

SEE THE EVERYDAY APP FOR
DETAILED MENUS

RAMADAN

KAREEM




WEEK ONE



SHAKSHUKA

Baked egg casserole with middle eastern spices, feta cheese and cilantro  
Contains Egg, Milk Vegetarian

TUMERIC BASMATI PILAF

Basmati rice simmered in vegetable stock with parsley and tumeric powder 
Vegan, Vegetarian

TABBOULEH WITH GARBANZO BEANS

Bulger wheat tossed with garbanzo beans, tomato, cucumber, mint, lemon and olive oil  
Contains Gluten, Wheat, Vegan, Vegetarian

LEMON ZATAAR CHICKPEA SALAD

Chickpeas tossed with celery, lemon juice, mint and za'atar seasoning
Contains Sesame,  Vegan, Vegetarian

FATTOUSH SALAD

CRISPY FALAFEL

Contains Soy, Vegan, Vegetarian

HUMMUS

Garbanzo beans, tahini paste, olive oil and lemon juice
Contains Sesame, Vegan, Vegetarian

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WEEK TWO



NORTH AFRICAN TAGINE BOWL

 Roasted root vegetable  tagine with couscous
Contains Gluten, Wheat, Vegan, Vegetarian

MOROCCAN EGGPLANT TAGINE

Moroccan spiced vegetarian stew with chickpeas and mint
Vegan, vegetarian


ROOT VEGETABLE TAGINE

Parsnips, sweet potatoes, chickpeas, raisins and kale simmered in vegetable stock with Moroccan spices
Vegan, Vegetarian

PEANUT AND SWEET POTATO CURRY

Sweet and spicy peanut and sweet potato curry with onions, tomatoes, dried apricots and honey
Contains Peanuts, Vegan

MOROCCAN CHICKPEA STEW

Fresh tomatoes stewed with potatoes, chickpeas, jalapeno peppers, cumin, turmeric and chili powder
Vegan , Vegetarian

ROASTED VEGGIE SOUTH AFRICAN RICE BOWL

Geellrys, plant-based chicken, tomato, carrot, broccoli, sweet potato, topped with chermoula and tomato olive relish
Vegan

GEELLRYS

 
Vegan

JOLLOF RICE


Vegan, Vegetarian

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WEEK THREE

SHIITAKE , SCALLION SOBA NOODLES

Shiitake mushrooms, napa cabbage, ginger, garlic, sesame, Siracha and soba noodles

★ Contains Gluten, Sesame, Soy, Wheat, Vegan

TOFU PAD THAI

Seared tofu and rice noodles with bok choy in a soy lime sauce, topped with peanuts

★ Contains Peanuts, gluten, Soy, Wheat, Vegan

SZECHUAN TOFU STIR FRY

Stir-fry tofu, onions, red peppers, poblano peppers in a spicy Szechuan sauce

★ Contains Gluten, Sesame, Soy, Wheat, Vegan

KOREAN STIR-FRIED VEGETABLES AND TOFU

Sesame stir-fried carrots and zucchini served over pan fried tofu

★ Contains Gluten, Sesame, Soy, Wheat, Vegan

MONGOLIAN PLANT SHREDS WITH JASMINE RICE

Teriyaki plant-based shreds, stir-fried with sesame, ginger, garlic and fresh vegetables over jasmine rice

★ Contains Gluten, Sesame, Soy, Wheat, Vegan

THAI FRIED RICE

★ Contains Gluten, Soy, Wheat, Vegan

THAI CHILI TOFU BITES

★ Contains Gluten, Soy, Wheat, Vegan

ROASTED KOREAN TOFU

★ Contains Gluten, Soy, Wheat, Vegan

THAI EGGPLANT SALAD

★ Contains Soy, Vegan, Vegetarian

CRISPY TOFU

★ Contains Gluten, Sesame, Soy, Wheat, Vegan

KOREAN CORN

★ Contains Gluten, Sesame, Soy, Wheat, Vegan

BASMATI RICE

Vegan, Vegetarian

RAMADAN KAREEM




WEEK FOUR

PUNJABI CURRY TOFU

Tofu sauteed with green peppers, fresh ginger and garlic with curry sauce topped with cilantro 
Contains Soy, Vegan, Vegetarian

ALU MATA - PEA & POTATO CURRY

Potatoes and peas simmered in a creamy sauce of onion, ginger, garlic, tomato and aromatic spices 
Contains Soy, Vegan, Vegetarian


SPICY VEGAN VEGETABLE AND PEANUT CURRY

Sauteed onions, carrots, potatoes, green and chili peppers simmered in coconut milk with spices and peanuts 
Contains Peanuts, Treenuts, Vegan, Vegetarian

BAINGAN BHARTA NORTH INDIAN EGGPLANT

North India roasted mashed eggplant sauteed with onion, ginger, tomato and cilantro 
Vegan, Vegetarian

INDIAN STYLE GARBANZO BEANS

Garbanzo beans and onions simmered with tomatoes, ginger, turmeric and red pepper 
Contains Milk, Soy, Vegan

CAULIFLOWER MIXED VEGETABLES

Vegan, Vegetarian

TUMERIC BASMATI RICE

Vegan, Vegetarian