini and bell pepper.
- In a bowl, combine ground chicken, roasted besan, all chopped veggies, garlic & ginger paste, spices, salt and flaxseed powder. Mix thoroughly.
- Divide mixture into 6–8 portions, roll into balls, and flatten into patties.
- Heat non-stick pan over medium heat, lightly grease with 1 tsp oil. Cook kebabs 4–5 minutes
- per side until golden and fully cooked.
- Hot with **whole wheat roti or paratha**, fresh salad or mint yogurt chutney.

Health Benefits

- This recipe enhances the diet with fiber, vitamin C and antioxidants, supporting digestion and immunity.
- It provides magnesium, folate, and essential antioxidants, promoting overall health.
- It delivers omega-3 fatty acids, supporting heart and brain health.
- With a low glycemic index (GI), it helps stabilize blood sugar levels.
- Its anti-inflammatory and gut-friendly properties, combined with a rich antioxidant profile, support overall well-being.





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سب اچھا ہے!

ASIAN BURG | RAMADAN SPECIAL

Protein Overnight Oats with Chia & Almond Butter (Sehar)

18

Nutrition (per serving)

Total Serving: 1 serving

Total Calories: 396 kcal

Per Serving Size: 1 small bowl

Calories per Serving: 396 kcal

Ingredients

½ cup rolled oats

½ cup low-fat milk or plant milk

1 tablespoon chia seeds

1 tablespoon almond butter

¼ cup berries

1 teaspoon honey (optional)

Method

- In a clean bowl or jar, combine rolled oats, milk (or plant-based milk), chia seeds and almond butter.
- Mix thoroughly until well combined.
- Cover and refrigerate overnight (minimum 6–8 hours).
- Before consumption, top with fresh berries and honey if desired.
- Serve chilled.



Health Benefits

- Provides slow-releasing complex carbohydrates for sustained energy.
- High in dietary fiber, supporting digestive health.
- Helps maintain satiety during prolonged fasting hours.

Power Immunity & Gut-Health Salad (Iftar)

19

Nutrition (per serving)

Total Servings: 2 cups

Total Calories: 565 kcal

Serving Size: 1 cup

Calories per Serving size: 283 kcal

Ingredients

1 cup boiled chickpeas

½ cup grated carrots

½ cup cucumber (chopped)

½ cup pomegranate seeds

1 tbsp pumpkin seeds

1 tbsp olive oil

1 tbsp lemon juice

1 tsp roasted cumin powder

1 tbsp fresh coriander leaves

Salt & black pepper (to taste)

Method for Smoking:

- In a large bowl, add chickpeas, carrots, cucumber and pomegranate seeds.
- Add lemon juice, olive oil, cumin powder, salt and black pepper.
- Toss well until evenly mixed.
- Sprinkle pumpkin seeds and fresh coriander on top.
- Serve fresh for maximum nutrient retention.

Health Benefits

- Boosts immunity with zinc (pumpkin seeds) and vitamin C (lemon & pomegranate).
- Supports gut health due to high fiber from chickpeas and vegetables.
- Heart-friendly fats from olive oil and seeds.
- Keeps you full longer, making it ideal for weight management.





Herb-Marinated Fish Fillet (Baked or Pan-Fried – Iftar)

20

Nutrition (per serving)

Total Servings: 2
Total Calories: 355 kcal(fillet Baked/ Air fried)
Total Calories: 425 kcal (Pan fried)
Serving size: 1 fillet
Total calories of one serving size (baked/ air fried): 178 kcal
Total calories of one serving size (Pan fried): 213 kcal

Ingredients

- 2 fish fillets (any firm fish)
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon dried oregano
- 1 tablespoon olive oil
- 1 tablespoon whole-wheat flour or corn flour (only for pan-frying)
- Salt and pepper to taste
- Fresh herbs (parsley or dill) for garnish

Common Preparation (For Both Methods)

- Pat fish fillets dry.
- In a bowl, mix lemon juice, olive oil, garlic powder, paprika, oregano, salt and pepper.
- Marinate fish for 10 minutes.

Option 1: Baked Method (Healthier Option)

- Preheat oven to 400°F (200°C).
- Place marinated fillets on a parchment-lined baking tray.
- Bake for 12–15 minutes until fish is flaky.

Option 2: Pan-Fried Method (Crispier Option)

- Lightly coat marinated fish with whole-wheat flour or corn flour.
- Heat oil in a non-stick pan over medium heat.
- Pan-fry for 3–4 minutes per side until golden and cooked through.
- Drain briefly on paper towel and garnish.

Health Benefits

- High in lean protein for muscle repair and satiety.
- Rich in omega-3 fatty acids supporting heart and brain health.
- Baked version is lighter and ideal for daily Iftar.
- Pan-fried version offers better acceptance for children and picky eaters.
- Herbs and lemon aid digestion and reduce inflammation.

Chicken Shami Kebab (Baked or Pan-Fried – Iftar)

21

Nutrition (per serving)

Total Servings: 8 kebabs
Total Calories Baked: 676 kcal
Total Calories Pan-Fried: 716 kcal
Serving Size: 1 kebab
Per serving calories of Baked:
85 kcal per kebab
Per servings calories of Pan-Fried:
90 kcal per kebab

Ingredients

- 200 g boneless chicken
(boiled & shredded)
- 1/4 cup chana daal
(soaked 2–3 hours)
- 1 small onion (finely chopped)
- 1 tsp ginger-garlic paste
- 1/2 tsp cumin powder
- 1/4 tsp garam masala
- 1/4 tsp black pepper
- Salt to taste
- 1 tbsp fresh coriander or mint
(chopped)
- 1 green chili (optional)
- 1 egg (for binding)
- 1 tbsp ground oats or breadcrumbs
- 1 tsp olive oil
(for greasing / shallow frying)

Common Preparation (For Both Methods)

- Boil soaked chana daal with a pinch of salt until soft and water is absorbed; cool completely.
- In a food processor, blend boiled daal, shredded chicken, onion, ginger-garlic paste, and spices into a thick mixture.
- Add coriander/mint, green chili, egg, and ground oats; mix well.
- Shape into 8 small round kebabs.

Option 1: Baked Method (Healthier Option)

- Preheat oven to 180°C (350°F).
- Lightly grease a baking tray with olive oil.
- Arrange kebabs evenly and bake for 15–20 minutes, flipping halfway, until golden.

Option 2: Pan-Fried Method (Crispier Option)

- Heat a non-stick pan with ½–1 tsp olive oil.
- Pan-fry kebabs on medium heat for 3–4 minutes per side until golden and cooked through.

Health Benefits

- High-quality protein supports muscle repair and satiety after fasting.
- Chana daal combines with oats provide fiber, improving digestion and preventing overeating.
- Baked option is low-fat and heart-friendly.
- Pan-fried option improves taste and acceptance, especially for children.
- Rich in iron, zinc and B-vitamins, supporting immunity and brain health.





High-Protein Chicken Veggie Tikka Skewers (Iftar)

22

Nutrition (per serving)

Total Servings: (8 mini skewers)

Total Calories: 540 kcal

Serving Size: 1 skewer

Calories: 68 kcal per skewer

Ingredients

200 g boneless chicken breast

or thigh (small cubes)

1 cup capsicum and onion

(small cubes)

2 tbsp thick yogurt

1 tbsp lemon juice

½ tsp garlic paste

½ tsp ginger paste

¼ tsp black pepper

¼ tsp paprika or mild red chili powder
(optional)

¼ tsp cumin powder

¼ tsp turmeric powder

Salt to taste

Bamboo skewers (soaked 10 min)

1 tsp olive oil (for greasing)

Method (Baked or Stovetop):

- In a bowl, whisk yogurt, lemon juice, garlic paste, ginger paste, spices, turmeric, and salt.
- Add chicken cubes and mix well. Marinate for 30 minutes (up to 2 hours refrigerated).
- Thread chicken and vegetables alternately onto skewers.

Baking:

- Preheat oven to 180°C (350°F).
- Place skewers on a greased tray and bake for 12–15 minutes, turning halfway.

Stovetop / Grill:

- Heat a non-stick pan or grill with a few drops of oil.
- Cook skewers on medium heat, turning occasionally until fully cooked.

Health Benefits

- Lean protein supports muscle repair and keeps you full after fasting.
- Yogurt and ginger improve digestion and gut health.
- Turmeric & cumin reduce inflammation and support immunity.
- Colorful vegetables provide vitamins A, C and antioxidants.
- Baked or grilled fish is low in fat and heart-friendly.

Marinated Fish Tikka (Baked or Pan-Fried – Iftar)

23

Nutrition (per serving)

Baked / Air-fried

Total servings: 2 servings

Total calories: 550 kcal

Serving size: 1

Calories per serving: 275 kcal

Pan-fried

Total servings: 2 servings

Total calories: 590 kcal

Serving size: 1

Calories per serving: 295 kcal

Ingredients

300 g fish chunks

(firm white fish like halibut or tilapia)

½ cup thick yogurt

1 tsp turmeric powder

1 tsp cumin powder

1 tsp coriander powder

½ tsp garam masala

½ tsp red chili powder

(adjust to taste)

1 tbsp lemon juice

1 tbsp mustard oil or olive oil

Salt to taste

Common Preparation (For Both Methods)

- In a bowl, whisk yogurt, turmeric, cumin, coriander, garam masala, red chili powder, lemon juice, oil and salt.
- Add fish chunks and coat evenly.
- Cover and marinate for at least 1 hour (up to 4 hours for deeper flavor).

Option 1: Baked Method (Healthier Option)

- Preheat oven to 400°F (200°C).
- Thread marinated fish onto skewers or place on a parchment-lined tray.
- Bake for 12–15 minutes, turning once halfway, until cooked and lightly charred.

Option 2: Pan-Fried Method (Smoky & Juicy Option)

- Heat a non-stick pan or grill pan with ½–1 tsp oil.
- Pan-fry fish pieces on medium heat for 3–4 minutes per side until golden and cooked through.

Health Benefits

- Fish protein supports muscle repair and satiety after fasting.
- Omega-3 fatty acids promote heart and brain health and reduce inflammation.
- Yogurt probiotics improve digestion and gut health at Iftar.
- Mustard/olive oil provides healthy fats and improves absorption of fat-soluble nutrients.
- Lemon & spices boost immunity and aid digestion.



High-Protein Chicken & Veggie Iftar Wrap (Iftar)

24

Nutrition (per serving)

Serving Size: 1 wrap

Total Calories: 280–300 kcal

Ingredients

1 whole wheat wrap / tortilla
 2 oz cooked chicken breast
 1/2 cup mixed greens
 (lettuce, spinach, etc.)
 1/2 cup sliced cucumber
 1/4 cup sliced carrots
 2 tablespoons mashed avocado
 (If easily available)
 1 tablespoon tomato sauce
 or hummus

Method for Smoking:

- Lay the wrap/tortilla flat on a clean surface.
- Spread mashed avocado evenly over the center of the wrap.
- Arrange mixed greens, cucumber, and carrots horizontally on top of the avocado.
- Place the cooked chicken breast over the vegetables.
- Drizzle tomato sauce or hummus evenly over the filling.
- Fold the bottom of the wrap over the filling, tuck in the sides and roll tightly.
- Slice in half and serve fresh.

Health Benefits

- High-quality protein from chicken supports muscle repair and satiety after fasting.
- Healthy fats from avocado improve nutrient absorption, heart health and keep you fuller for longer.
- High fiber content aids digestion and prevents post-iftar bloating.
- Rich in vitamins A, C, K and folate, supporting immunity and energy levels.
- A balanced, light yet satisfying Iftar option that prevents overeating and sugar spikes.
- Convenient, portable and easily customizable for the whole family.

Healthy Hibiscus & Chia Iftar Tea

25

Nutrition (per serving)

Total Servings: 2 Cups

Total Calories: 30 kcal(with honey + chia)

Serving Size: 1

Calories: 15 kcal per serving

Ingredients

Dried hibiscus flowers – 2
tablespoons

Water – 2 cups

Chia seeds – 1 teaspoon

Honey or stevia – 1 teaspoon
(optional)

Lemon slices – for garnish

Method

- Boil water and add dried hibiscus flowers.
- Simmer gently and steep for 5–10 minutes.
- Strain the tea and allow it to cool slightly.
- Add chia seeds and stir well.
- Refrigerate for 20–30 minutes to allow chia seeds to swell.
- Sweeten lightly if needed and serve chilled over ice with a lemon slice.

Health Benefits

- Hibiscus helps lower blood pressure and supports arterial health.
- Chia seeds add soluble fiber, omega-3 fatty acids and help maintain hydration during fasting.
- Supports heart health, digestion, and blood sugar control.
- Rich in antioxidants that reduce oxidative stress and inflammation.
- Naturally caffeine free, making it ideal for Iftar without dehydration.



Tea Time

Egg & Milk Cookies



**BAKED WITH LOVE,
ENRICHED WITH EGG & MILK**



Quinoa-Apple Cinnamon Porridge (Iftar)

26

Nutrition (per serving)

Total Serving: (1 bowl)
Total Calories: 240 kcal

Ingredients

½ cup cooked quinoa
½ cup milk
½ apple, grated
Cinnamon powder
1 teaspoon honey

Method for Smoking:

- Heat cooked quinoa with milk in a saucepan over low heat.
- Add grated apple and cinnamon.
- Cook gently until a porridge like consistency is achieved.
- Sweeten lightly with honey if needed.
- Serve warm.

Health Benefits

- High fiber from quinoa and apple supports digestion.
- Helps regulate blood sugar during fasting.
- Milk provides calcium for bones and teeth.
- Antioxidants from apple and cinnamon boost immunity.
- Promotes satiety, aiding weight management.
- Gluten-free and easy to digest.

Golden Green Immunity & Detox Soup (Iftar)

27

Nutrition (per serving)

Total Servings: (2 bowls)

Total Calories: 233 kcal

Serving Size: 1 bowl

Calories per Serving: 117 kcal

Ingredients

1 cup bottle gourd (lauki),
chopped

½ cup carrots, chopped

½ cup spinach

¼ cup boiled red lentils
(Masoor dal)

1 tsp ginger-garlic paste

½ tsp turmeric powder

1 tsp black pepper

1 tsp olive oil

Salt to taste

2–2½ cups water or vegetable stock

Instructions:

- Heat olive oil in a pot and saute ginger-garlic until aromatic.
- Add lauki, carrots, spinach and boiled lentils.
- Sprinkle turmeric, black pepper and salt mix well.
- Add water/vegetable stock and simmer for 12–15 minutes until vegetables soften.
- Blend to a smooth consistency.
- Adjust seasoning and serve hot.

Health Benefits

- Strengthens immunity with turmeric, spinach and black pepper synergy.
- Improves digestion & gut health due to fiber-rich vegetables and lentils.
- Supports weight loss low calorie yet filling.
- Keeps body warm and helps reduce inflammation especially in winter.





Brain Boost Antioxidant Fruit Salad

28

Nutrition (per serving)

Total Servings: (2 cups)
Total Calories: 489 kcal
Serving size: 1 cup
Total calories per serving size: 245 kcal

Ingredients

- 1 medium banana, sliced
- 1 medium apple, diced
- 1 cup strawberries, sliced
- ½ cup pomegranate seeds
- 1 tbsp chopped almonds
- 1 tbsp honey
- 1 tbsp chia seeds, soaked
- 1 tbsp lemon juice

Instructions:

- In a large bowl, combine banana, apple, strawberries and pomegranate seeds.
- In a small bowl, add soaked chia seeds mix honey and lemon juice until well blended.
- Pour the dressing over the fruit mixture and gently toss.
- Sprinkle chopped almonds on top.
- Serve immediately or chill for 10 minutes before serving.

Health Benefits

- Supports brain health with omega-3 fatty acids from chia seeds and antioxidants from berries.
- Improves blood circulation and beneficial for heart health.
- Provides natural energy from fruits and honey.
- Rich in fiber, aiding digestion and satiety.

Protein-Rich Vegetable Pakoras (Iftar)

29

Nutrition (per serving)

Total Pakoras: 12

Total Servings: 4

Total Calories:

Baked / Air-fried: 579 kcal

Fried: 899 kcal

Serving Size: 3 pakoras

Calories per Serving (3 pakoras):

Baked / Air-fried: 145 kcal

Fried: 225 kcal

Ingredients

¾ cup besan (chickpea flour)

¼ cup oat flour

½ cup water (as needed for thick batter)

1 small onion, thinly sliced

1 cup spinach, chopped

½ cup grated carrot

1 green chili, finely chopped

½ tsp salt

½ tsp baking powder

½ tsp roasted cumin powder

1 tsp olive oil (for brushing)

For Cooking:

Baked version: 1 tsp olive oil (for brushing)

Fried version: Oil for deep frying (as required)

Method: Batter Preparation (Same for Both)

- In a bowl, mix besan, oat flour, salt, cumin powder and baking powder.
- Gradually add water to make a thick, drop consistency batter.
- Add onion, spinach, carrot and green chili and mix well.

Baked Pakoras:

- Preheat oven to 180°C.
- Spoon small portions of batter onto a greased baking tray.
- Lightly brush each pakora with olive oil.
- Bake for 20–25 minutes, turning once, until golden brown.
- Serve hot with mint chutney or yogurt dip.

Fried Pakoras:

- Heat oil in a deep pan over medium heat.
- Drop spoonfuls of batter carefully into hot oil.
- Fry until golden brown and crisp from all sides.
- Remove and drain excess oil on absorbent paper.
- Serve hot with mint chutney or tamarind sauce.

Health Benefits

- Rich in plant protein and fiber, promoting satiety and muscle health.
- Loaded with Micro nutrients from spinach and carrots for immunity.
- Baked version supports heart health due to minimal oil.
- Versatile recipe can be adapted for healthy or indulgent choices.



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QUALITY ALWAYS WINS

By maintaining international health standards



High-Protein Whole Wheat Keema Vegetable Macaroni (Iftar)

30

Nutrition (per serving)

Total Servings: 5 bowls

Total Calories: 1,475 kcal

Serving Size: 1 bowl (1½ cups cooked macaroni mixture)

Calories per Serving: 295 kcal

Ingredients

Whole wheat macaroni

(boiled) – 3 cups

Chicken keema (lean) – 250 g

Cooking oil – 3 tbsp

Onion (chopped) – 1 medium

Carrot (chopped) – ½ cup

Capsicum (chopped) – ½ cup

Tomato (chopped/puréed) – 1 medium

Green peas – ½ cup

Garlic (minced) – 1 tsp

Salt – to taste

Black pepper – to taste

Optional herbs: oregano or

mixed herbs

Method

- Heat oil in a pan over medium heat.
- Add onion and garlic sauté until light golden. Add chicken keema and cook for 15–20 minutes, stirring frequently until well done.
- Add salt, black pepper, tomato, carrot, peas and capsicum. Cook for 5–7 minutes until vegetables soften.
- Add boiled whole wheat macaroni and mix thoroughly.
- Cook for 2–3 minutes on low heat so flavors combine.

Health Benefits

- High in dietary fiber from whole wheat pasta and vegetables, aiding digestion and blood sugar control.
- Rich in high-quality protein, supporting muscle health and satiety.
- Excellent source of beta-carotene, converted to vitamin A for vision, immunity and skin health.
- Loaded with antioxidants (tomato, capsicum) that help reduce inflammation and oxidative stress.

High-Protein Oats & Chicken
Mini Samosas (Iftar)
(Baked / Air-Fried & Fried Versions)

31

Nutrition (per serving)

Total Servings: (12 pieces)
Baked / Air-Fried: 1,000 kcal
Fried: 1,330 kcal
Serving Size: 1 mini samosa
Calories per serving size: 83kcal
(Baked / Air Fried)
Calories per serving size: 110kcal (Fried)

Ingredients

Shredded boiled chicken (lean) 1 cup
Oats flour (lightly roasted) ½ cup
Onion(finely chopped) 1 small
Capsicum (finely chopped) ½ cup
Green chili 1 small, chopped
Low-fat yogurt 1 tbsp
Ground flax seed1 tbsp
Black pepper 1 tsp
Paprika½ tsp
Salt½ tsp
Mini samosa Pattis 12 pieces

For cooking:

Baked / Air-Fried: Oil spray or 1 tsp oil
Fried: Oil for deep frying (as required)

Method Filling Preparation
(Same for Both)

- Heat a non-stick pan then lightly sauté onion, capsicum and green chili until soft.
- Add shredded chicken and cook for 2–3 minutes.
- Add oats flour, yogurt, flax seed, black pepper, paprika and salt.
- Mix well and cook until the filling becomes dry.
- Allow to cool slightly.
- Fill samosa Pattis, foldand seal properly.

Baked / Air-Fried Mini Samosas

- Preheat oven or air fryer to 180°C.
- Lightly spray or brush samosas with oil.
- Bake or air fry for 15–20 minutes, turning once, until crisp and golden.
- Serve hot with mint chutney.

Fried Mini Samosas

- Heat oil in a deep pan over medium heat.
- Carefully add samosas and fry until golden brown and crisp.
- Remove and drain excess oil on absorbent paper.
- Serve hot with mint chutney or tamarind sauce.

Health Benefits

- Rich in soluble fiber (beta-glucan) from oats supports digestion and cholesterol control.
- High in lean protein, aiding muscle repair and satiety.
- Omega-3 fatty acids from flax seed support heart and brain health.
- Slow-releasing energy, keeps you fuller for longer.
- Baked/air-fried version is heart-friendly, low-oil and easier to digest.
- Fried version offers taste and crunch, best enjoyed occasionally.



Dahi Bhalay (Iftar)

32

Nutrition (per serving)

Total Servings: (4 servings):

Total Calories: 560 kcal

Serving Size: 1 bowl (1 cup / 200 g)

Calories per Serving: 140 kcal

Ingredients

For the Lentil Balls:

Urad dal (split black gram,
soaked 4–6 hrs) – ½ cup

Green chili – 1 small,
finely chopped

Ginger – 1 tsp, grated

Salt – ½ tsp

Baking soda – a pinch

Oil – 1 tsp (for greasing / shallow frying)

For the Yogurt Dressing:

Low-fat yogurt – 1 cup

Chaat masala – ½ tsp

Roasted cumin powder – ½ tsp

Black salt – ¼ tsp

Mint-coriander chutney – 2 tbsp

Garnish:

Pomegranate seeds – 2 tbsp

Sev (optional, light) – 1 tbsp

Fresh coriander leaves – a few sprigs

Method

Prepare the Lentil Balls

- Drain soaked urad dal and grind to a smooth batter with minimal water.
- Add green chili, ginger, salt and a pinch of baking soda then mix well.
- Shape small balls (1–1.5 inch) from the batter.
- Shallow fry in 1 tsp oil until golden or steam for a healthier version.
- Drain on absorbent paper if fried.

Yogurt Dressing

- Whisk yogurt with chaat masala, cumin powder and black salt.
- Mix in 1–2 tbsp mint-coriander chutney for flavor and probiotics.
- Place 3–4 lentil balls in a bowl.
- Pour yogurt dressing over them.
- Garnish with pomegranate seeds and fresh coriander.

Health Benefits

- Gut-friendly probiotics from yogurt improve digestion and immunity.
- High in protein and fiber from urad dal keeps you full and aids blood sugar control.
- Low-fat version is heart-friendly, especially if steamed instead of fried.
- Antioxidant-rich garnishes (pomegranate, coriander) enhance immunity.
- Perfect for breaking fastlight yet nourishing for iftar.

Health Benefits

- Gut-friendly probiotics from yogurt improve digestion and immunity.
- High in protein and fiber from urad dal keeps you full and aids blood sugar control.
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Chickpea & Veggie Pockets (Iftar)

33

Nutrition (per serving)

Total (6–8 pockets)

Total Calories: 780 kcal

Serving Size: 2 pockets

Calories per Serving: 195 kcal

Ingredients

For Dough:

Whole wheat flour – 1½ cups

Water – as needed

Pinch of salt

For Filling:

Boiled chickpeas (mashed) – 1 cup

Carrot (grated) – ½ cup

Cabbage (finely shredded) – ½ cup

Capsicum (finely chopped) – ¼ cup

Spinach (chopped) – ½ cup

Corn kernels (optional) – ¼ cup

Onion (finely chopped) – 1 small

Garlic (minced) – 2 cloves

Green chili (finely chopped) – 1

Cumin powder – ½ tsp

Black pepper – ½ tsp

Salt – to taste

Lemon juice – 1 tbsp

Fresh coriander (chopped) – 2 tbsp

Olive oil – 1 tbsp

Prepare Dough

- Combine whole wheat flour, a pinch of salt and water to knead into a soft dough.
- Cover and rest for 15–20 minutes.

Make Filling

- Heat olive oil in a pan; sauté garlic and onion until translucent.
- Add carrots, cabbage, capsicum, spinach and corn. Cook for 3–4 minutes until slightly tender.
- Add mashed chickpeas, green chili, cumin powder, black pepper and salt. Mix well.
- Cook 2–3 more minutes. Turn off heat and mix in lemon juice and fresh coriander. Let cool slightly.

Assemble Pockets

- Divide dough into equal balls. Roll each into a small circle or oval.
- Place 2–3 tbsp of filling on one half, fold over and seal edges using water. Press gently with a fork.
- **Baking:** Place pockets on a lined tray, brush lightly with olive oil, bake at 180°C for 15–18 minutes, flipping halfway.
- **For Pan Cooking:** Lightly grease a non-stick pan and cook pockets on medium heat until golden and crisp on both sides.
- Serve warm with yogurt mint dip.

Health Benefits

- Plant-based protein & fiber from chickpeas and whole wheat supports satiety, digestion and blood sugar control.
- Colorful vegetables such as spinach, corn add vitamins, minerals and antioxidants.
- Baked or lightly pan-cooked heart-friendly, low-fat, weight-management friendly.
- Satisfying & energizing, perfect for Iftar or a light meal.





Healthy Diet Pattern during Eid-ul-Fitr days

As the crescent moon announces the end of Ramadan, Muslims across the world welcome Eid-ul-Fitra day of gratitude, renewal and celebration. Eid marks the successful completion of a month-long journey of fasting, reflection, patience and spiritual discipline. While Ramadan refines the soul, it also quietly reshapes the body, teaching it moderation, resilience and balance. Eid-ul-Fitr is not merely a celebration of the end of fasting; it is a test of how well we preserve the lessons Ramadan has instilled.

Islam places great emphasis on holistic well-being, where spiritual health and physical health are deeply interconnected. The body is an amanah (trust) and caring for it through wise nutritional choices is an act of gratitude to Allah. As families gather around festive tables, it becomes essential to celebrate Eid in a way that protects health while honoring tradition.



Physiological Changes After Ramadan: Understanding the Body's Needs

During Ramadan, the body undergoes several positive physiological adaptations. These include improved insulin sensitivity, enhanced fat metabolism, regulated appetite hormones and a period of digestive rest. Many individuals experience reduced cravings, improved self-control and better awareness of hunger cues.

However, these benefits are fragile and can be quickly reversed if Eid celebrations involve sudden overeating, excessive sugar intake, and heavy fried foods. Overburdening the digestive system after a month of structured eating can result in:

- Indigestion and bloating
- Gastric acidity and nausea
- Sudden blood sugar fluctuations
- Fatigue and lethargy

Eid-ul-Fitr should therefore be approached as a nutritional transition phase, allowing the body to gently return to regular eating patterns without shock or stress.

Beginning the Day of Eid: Nourishment with Wisdom

The Sunnah of eating before the Eid prayer symbolizes the conclusion of fasting. This practice also carries nutritional wisdom.

Recommended ways to start Eid day:

- **Dates (1–3 pieces):** Provide natural sugars, potassium, magnesium, and fiber.
- **Water or milk:** Rehydrates the body and supports digestion.
- **Light breakfast options:** Such as fruit, yogurt or porridge.

Avoid starting the day with deep-fried foods or sugar-laden desserts, as this can overwhelm the stomach and reduce energy for the day's activities.



Eid Feasts and Portion Control: Celebrating Without Excess

Eid meals are often elaborate and diverse, reflecting cultural richness and hospitality. While enjoying traditional dishes is part of the celebration, Islam strongly discourages excess. The Qur'an reminds us: "Eat and drink, but do not be excessive."



Sweets, Desserts and Sugar Awareness

Sweet dishes are central to Eid-ul-Fitr, symbolizing happiness and generosity. However, excessive sugar intake places stress on the pancreas and can cause rapid energy crashes.

Health-conscious dessert practices:

- Limit desserts to one small portion at a time
- Prefer homemade sweets with reduced sugar
- Include fruit-based or milk-based desserts
- Avoid consuming sweets on an empty stomach

Moderation in sweets ensures enjoyment without compromising health.

Key principles for healthy Eid meals include:

- Eating slowly and mindfully.
- Serving smaller portions and avoiding second helpings unnecessarily.
- Balancing the plate with vegetables, lean proteins and carbohydrates.
- Preferring grilled, baked or lightly cooked dishes over fried foods.

Mindful eating enhances digestion, prevents discomfort, and allows one to truly enjoy food rather than consume it impulsively.



Hydration: A Forgotten but Essential Element

Hydration often remains neglected during and after Ramadan. Proper fluid intake is essential for digestion, circulation, temperature regulation and mental clarity.

Healthy hydration tips for Eid:

- Drink water consistently throughout the day
- Include soups, fruits, and vegetables with high water content
- Limit sugary beverages and carbonated drinks
- Balance tea and coffee consumption with water
- Good hydration supports metabolism and prevents post-meal discomfort.

Continuing Ramadan's Healthy Habits Beyond Eid

The true success of Ramadan lies not in how we fast, but in how we live after fasting. Eid should serve as a bridge, not a break, from healthy routines.

Habits worth continuing include:

- Controlled portion sizes
- Reduced late-night eating
- Conscious food choices
- Regular physical activity

Gratitude-based eating rather than emotional eating

These practices transform Eid into a foundation for long-term health rather than a temporary indulgence.



A Holistic Eid: Nourishing Body, Mind and Soul

Islamic teachings beautifully align with modern nutrition science both emphasize moderation, balance, cleanliness and mindfulness. Eid-ul-Fitr offers an opportunity to demonstrate gratitude not only through charity and prayer, but also through responsible consumption and care for one's body.

Sharing food, avoiding waste and considering the health of others reflect the true spirit of Eid. A modest meal enjoyed with love and awareness carries more blessings than abundance consumed without reflection.

Eid-ul-Fitr is not the end of Ramadan's journey; it is its culmination and continuation. The discipline, patience and balance cultivated during fasting should shape how we celebrate and how we live afterward.

By prioritizing nutrition, moderation and mindful choices, we preserve the physical and spiritual benefits of Ramadan. May this Eid bring sustained health, inner peace and lasting balance to our lives.

Disclaimer

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