



EFFECTIVE  
NUTRITION GUIDE  
DURING RAMADAN

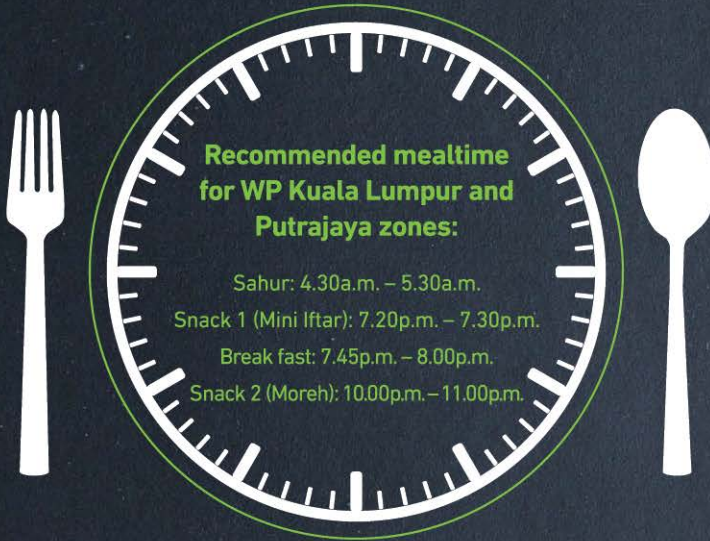


# 14-day Ramadan Menu Plan



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)



Nestlé Products Sdn. Bhd. (117901002964)  
Pusat Jaya, Selangor.



## 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.

**Diabetes-specific formula (DSF) stated in this 14-day Ramadan Menu Plan refers to NUTREN UNTUK DIABETIK**

**Recommendations of DSF intake during the month of Ramadan:**

**1** serving = **7** scoops + 210ml of water per serving

**1/2** serving = **3.5** scoops + 120ml of water per serving

1 scoop of NUTREN UNTUK DIABETIK = 7.9g powder

**Drink at least 1 serving per day.**

**1 serving of DSF (7 scoops) provides**

- 253kcal
- 24.5g carbohydrates
- 11.3g protein
- 11.0g fat



**Low Glycemic Index (28)**



**High-quality Whey Protein (50%)**



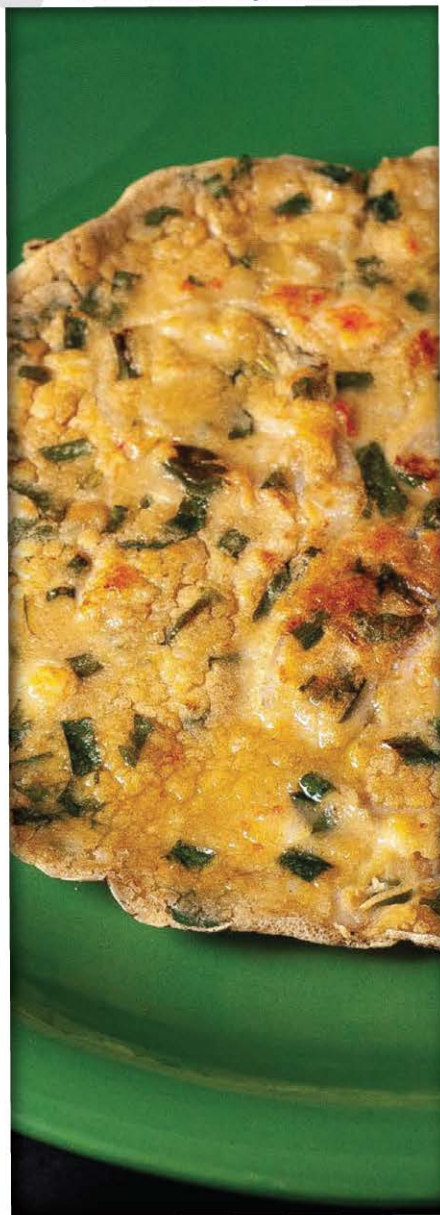
**Formulated in accordance to the International Diabetes Guidelines**

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) γ
    - 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) γ
- 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) γ
    - 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) γ
- 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)  $\gamma$
- 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)  $\gamma$
- 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**

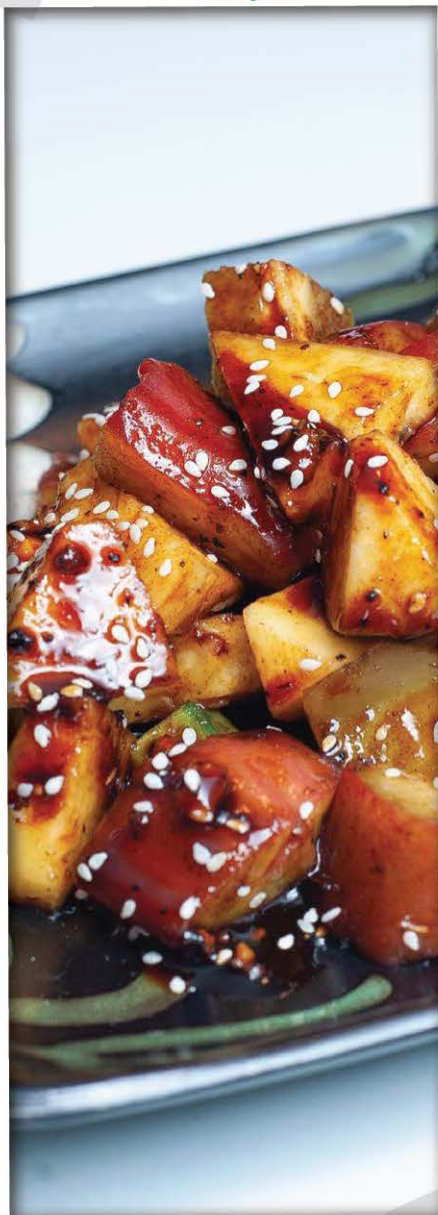
**Roasted sweet potato** – 1 small (68g)

**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)  $\gamma$
- 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)  $\gamma$
- 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

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### Snack 1 (Mini Iftar)

**CHO exchange ~2 | Calories ~180kcal**

**Corn barley porridge** – ½ cup  
**Plain water**

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### Break fast

**CHO exchange ~4 | Calories ~420kcal**

**Spaghetti aglio e olio:**

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

**Grapes** – 8 grapes (92g)

**Dates** – 1 small piece (7g)

**Plain water**

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### Snack 2 (Moreh)

**CHO exchange ~2 | Calories ~310kcal**

**Prawn fritters** – 1 piece (54g):

- Wheat flour – 4 ½ tablespoons
- Shrimp – 6 medium pieces (64g)  $\gamma$ 
  - 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)  $\gamma$ 
  - 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)  $\gamma$ 
  - 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)  $\gamma$ 
    - 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)  $\gamma$
- 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)  $\gamma$ 
    - 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)  $\gamma$
- Shrimp – 3 medium pieces (32g)  $\gamma$
- 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)  $\gamma$ 
    - 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)  $\gamma$
- Shrimp – 3 medium pieces (32g)  $\gamma$
- 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)  $\times$ 
    - 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  $\frac{1}{2}$  cups
  - Clam salad:
    - Clams – 1 cup (164g)
- Beansprouts and tomato – 1 cup
- Grated coconut – 2 tablespoons
- Grilled mackerel – 1 small fish (33g)  $\times$ 
  - 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  $\frac{1}{2}$  pieces (60g)  $\times$ 
  - 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  $\frac{3}{4}$  cups
  - Clam salad:
    - Clams – 1 cup (164g)
- Beansprouts and tomato – 1 cup
- Grated coconut – 2 tablespoons
- Grilled mackerel – 1  $\frac{1}{2}$  small fish (50g)  $\times$ 
  - 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) †
- 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)  $\text{r}$
- Braised pak choi – 1 cup
- Tauhu dan taueh goreng kilas:

- Tofu – 1 piece (64g)
- Beansprout – ½ cup
- Kiwi** – 1 fruit (100g)

**Plain water**

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### 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)  $\text{r}$
- 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

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# 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**



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