

HEALTHY RAMADAN TIPS



Eat for Energy

Build suhoor & iftar with healthy fats, protein, and fiber from whole foods

Fats: eggs, avocado, nuts, seeds, olive/avocado oil

Protein: poultry, meat, yogurt, tofu, beans, lentils, eggs

Fiber: fruits, vegetables, whole grains, nuts, seeds

Suhoor (Don't Skip)

Healthy fats help you stay full longer

- Oatmeal or chia seed pudding with fruit & nuts
- Veggie omelet + whole-grain toast with avocado
- Smoothie with fruit, milk, nut butter, seeds, and protein

Iftar

- Break fast with dates and water or milk
- Limit fried foods
- Smaller carb portions + protein, veggies, and healthy fats

Hydration

Sip water between iftar & suhoor

Hydrating foods: cucumbers, leafy greens, watermelon, berries, yogurt, soups

Gentle Movement

Keep movement short while fasting

Walk, stretch, gentle yoga

Light strength: squats, lunges, planks, resistance bands, light weights



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