



Carbs & Cals



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✓ Type 1 Diabetes

✓ Type 2 Diabetes

✓ Weight Loss

RAMADAN MEALS (IFTAR)

Iftar is the evening meal eaten after sunset during Ramadan. Prepare snacks and meals using less oil, and by baking instead of frying. Eat in moderation and drink plenty of water to stay hydrated while fasting. Reduce sugary foods and drinks, as these can contribute to weight gain.

Bhuna Kisuri

46g Carbs
150g

220 Cals
5g Prot
3g Fat
1g SatFat
2g Fibre

Chicken Curry

11g Carbs
300g

435 Cals
19g Prot
35g Fat
6g SatFat
4g Fibre

Chana Chaat

47g Carbs
260g

345 Cals
14g Prot
12g Fat
6g SatFat
6g Fibre

Fish Curry

5g Carbs
300g

375 Cals
37g Prot
24g Fat
2g SatFat
2g Fibre

Tarka Dal

38g Carbs
300g

335 Cals
18g Prot
14g Fat
9g SatFat
9g Fibre

Harira Soup

33g Carbs
300g

420 Cals
34g Prot
17g Fat
5g SatFat
8g Fibre

Lamb Keema Curry

4g Carbs
200g

385 Cals
34g Prot
26g Fat
11g SatFat
1g Fibre

Noodles with Vegetables

42g Carbs
200g

220 Cals
7g Prot
4g Fat
0g SatFat
5g Fibre

Pilau

71g Carbs
300g

530 Cals
22g Prot
19g Fat
5g SatFat
2g Fibre