

# Weekly Ramadan Meal Planner

Meal	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Suhoor</b>							
<b>Breakfast for non- fasters</b>							
<b>Snack for non-fasters</b>							
<b>Lunch for non-fasters</b>							
<b>Snack for non-fasters</b>							
<b>Fast breaker (Iftar)</b>							
<b>Dinner</b>							