



EFFECTIVE
NUTRITION GUIDE
DURING RAMADAN



14-day Ramadan Menu Plan



HEALTHY DAILY MENU FOR SAHUR,
SNACK 1 (MINI IFTAR), BREAK FAST,
SNACK 2 (MOREH) MEALS

14-day Ramadan Menu Plan



**This 14-day Ramadan Menu Plan
provides an average for one day:**

1200KCAL

Calories: 1201kcal
Carbohydrates: 151.0g (50%)
Protein: 59.1g (20%)
Fat: 40.1g (30%)
Fiber: 22.3g

Calorie distribution:

Sahur:
30–40% (360–480kcal)
Snack 1 (Mini Iftar):
10–20% (120–240kcal)
Break fast:
30–40% (360–480kcal)
Snack 2 (Moreh):
10–20% (120–240kcal)

1500KCAL

Calories: 1485kcal
Carbohydrates: 184.9g (50%)
Protein: 75.7g (20%)
Fat: 49.2g (30%)
Fiber: 24.6g

Calorie distribution:

Sahur:
30–40% (445–595kcal)
Snack 1 (Mini Iftar):
10–20% (150–300kcal)
Break fast:
30–40% (445–595kcal)
Snack 2 (Moreh):
10–20% (150–300kcal)

1800KCAL

Calories: 1789kcal
Carbohydrates: 221.4g (50%)
Protein: 90.3g (20%)
Fat: 60.3g (30%)
Fiber: 25.9g

Calorie distribution:

Sahur:
30–40% (540–715kcal)
Snack 1 (Mini Iftar):
10–20% (180–360kcal)
Break fast:
30–40% (540–715kcal)
Snack 2 (Moreh):
10–20% (180–360kcal)

NEW NAME

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FORMERLY KNOWN AS
NUTREN UNTUK DIABETIK®

**Diabetes-specific formula (DSF)
stated in this 14-day
Ramadan Menu Plan refers to
NUTREN® GlucoBalance™**

What is DSF?

- It's a **Diabetes-Specific Formula** for individuals with diabetes
- Contains specially formulated nutrients.
- Recommended in RNP according to individual's daily calorie target.
- Recommended to meet nutrients needed during Ramadan
- Helps in weight control as well as achieve optimal glucose control.

Recommendations of DSF intake during the month of Ramadan:

1 serving = **8** scoops + 210ml of water per serving

1/2 serving = **5** scoops + 150ml of water per serving

1 scoop of NUTREN® GlucoBalance™ = 6.9g powder

Drink at least 1 serving per day.

1 serving of DSF (8 scoops) provides

- 251kcal
- 24g carbohydrates
- 12.5g protein
- 10.7g fat



Low Glycemic Index

58% PROTEIN FROM WHEY

High in Whey Protein (58%)



Formulated in accordance to the **International Diabetes Guidelines**



SERVING SUGGESTION

Day 1

14-day Ramadan Menu Plan

Stuffed Savoury Pancake



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~305kcal

Tuna sandwich:

- Wholemeal bread – 2 slices
- Canned tuna, in water – 3 tablespoons
- Lettuce, cucumber and tomato – 1 cup

DSF – 3.5 scoops + 120ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~130kcal

Fresh spring roll – 1 piece (40g)

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~3 | Calories ~435kcal

Rice with mixed tomyam:

- Brown rice – 1 cup
- Mixed tomyam:
- Chicken meat (breast) – 2 pieces (80g)*
- Carrot, cauliflower and mushroom – 1 cup

Apple – 1 small (115g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~290kcal

Stuffed savoury pancake – 1 piece:

- Oat flour – 22g
- Shrimp – 3 medium pieces (32g) †
- Chive, capsicum, onion, coriander and chinese celery – 1 cup
- Dipping sauce (without sugar)

DSF – 3.5 scoops + 120ml water

1500kcal

Sahur

CHO exchange ~4 | Calories ~465kcal

Tuna sandwich:

- Wholemeal bread – 2 slices
- Canned tuna, in water – 6 tablespoons
- Lettuce, cucumber and tomato – 1 cup

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~130kcal

Fresh spring roll – 1 piece (40g)

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~4 | Calories ~620kcal

Rice with mixed tomyam:

- Brown rice – 1 ½ cups
 - Mixed tomyam:
 - Chicken meat (breast) – 3 pieces (120g)*
 - Shrimp – 3 medium pieces (32g) ✕
 - Carrot, cauliflower and mushroom – 1 cup
- Apple** – 1 small (115g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~290kcal

Stuffed savoury pancake – 1 piece:

- Oat flour – 22g
- Shrimp – 3 medium pieces (32g) ✕
- Chive, capsicum, onion, coriander and chinese celery – 1 cup
- Dipping sauce (without sugar)

DSF – 3.5 scoops + 120ml water

1800kcal

Sahur

CHO exchange ~5 | Calories ~610kcal

Tuna sandwich:

- Wholemeal bread – 3 slices
- Canned tuna, in water – 7 ½ tablespoons
- Low-fat mayonnaise – 1 level teaspoon
- Lettuce, cucumber and tomato – 1 cup

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~130kcal

Fresh spring roll – 1 piece (40g)

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~5 | Calories ~755kcal

Rice with mixed tomyam:

- Brown rice – 2 cups
 - Mixed tomyam:
 - Chicken meat (breast) – 4 pieces (160g)*
 - Shrimp – 3 medium pieces (32g) ✕
 - Carrot, cauliflower and mushroom – 1 cup
- Apple** – 1 small (115g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~290kcal

Stuffed savoury pancake – 1 piece:

- Oat flour – 22g
- Shrimp – 3 medium pieces (32g) ✕
- Chive, capsicum, onion, coriander and chinese celery – 1 cup
- Dipping sauce (without sugar)

DSF – 3.5 scoops + 120ml water

Day 2

14-day Ramadan Menu Plan

Baked Macaroni and Cheese with DSF



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~310kcal

Rice with grilled spanish mackerel and herb salad:

- Brown rice – 1 cup
- Grilled spanish mackerel – 1 small slice (66g) †
- Herb salad – 1 ½ cups
 - *Sambal belacan*

DSF – 2.5 scoops + 90ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~190kcal

Dates milkshake with DSF:

- Dates – 3 small pieces (21g)
- DSF – 3.5 scoops + 120ml water

Break fast

CHO exchange ~3 | Calories ~495kcal

Baked macaroni and cheese with DSF:

- Macaroni – 1 cup
- Mozzarella cheese – 10g
- Cheddar cheese – 10g
- Cream cheese – 10g
- Chicken meat (breast) – 1 piece (40g)*
- DSF – 1 scoop + 50ml water
- Lettuce, cherry tomato and broccoli – 1 ½ cups

Honeydew

– 1 regular slice (170g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~250kcal

Mung bean paste – ½ cup

Plain water or

Tea/ coffee without sugar – 1 cup

1500kcal

Sahur

CHO exchange ~4 | Calories ~470kcal

Rice with grilled spanish mackerel and herb salad:

- Brown rice – 1 cup
- Grilled spanish mackerel – 1 ½ small slices (99g) γ
- Herb salad – 1 ½ cups
 - *Sambal belacan*

DSF – 6 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~190kcal

Dates milkshake with DSF:

- Dates – 3 small pieces (21g)
- DSF – 3.5 scoops + 120ml water

Break fast

CHO exchange ~4 | Calories ~650kcal

Baked macaroni and cheese with DSF:

- Macaroni – 1 ½ cups
- Mozzarella cheese – 10g
- Cheddar cheese – 10g
- Cream cheese – 10g
- Chicken meat (breast) – 2 pieces (80g)*
 - DSF – 1 scoop + 50ml water
- Lettuce, cherry tomato and broccoli – 1 ½ cups

Honeydew

– 1 regular slice (170g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~250kcal

Mung bean paste – ½ cup

Plain water or

Tea/ coffee without sugar – 1 cup

1800kcal

Sahur

CHO exchange ~5 | Calories ~600kcal

Rice with grilled spanish mackerel and herb salad:

- Brown rice – 1 ½ cups
- Grilled spanish mackerel – 2 small slices (132g) γ
- Herb salad – 1 ½ cups
 - *Sambal belacan*

DSF – 6 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~190kcal

Dates milkshake with DSF:

- Dates – 3 small pieces (21g)
- DSF – 3.5 scoops + 120ml water

Break fast

CHO exchange ~5 | Calories ~800kcal

Baked macaroni and cheese with DSF:

- Macaroni – 2 cups
- Mozzarella cheese – 10g
- Cheddar cheese – 10g
- Cream cheese – 10g
- Chicken meat (breast) – 3 pieces (120g)*
 - DSF – 1 scoop + 50ml water
- Lettuce, cherry tomato and broccoli – 1 ½ cups

Honeydew

– 1 regular slice (170g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~250kcal

Mung bean paste – ½ cup

Plain water or

Tea/ coffee without sugar – 1 cup

Calorie count and carbohydrate exchange are estimated \pm 5% from actual value.

Note: DSF is distributed among 3 meals, with only 1 tablespoon allocated for break fasting while the rest on Sahur and Snack 1 (Mini Iftar). However, carbohydrate exchange is only calculated during Sahur and Snack 1 (Mini Iftar).

Day 3

14-day Ramadan Menu Plan

Rice with Roasted Chicken and Mixed Green Salad



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~450kcal

Whole-grain breakfast cereal with DSF:

- Whole-grain breakfast cereal – 1 cup (34g)
- DSF – 3.5 scoops + 120ml water

Scrambled egg – 1 egg
Cheddar cheese slice – 2 slices (32g)

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~230kcal

Spiced chickpeas with mixed green salad:

- Spiced chickpeas – ½ cup (60g)
- Mixed green salad:
- Cherry tomato, capsicum, cucumber and cabbage – 1 ½ cups
- Olive oil – 1 teaspoon

Dates – 3 small pieces (21g)
Plain water

Break fast

CHO exchange ~3 | Calories ~385kcal

Rice with roasted chicken and mixed green salad:

- Brown rice – 1 cup
- Roasted chicken (breast) – 2 pieces (80g)*
- Mixed green salad:
- Lettuce, tomato and cucumber – 1 ½ cups
- Olive oil – 1 teaspoon

Orange – 1 fruit (165g)
Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~195kcal

Roasted sweet potato – 1 small (68g)
DSF – 3.5 scoops + 120ml water

1500kcal

Sahur

CHO exchange ~4 | Calories ~575kcal

Whole-grain breakfast cereal with DSF:

- Whole-grain breakfast cereal – 1 cup (34g)
- DSF – 7 scoops + 210ml water

Scrambled egg – 1 egg

Cheddar cheese slice – 2 slices (32g)

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~230kcal

Spiced chickpeas with mixed green salad:

- Spiced chickpeas – ½ cup (60g)
- Mixed green salad:
- Cherry tomato, capsicum, cucumber and cabbage – 1 ½ cups
- Olive oil – 1 teaspoon

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~4 | Calories ~560kcal

Rice with roasted chicken and mixed green salad:

- Brown rice – 1 ½ cups
- Roasted chicken (breast) – 3 pieces (120g)*
- Mixed green salad:
- Lettuce, tomato and cucumber – 1 ½ cups
- Olive oil – 1 teaspoon

Orange – 1 fruit (165g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~195kcal

Roasted sweet potato – 1 small (68g)

DSF – 3.5 scoops + 120ml water

1800kcal

Sahur

CHO exchange ~5 | Calories ~770kcal

Whole-grain breakfast cereal with DSF:

- Whole-grain breakfast cereal – 1 ½ cups (51g)
- DSF – 7 scoops + 210ml water

Scrambled egg – 2 eggs

Cheddar cheese slice – 2 slices (32g)

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~230kcal

Spiced chickpeas with mixed green salad:

- Spiced chickpeas – ½ cup (60g)
- Mixed green salad:
- Cherry tomato, capsicum, cucumber and cabbage – 1 ½ cups
- Olive oil – 1 teaspoon

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~5 | Calories ~695kcal

Rice with roasted chicken and mixed green salad:

- Brown rice – 2 cups
- Roasted chicken (breast) – 4 pieces (160g)*
- Mixed green salad:
- Lettuce, tomato and cucumber – 1 ½ cups
- Olive oil – 1 teaspoon

Orange – 1 fruit (165g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~195kcal

Roasted sweet potato – 1 small (68g)

DSF – 3.5 scoops + 120ml water

Day 4

14-day Ramadan Menu Plan

Fruit Rojak



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~415kcal

Tosai with chicken curry and mixed green salad:

- Tosai – ½ piece (45g)
 - Curry chicken:
- Chicken meat (breast) – 1 piece (40g)*
- Dhal beans – ½ cup (90g)
 - Mixed green salad:
- Cherry tomato, capsicum, cucumber and cabbage – 1 cup

DSF – 3.5 scoops + 120ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~150kcal

Fruit rojak:

- Guava – ¼ small (75g)
- Pineapple – ½ slice (70g)
- Mango – ½ small (50g)
- Starfruit – ½ small (75g)
- Water apple – 2 small (100g)
- Rojak sauce – 1 teaspoon

Plain water

Break fast

CHO exchange ~3 | Calories ~385kcal

Rice with soy-sauce beef with beansprouts and mushroom soup:

- Brown rice – 1 cup
- Soy-sauce beef – 2 pieces (80g)*
- Stir-fried beansprouts – ½ cup
 - Mushroom soup – 1 cup

DSF – 3.5 scoops + 120ml water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~200kcal

Steamed chicken bun – 1 piece (80g)

Plain water or

Tea/ coffee without sugar – 1 cup

1500kcal

Sahur

CHO exchange ~4 | Calories ~555kcal

Tosai with chicken curry and mixed green salad:

- *Tosai* – 1 piece (90g)
 - Curry chicken:
 - Chicken meat (breast) – 1 ½ pieces (60g)*
 - Dhal beans – ½ cup (90g)
 - Mixed green salad:
 - Cherry tomato, capsicum, cucumber and cabbage – 1 cup
- DSF** – 3.5 scoops + 120ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~150kcal

Fruit rojak:

- Guava – ¼ small (75g)
- Pineapple – ½ slice (70g)
- Mango – ½ small (50g)
- Starfruit – ½ small (75g)
- Water apple – 2 small (100g)
- *Rojak* sauce – 1 teaspoon

Plain water

Break fast

CHO exchange ~4 | Calories ~545kcal

Rice with soy-sauce beef with beansprouts and mushroom soup:

- Brown rice – 1 ½ cups
- Soy-sauce beef – 2 ½ pieces (100g)*
- Stir-fried beansprouts – ½ cup
 - Mushroom soup – 1 cup

DSF – 3.5 scoops + 120ml water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~200kcal

Steamed chicken bun – 1 piece (80g)

Plain water or

Tea/ coffee without sugar – 1 cup

1800kcal

Sahur

CHO exchange ~5 | Calories ~690kcal

Tosai with chicken curry and mixed green salad:

- *Tosai* – 1 ½ pieces (135g)
 - Curry chicken:
 - Chicken meat (breast) – 2 pieces (80g)*
 - Dhal beans – ½ cup (90g)
 - Mixed green salad:
 - Cherry tomato, capsicum, cucumber and cabbage – 1 cup
- DSF** – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~150kcal

Fruit rojak:

- Guava – ¼ small (75g)
- Pineapple – ½ slice (70g)
- Mango – ½ small (50g)
- Starfruit – ½ small (75g)
- Water apple – 2 small (100g)
- *Rojak* sauce – 1 teaspoon

Plain water

Break fast

CHO exchange ~5 | Calories ~645kcal

Rice with soy-sauce beef with beansprouts and mushroom soup:

- Brown rice – 2 cups
- Soy-sauce beef – 4 pieces (160g)*
- Stir-fried beansprouts – ½ cup
 - Mushroom soup – 1 cup

DSF – 3.5 scoops + 120ml water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~200kcal

Steamed chicken bun – 1 piece (80g)

Plain water or

Tea/ coffee without sugar – 1 cup

Day 5

14-day Ramadan Menu Plan

Overnight Oats



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3.5 | Calories ~330kcal

Overnight oats:

- Rolled oats – 3 tablespoons
- Blueberry – 5 berries (25g)
 - Dates – 1 piece (7g)
 - Kiwi – ¼ fruit (25g)
- Strawberry – 3 medium (50g)
- DSF – 3.5 scoops + 120ml water
- Squashed red bean – ¼ cup (45g)

Plain water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~270kcal

Grilled stuffed tofu – 1 piece (64g)

- Carrot, cucumber and beansprout filling
 - Dipping sauce (without sugar)

Decaffeinated latte:

- DSF – 3.5 scoops + 120ml water
- Decaffeinated coffee powder

Dates – 3 small pieces (21g)

Break fast

CHO exchange ~3 | Calories ~580kcal

Bakso flat noodle with mixed green salad:

- *Kuay teow* – 1 cup (94g)
- Meatball – 3 small pieces (90g) †
- Mustard greens (blanched) – ½ cup
- Beansprout (blanched) – ½ cup
- Groundnut – 1 teaspoon
 - Mix green salad:
- Lettuce, tomato and cucumber – 1 cup

Roasted corn – ½ cob (6cm)

Plain water

Snack 2 (Moreh)

CHO exchange ~1.5 | Calories ~95kcal

Steamed rice cake – 3 small pieces (40g)

Plain water or

Tea/ coffee without sugar – 1 cup

1500kcal

Sahur

CHO exchange ~4.5 | Calories ~415kcal

Overnight oats:

- Rolled oats – 4 ½ tablespoons
- Blueberry – 5 berries (25g)
 - Dates – 1 piece (7g)
 - Kiwi – ¼ fruit (25g)
- Strawberry – 3 medium (50g)
- DSF – 3.5 scoops + 120ml water
- Squashed red bean – ½ cup (90g)

Plain water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~305kcal

Grilled stuffed tofu – 1 ½ pieces (96g)

- Carrot, cucumber and beansprout filling
 - Dipping Sauce (without sugar)

Decaffeinated latte:

- DSF – 3.5 scoops + 120ml water
- Decaffeinated coffee powder

Dates – 3 small pieces (21g)

Break fast

CHO exchange ~4 | Calories ~755kcal

Bakso flat noodle with mixed green salad:

- *Kuay teow* – 1 ½ cups (141g)
- Meatball – 3 ½ small pieces (106g) ✕
- Mustard greens (blanched) – ½ cup
 - Beansprout (blanched) – ½ cup
 - Groundnut – 2 teaspoons
 - Mix green salad:
- Lettuce, tomato and cucumber – 1 cup

Roasted corn – ½ cob (6cm)

Plain water

Snack 2 (Moreh)

CHO exchange ~1.5 | Calories ~95kcal

Steamed rice cake – 3 small pieces (40g)

Plain water or

Tea/ coffee without sugar – 1 cup

1800kcal

Sahur

CHO exchange ~5 | Calories ~465kcal

Overnight oats:

- Rolled oats – 6 tablespoons
- Blueberry – 5 berries (25g)
 - Dates – 1 piece (7g)
 - Kiwi – ¼ fruit (25g)
- Strawberry – 3 medium (50g)
- DSF – 3.5 scoops + 120ml water
- Squashed red bean – ½ cup (90g)

Plain water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~355kcal

Grilled stuffed tofu – 2 pieces (128g)

- Carrot, cucumber and beansprout filling
 - Dipping Sauce (without sugar)

Decaffeinated latte:

- DSF – 3.5 scoops + 120ml water
- Decaffeinated coffee powder

Dates – 3 small pieces (21g)

Break fast

CHO exchange ~4.5 | Calories ~830kcal

Bakso flat noodle with mixed green salad:

- *Kuay teow* – 1 ¾ cups (165g)
- Meatball – 5 small pieces (150g) ✕
- Mustard greens (blanched) – ½ cup
 - Beansprout (blanched) – ½ cup
 - Groundnut – 2 teaspoons
 - Mix green salad:
- Lettuce, tomato and cucumber – 1 cup

Roasted corn – ½ cob (6cm)

Plain water

Snack 2 (Moreh)

CHO exchange ~2.5 | Calories ~220kcal

Steamed rice cake – 3 small pieces (40g)

DSF – 3.5 scoops + 120ml water

Day 6

14-day Ramadan Menu Plan

Chicken Wrap with Salad



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~395kcal

Chicken wrap with salad

– 1 regular wrap:

- Wholemeal tortilla – 1 piece (20g)
 - Roasted chicken (breast) – 1 piece (40g)*
- Lettuce, capsicum, cherry tomato and onion – 1 cup

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~180kcal

Corn barley porridge – ½ cup

Plain water

Break fast

CHO exchange ~3.5 | Calories ~330kcal

Spaghetti aglio e olio:

- Spaghetti – 1 cup (66g)
- Shrimp – 3 medium pieces (32g) †
- Capsicum – ½ cup
- Lettuce – ½ cup

Grapes – 8 grapes (92g)

Dates – 1 small piece (7g)

Plain water

Snack 2 (Moreh)

CHO exchange ~1.5 | Calories ~250kcal

Prawn fritters – ½ piece (30g):

- Wheat flour – 3 tablespoons
- Shrimp – 3 medium pieces (32g) †
- Egg – 1 egg
- Beansprout and chive – ½ cup

Dates – 1 small piece (7g)

Plain water or

Tea/ coffee without sugar – 1 cup

1500kcal

Sahur

CHO exchange ~4 | Calories ~535kcal

Chicken wrap with salad

– 2 regular wraps:

- Wholemeal tortilla – 2 pieces (40g)
 - Roasted chicken (breast) – 2 pieces (80g)*
- Lettuce, capsicum, cherry tomato and onion – 1 cup

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~180kcal

Corn barley porridge – ½ cup
Plain water

Break fast

CHO exchange ~4 | Calories ~420kcal

Spaghetti aglio e olio:

- Spaghetti – 1 ¼ cups (83g)
- Shrimp – 6 medium pieces (64g) γ
 - Capsicum – ½ cup
 - Lettuce – ½ cup

Grapes – 8 grapes (92g)

Dates – 1 small piece (7g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~310kcal

Prawn fritters – 1 piece (54g):

- Wheat flour – 4 ½ tablespoons
- Shrimp – 6 medium pieces (64g) γ
 - Egg – 1 egg
- Beansprout and chive – ½ cup

Dates – 1 small piece (7g)

Plain water or

Tea/ coffee without sugar – 1 cup

1800kcal

Sahur

CHO exchange ~5 | Calories ~665kcal

Wrap ayam bersama salad

– 2 regular wraps:

- Wholemeal tortilla – 2 pieces (40g)
 - Roasted chicken (breast) – 3 pieces (120g)*
- Lettuce, capsicum, cherry tomato and onion – 1 cup

Roasted potato – 1 small (84g)

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~180kcal

Corn barley porridge – ½ cup
Plain water

Break fast

CHO exchange ~5 | Calories ~560kcal

Spaghetti aglio e olio:

- Spaghetti – 1 ½ cups (99g)
- Shrimp – 8 medium pieces (85g) γ
 - Capsicum – ½ cup
 - Lettuce – ½ cup

Grapes – 8 grapes (92g)

Dates – 3 small pieces (21g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~310kcal

Prawn fritters – 1 piece (54g):

- Wheat flour – 4 ½ tablespoons
- Shrimp – 6 medium pieces (64g) γ
 - Egg – 1 egg
- Beansprout and chive – ½ cup

Dates – 1 small piece (7g)

Plain water or

Tea/ coffee without sugar – 1 cup

Day 7

14-day Ramadan Menu Plan

Vietnamese Roll



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~410kcal

Egg toast:

- Wholemeal bread – 2 slices
 - Hardboiled egg – 1 egg
 - Low-fat mayonnaise – 1 level teaspoon
 - Lettuce, cucumber and tomato – 1 cup
- DSF** – 3.5 scoops + 120ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~165kcal

Vietnamese roll:

- Rice paper wrapper – 1 piece (20g)
 - Shrimp – 3 medium pieces (32g) γ
 - Glass noodle – ¼ cup
 - Carrot, cucumber and jicama – 1 cup
 - Dipping sauce (without sugar)
- Dates** – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~3 | Calories ~340kcal

Rice with curry chicken and green beans:

- Brown rice – 1 cup
 - Curry chicken without coconut milk:
 - Chicken meat (breast) – 1 piece (40g)*
 - Tomato – 1 medium
 - Stir-fried green beans – 1 cup
- Green pear** – 1 small (93g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~235kcal

Chinese style vermicelli soup:

- Brown rice vermicelli – ½ cup
- Fish fillet – 1 piece (40g) γ
- Spinach, broccoli and carrot – 1 cup

DSF – 3.5 scoops + 120ml water

1500kcal

Sahur

CHO exchange ~4 | Calories ~570kcal

Egg toast:

- Wholemeal bread – 2 slices
 - Hardboiled egg – 1 egg
 - Low-fat mayonnaise – 1 ½ level teaspoons
 - Lettuce, cucumber and tomato – 1 cup
- DSF** – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~195kcal

Vietnamese roll:

- Rice paper wrapper – 1 piece (20g)
 - Shrimp – 6 medium pieces (64g) ✕
 - Glass noodle – ¼ cup
 - Carrot, cucumber and jicama – 1 cup
 - Dipping sauce (without sugar)
- Dates** – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~4 | Calories ~470kcal

Rice with curry chicken and green beans:

- Brown rice – 1 ½ cups
- Curry chicken without coconut milk:
- Chicken meat (breast) – 2 pieces (80g)*
 - Tomato – 1 medium
- Stir-fried green beans – 1 cup

Green pear – 1 small (93g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~265kcal

Chinese style vermicelli soup:

- Brown rice vermicelli – ½ cup
- Fish fillet – 1 piece (40g) ✕
- Shrimp – 3 medium pieces (32g) ✕
- Spinach, broccoli and carrot – 1 cup

DSF – 3.5 scoops + 120ml water

1800kcal

Sahur

CHO exchange ~5 | Calories ~670kcal

Egg toast:

- Wholemeal bread – 3 slices
 - Hardboiled egg – 1 egg
 - Low-fat mayonnaise – 2 level teaspoons
 - Lettuce, cucumber and tomato – 1 cup
- DSF** – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~195kcal

Vietnamese roll:

- Rice paper wrapper – 1 piece (20g)
 - Udang – 6 medium pieces (64g) ✕
 - Glass noodle – ¼ cup
 - Carrot, cucumber and jicama – 1 cup
 - Dipping sauce (without sugar)
- Dates** – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~5 | Calories ~625kcal

Rice with curry chicken and green beans:

- Brown rice – 2 cups
- Curry chicken without coconut milk:
- Chicken meat (breast) – 3 pieces (120g)*
 - Tomato – 1 medium
- Stir-fried green beans – 1 cup

Green pear – 1 small (93g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~280kcal

Chinese style vermicelli soup:

- Brown rice vermicelli – ½ cup
- Fish fillet – 1 ½ pieces (60g) ✕
- Shrimp – 3 medium pieces (32g) ✕
- Spinach, broccoli and carrot – 1 cup

DSF – 3.5 scoops + 120ml water

Day 8

14-day Ramadan Menu Plan

Homemade Burger



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~415kcal

Spiced porridge:

- Porridge (brown rice) – 1 cup
- Beef – 1 piece (40g)*
- Carrot and peas – 1 cup

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~240kcal

Homemade burger:

- Cottage style wholemeal bun – 2 pieces
- Roasted chicken meat (breast) – 1 piece (40g)*
- Lettuce, tomato and onion – 1 cup

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~3 | Calories ~425kcal

Rice with clam salad, grilled fish and kailan mushroom soup:

- Brown rice – 1 cup
- Clam salad:
- Clams – ½ cup (82g)
- Beansprouts and tomato – 1 cup
- Grated coconut – 2 tablespoons
- Grilled mackerel – 1 small fish (33g) †
- Kailan mushroom soup – 1 cup

Pineapple – 1 medium slice (142g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~140kcal

Roasted potato currypuff – 1 piece (70g)

Plain water or

Tea/ coffee without sugar – 1 cup

1500kcal

Sahur

CHO exchange ~4 | Calories ~565kcal

Spiced porridge:

- Porridge (brown rice) – 2 cups
 - Beef – 2 pieces (80g)*
 - Fish fillet – 1 piece (40g) γ
 - Carrot and peas – 1 cup

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~240kcal

Homemade burger:

- Cottage style wholemeal bun – 2 pieces
 - Roasted chicken meat (breast) – 1 piece (40g)*
- Lettuce, tomato and onion – 1 cup
- **Dates** – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~4 | Calories ~490kcal

Rice with clam salad, grilled fish and kailan mushroom soup:

- Brown rice – 1 ½ cups
 - Clam salad:
 - Clams – 1 cup (164g)
- Beansprouts and tomato – 1 cup
- Grated coconut – 2 tablespoons
- Grilled mackerel – 1 small fish (33g) γ
 - Kailan mushroom soup – 1 cup

Pineapple – 1 medium slice (142g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~140kcal

Roasted potato currypuff – 1 piece (70g)

Plain water or

Tea/ coffee without sugar – 1 cup

1800kcal

Sahur

CHO exchange ~4.5 | Calories ~650kcal

Spiced porridge:

- Porridge (brown rice) – 2 cups
 - Barley – 1 tablespoon
 - Beef – 2 pieces (80g)*
- Fish fillet – 1 ½ pieces (60g) γ
 - Carrot and peas – 1 cup

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~3 | Calories ~430kcal

Homemade burger:

- Cottage style wholemeal bun – 4 pieces
 - Roasted chicken meat (breast) – 2 pieces (80g)*
- Low-fat mayonnaise – 1 level teaspoon
- Lettuce, tomato and onion – 1 cup
- **Dates** – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~4.5 | Calories ~625kcal

Rice with clam salad, grilled fish and kailan mushroom soup:

- Brown rice – 1 ¾ cups
 - Clam salad:
 - Clams – 1 cup (164g)
- Beansprouts and tomato – 1 cup
- Grated coconut – 2 tablespoons
- Grilled mackerel – 1 ½ small fish (50g) γ
 - Kailan mushroom soup – 1 cup

Pineapple – 1 medium slice (142g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~140kcal

Roasted potato currypuff – 1 piece (70g)

Plain water or

Tea/ coffee without sugar – 1 cup

Day 9

14-day Ramadan Menu Plan

Ulam Rice with Grilled Chicken



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~470kcal

Roasted chicken salad:

- Roasted chicken meat (breast) – 1 piece (40g)*
- Capsicum, tomato, purple cabbage and cucumber – 1 ½ cups
- Olive oil – 1 teaspoon

Baked beans – ¾ cup (167g)

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~210kcal

Savoury bites (chicken filling) – 2 pieces

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~3 | Calories ~370kcal

Ulam rice with grilled chicken:

- Brown rice – 1 cup
- Grilled chicken (breast) – 2 pieces (80g)*
- Herb salad – 1 ½ cups
- Coconut paste – 2 tablespoons
- *Sambal belacan*

Papaya – 1 regular slice (211g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~165kcal

Steamed sardine bun – 1 piece (50g)

Plain water or

Tea/ coffee without sugar – 1 cup

1500kcal

Sahur

CHO exchange ~4 | Calories ~600kcal

Wholemeal bread – 1 slice

Roasted chicken salad:

- Roasted chicken meat (breast) – 2 pieces (80g)*
- Capsicum, tomato, purple cabbage and cucumber – 1 ½ cups
 - Olive oil – 1 teaspoon

Baked beans – ¾ cup (167g)

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~210kcal

Savoury bites (chicken filling) – 2 pieces

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~4 | Calories ~445kcal

Ulam rice with grilled chicken:

- Brown rice – 1 ½ cups
- Grilled chicken (breast) – 2 pieces (80g)*
- Herb salad – 1 ½ cups
- Coconut paste – 2 tablespoons
 - Sambal belacan

Papaya – 1 regular slice (211g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~165kcal

Steamed sardine bun – 1 piece (50g)

Plain water or

Tea/ coffee without sugar – 1 cup

1800kcal

Sahur

CHO exchange ~5 | Calories ~770kcal

Wholemeal bread – 2 slices

Roasted chicken salad:

- Roasted chicken meat (breast) – 3 pieces (120g)*
- Capsicum, tomato, purple cabbage and cucumber – 1 ½ cups
 - Olive oil – 2 teaspoons

Baked beans – ¾ cup (167g)

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~210kcal

Savoury bites (chicken filling) – 2 pieces

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~5 | Calories ~580kcal

Ulam rice with grilled chicken:

- Brown rice – 2 cups
- Grilled chicken (breast) – 3 pieces (120g)*
- Herb salad – 1 ½ cups
- Coconut paste – 2 tablespoons
 - Sambal belacan

Papaya – 1 regular slice (211g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~165kcal

Steamed sardine bun – 1 piece (50g)

Plain water or

Tea/ coffee without sugar – 1 cup

Day 10

14-day Ramadan Menu Plan

Dragon Fruit Milkshake with DSF



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~400kcal

Egg fried rice:

- Brown rice – 1 cup
- Egg – 1 egg
- Carrot and long beans – 1 cup

Mixed green salad:

- Lettuce, tomato and cucumber – 1 ½ cups

DSF – 3.5 scoops + 120ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~195kcal

Dragon fruit milkshake with DSF:

- Dragon fruit – 3 slices (94g)
- DSF – 3.5 scoops + 120ml water

Break fast

CHO exchange ~3 | Calories ~375kcal

Rice with fish curry, braised pak choi and tofu with beansprouts:

- Brown rice – 1 cup
- Spanish mackerel curry – 1 small piece (66g) \times
- Braised pak choi – 1 cup
- Stir-fried tofu and beansprouts
 - Tofu – 1 piece (64g)
 - Beansprout – ½ cup
- Kiwi – 1 fruit (100g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~215kcal

Roti jala with dahl sauce:

- Roti jala – 2 pieces
- Dahl sauce – ½ cup (90g)

Plain water or

Tea/ coffee without sugar – 1 cup

1500kcal

Sahur

CHO exchange ~4 | Calories ~530kcal

Egg fried rice:

- Brown rice – 1 cup
- Egg – 1 egg
- Carrot and long beans – 1 cup

Mixed green salad:

- Lettuce, tomato and cucumber – 1 ½ cups

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~195kcal

Dragon fruit milkshake with DSF:

- Dragon fruit – 3 slices (94g)
 - DSF – 3.5 scoops + 120ml water
-

Break fast

CHO exchange ~4 | Calories ~530kcal

Rice with fish curry, braised pak choi and tofu with beansprouts:

- Brown rice – 1 ½ cups
- Spanish mackerel curry – 1 ½ small pieces (99g) ✕
- Braised pak choi – 1 cup
- Tauhu dan taueh goreng kilas:

- Tofu – 1 piece (64g)
- Beansprout – ½ cup

Kiwi – 1 fruit (100g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~215kcal

Roti jala with dahl sauce:

- Roti jala – 2 pieces
- Dahl sauce – ½ cup (90g)

Plain water or

Tea/ coffee without sugar – 1 cup

1800kcal

Sahur

CHO exchange ~5 | Calories ~685kcal

Egg fried rice:

- Brown rice – 1 ½ cups
- Egg – 1 egg
- Chicken meat (breast) – 1 piece (40g)*
- Carrot and long beans – 1 cup

Mixed green salad:

- Lettuce, tomato and cucumber – 1 ½ cups

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~195kcal

Dragon fruit milkshake with DSF:

- Dragon fruit – 3 slices (94g)
 - DSF – 3.5 scoops + 120ml water
-

Break fast

CHO exchange ~5 | Calories ~710kcal

Rice with fish curry, braised pak choi and tofu with beansprouts:

- Brown rice – 2 cups
- Spanish mackerel curry – 1 ½ small pieces (99g) ✕
- Braised pak choi – 1 cup
- Tauhu dan taueh goreng kilas:

- Tofu – 2 pieces (128g)
- Beansprout – ½ cup

Kiwi – 1 fruit (100g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~215kcal

Roti jala with dahl sauce:

- Roti jala – 2 pieces
- Dahl sauce – ½ cup (90g)

Plain water or

Tea/ coffee without sugar – 1 cup

Day 11

14-day Ramadan Menu Plan

Rice with *Asam Pedas* Fish and Herb Salad



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~390kcal

Wholemeal toast – 1 piece

Baked beans – $\frac{3}{4}$ cup (167g)

Scrambled egg – 1 egg

Lettuce and tomato – 1 cup

DSF – 3.5 scoops + 120ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~220kcal

Mini *murtabak*:

- Spring roll wrapper – 1 piece
 - Beef – 1 piece (40g)*
 - Cabbage, carrot and peas – $\frac{1}{2}$ cup

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~3 | Calories ~410kcal

Rice with *asam pedas* fish and herb salad:

- Brown rice – 1 cup
- *Asam pedas* mackerel – 1 medium fish (66g) †
- Ladyfinger and tomato – 1 cup
 - Herb salad – 1 cup

Guava – $\frac{1}{2}$ fruit (150g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~225kcal

Soybean pudding without sugar – 1 cup

DSF – 3.5 scoops + 120ml water

1500kcal

Sahur

CHO exchange ~4 | Calories ~525kcal

Wholemeal toast – 2 pieces

Baked beans – ¾ cup (167g)

Scrambled egg – 1 egg

Lettuce and tomato – 1 cup

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~265kcal

Mini murtabak:

- Spring roll wrapper – 1 piece
 - Beef – 2 pieces (80g)*
 - Cabbage, carrot and peas – ½ cup

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~4 | Calories ~545kcal

Rice with *asam pedas* fish and herb salad:

- Brown rice – 1 ½ cups
- *Asam pedas* mackerel – 1 ½ medium fishes (99g) ✕
- Ladyfinger and tomato – 1 cup
 - Herb salad – 1 cup

Guava – ½ fruit (150g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~225kcal

Soybean pudding without sugar – 1 cup

DSF – 3.5 scoops + 120ml water

1800kcal

Sahur

CHO exchange ~5 | Calories ~680kcal

Wholemeal toast – 2 pieces

Peanut butter – 1 teaspoon

Baked beans – ¾ cup (167g)

Scrambled egg – 1 egg

Lettuce and tomato – 1 cup

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~265kcal

Mini murtabak:

- Spring roll wrapper – 1 piece
 - Beef – 2 pieces (80g)*
 - Cabbage, carrot and peas – ½ cup

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~5 | Calories ~680kcal

Rice with *asam pedas* fish and herb salad:

- Brown rice – 2 cups
- *Asam pedas* mackerel – 2 medium fishes (132g) ✕
- Ladyfinger and tomato – 1 cup
 - Herb salad – 1 cup

Guava – ½ fruit (150g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~225kcal

Soybean pudding without sugar – 1 cup

DSF – 3.5 scoops + 120ml water

Day 12

14-day Ramadan Menu Plan

Singapore-style Fried Rice Vermicelli



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~430kcal

Singapore-style fried rice vermicelli:

- Brown rice vermicelli – ½ cup
- Chicken meat (breast) – 1 piece (40g)*
- Carrot and cabbage – 1 cup

Mixed green salad:

- Lettuce, tomato and cucumber – 1 cup
- DSF** – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~205kcal

Grilled vadai – 1 piece (44g)

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~3 | Calories ~350kcal

Rice with fish soup and spinach:

- Brown rice – 1 cup
- Spanish mackerel soup:
- Spanish mackerel – 1 small piece (66g) †
- Tomato and carrot – ½ cup
- Stir-fried spinach – 1 cup

Banana – 1 small (62g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~230kcal

Egg sandwich with mixed green salad:

- Wholemeal bread – 2 pieces
- Egg – 1 egg
- Mixed green salad:
- Lettuce, tomato & cucumber – ½ cup

Plain water or

Tea/ coffee without sugar – 1 cup

1500kcal

Sahur

CHO exchange ~4 | Calories ~560kcal

Singapore-style fried rice vermicelli:

- Brown rice vermicelli – 1 cup
 - Chicken meat (breast) – 2 pieces (80g)*
- Carrot and cabbage – 1 cup

Mixed green salad:

- Lettuce, tomato and cucumber – 1 cup
- DSF – 7 scoops + 210ml water**

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~205kcal

Grilled vadai – 1 piece (44g)

Dates – 3 pieces (21g)

Plain water

Break fast

CHO exchange ~4 | Calories ~480kcal

Rice with fish soup and spinach:

- Brown rice – 1 ½ cups
- Spanish mackerel soup:
- Spanish mackerel – 1 ½ small pieces (99g) ✕
- Tomato and carrot – ½ cup
- Stir-fried spinach – 1 cup

Banana – 1 small (62g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~230kcal

Egg sandwich with mixed green salad:

- Wholemeal bread – 2 pieces
 - Egg – 1 egg
- Mixed green salad:
- Lettuce, tomato & cucumber – ½ cup

Plain water or

Tea/ coffee without sugar – 1 cup

1800kcal

Sahur

CHO exchange ~5 | Calories ~690kcal

Singapore-style fried rice vermicelli:

- Brown rice vermicelli – 1 ½ cups
 - Chicken meat (breast) – 3 pieces (120g)*
- Carrot and cabbage – 1 cup

Mixed green salad:

- Lettuce, tomato and cucumber – 1 cup
- DSF – 7 scoops + 210ml water**

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~205kcal

Grilled vadai – 1 piece (44g)

Dates – 3 pieces (21g)

Plain water

Break fast

CHO exchange ~5 | Calories ~610kcal

Rice with fish soup and spinach:

- Brown rice – 2 cups
- Spanish mackerel soup:
- Spanish mackerel – 2 small pieces (132g) ✕
- Tomato and carrot – ½ cup
- Stir-fried spinach – 1 cup

Banana – 1 small (62g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~260kcal

Egg sandwich with mixed green salad:

- Wholemeal bread – 2 pieces
 - Egg – 1 egg
- Low-fat mayonnaise – ½ teaspoon
- Mixed green salad:
- Lettuce, tomato & cucumber – ½ cup

Plain water or

Tea/ coffee without sugar – 1 cup

Day 13

14-day Ramadan Menu Plan

Steamed Spring Roll



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~425kcal

Oat porridge:

- Rolled oats – 3 tablespoons
- Chicken meat (breast) – 1 piece (40g)*
- Carrot and broccoli – 1 cup

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~160kcal

Steamed spring roll:

- Spring roll wrapper – 1 piece
- Shrimp – 3 medium pieces (32g) †
- Shitake mushroom, carrot and jicama – 1 cup
- Dipping sauce (without sugar)

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~3 | Calories ~445kcal

Rice with catfish, tempeh sambal and spinach mushroom soup:

- Brown rice – 1 cup
- Catfish – 1 small piece (40g) †
- Tempeh sambal – 1 piece (45g)
- Spinach mushroom soup – 1 cup

Mango – 1 small (106g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~170kcal

Unsweetened soy milk – 1 glass

1500kcal

Sahur

CHO exchange ~4 | Calories ~520kcal

Oat porridge:

- Rolled oats – 6 tablespoons
 - Chicken meat (breast)
– 1 ½ pieces (60g)*
 - Carrot and broccoli – 1 cup
- DSF** – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~160kcal

Steamed spring roll:

- Spring roll wrapper – 1 piece
- Shrimp – 3 medium pieces (32g) ✕
- Shitake mushroom, carrot and jicama – 1 cup
- Dipping sauce (without sugar)

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~4 | Calories ~655kcal

Rice with catfish, tempeh sambal and spinach mushroom soup:

- Brown rice – 1 ½ cups
- Catfish
– 1 medium piece (80g) ✕
- Tempeh sambal – 1 ½ pieces (68g)
- Spinach mushroom soup – 1 cup

Mango – 1 small (106g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~170kcal

Unsweetened soy milk – 1 glass

1800kcal

Sahur

CHO exchange ~5 | Calories ~680kcal

Oat porridge:

- Rolled oats – 6 tablespoons
 - Chicken meat (breast)
– 2 pieces (80g)*
 - Carrot and broccoli – 1 cup
- Dates** – 3 small pieces (21g)

DSF – 7 scoops + 210ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~200kcal

Steamed spring roll:

- Spring roll wrapper – 2 pieces
- Shrimp – 6 medium pieces (80g) ✕
- Shitake mushroom, carrot and jicama – 1 cup
- Dipping sauce (without sugar)

Plain water

Break fast

CHO exchange ~5 | Calories ~770kcal

Rice with catfish, tempeh sambal and spinach mushroom soup:

- Brown rice – 2 cups
- Catfish
– 1 medium piece (80g) ✕
- Tempeh sambal – 2 pieces (90g)
- Spinach mushroom soup – 1 cup

Mango – 1 small (106g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~170kcal

Unsweetened soy milk – 1 glass

Day 14

14-day Ramadan Menu Plan

DSF Dadih



SERVING SUGGESTION

FOOD IMAGE FOR ILLUSTRATION PURPOSES ONLY

1200kcal

Sahur

CHO exchange ~3 | Calories ~430kcal

Roasted chicken grilled sandwich:

- Wholemeal bread – 1 slice
- Roasted chicken meat (breast) – 1 piece (40g)*
- Cheddar cheese – 2 slices (32g)
- Lettuce, cucumber & tomato – 1 cup

Rolled oats – 3 tablespoons

DSF – 3.5 scoops + 120ml water

Snack 1 (Mini Iftar)

CHO exchange ~2 | Calories ~205kcal

Chickpea salad:

- Chickpeas – ½ cup (60g)
- Cherry tomato, cucumber, coriander and onion – 1 cup
- Olive oil – ½ teaspoon

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~3 | Calories ~350kcal

Rice with ginger-steamed fish and fried mixed vegetables:

- Brown rice – 1 cup
- Steamed pomfret with ginger – 2 pieces (80g) †
- Fried mixed vegetables (broccoli, carrots and baby corn) – 1 cup

Chinese pear – 1 fruit (197g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~190kcal

DSF dadih:

- Dadih powder (flavor of choice) – 30g
- DSF – 3.5 scoops + 120ml water

Plain water or

Tea/ coffee without sugar – 1 cup

1500kcal

Sahur

CHO exchange ~4 | Calories ~530kcal

Roasted chicken grilled sandwich:

- Wholemeal bread – 2 slices
- Roasted chicken meat (breast) – 1 ½ pieces (60g)*
- Cheddar cheese – 2 slices (32g)
- Lettuce, cucumber & tomato – 1 cup

Rolled oats – 3 tablespoons

DSF – 3.5 scoops + 120ml water

Snack 1 (Mini Iftar)

CHO exchange ~3 | Calories ~230kcal

Chickpea salad:

- Chickpeas – ½ cup (60g)
- Cherry tomato, cucumber, coriander and onion – 1 cup
- Olive oil – 1 teaspoon

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~4 | Calories ~460kcal

Rice with ginger-steamed fish and fried mixed vegetables:

- Brown rice – 1 ½ cups
- Steamed pomfret with ginger – 2 ½ pieces (100g) γ
- Fried mixed vegetables (broccoli, carrots and baby corn) – 1 cup

Chinese pear – 1 fruit (197g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~190kcal

DSF *dadih*:

- *Dadih* powder (flavor of choice) – 30g
- DSF – 3.5 scoops + 120ml water

Plain water or

Tea/ coffee without sugar – 1 cup

1800kcal

Sahur

CHO exchange ~5 | Calories ~680kcal

Roasted chicken grilled sandwich:

- Wholemeal bread – 3 slices
- Butter – 1 level teaspoon
- Roasted chicken meat (breast) – 2 pieces (80g)*
- Cheddar cheese – 2 slices (32g)
- Lettuce, cucumber & tomato – 1 cup

Rolled oats – 3 tablespoons

DSF – 3.5 scoops + 120ml water

Snack 1 (Mini Iftar)

CHO exchange ~3 | Calories ~290kcal

Chickpea salad:

- Chickpeas – ½ cup (60g)
- Chicken meat (breast) – 1 piece (40g)*
- Cherry tomato, cucumber, coriander and onion – 1 cup
- Olive oil – 1 teaspoon

Dates – 3 small pieces (21g)

Plain water

Break fast

CHO exchange ~5 | Calories ~550kcal

Rice with ginger-steamed fish and fried mixed vegetables:

- Brown rice – 2 cups
- Steamed pomfret with ginger – 3 pieces (120g) γ
- Fried mixed vegetables (broccoli, carrots and baby corn) – 1 cup

Chinese pear – 1 fruit (197g)

Plain water

Snack 2 (Moreh)

CHO exchange ~2 | Calories ~190kcal

DSF *dadih*:

- *Dadih* powder (flavor of choice) – 30g
- DSF – 3.5 scoops + 120ml water

Plain water or

Tea/ coffee without sugar – 1 cup

Produced by



Research Group
Malaysian Diabetes Ramadan Nutrition Plan
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