

RAMADAN 2028 - MEALS / WEEK 1

Jan 28 - Feb 03 | 1449 AH | FCNA CALCULATED DATES

DATE	SUHOOR	IFTAR
Jan 28 / Fri		
Jan 29 / Sat		
Jan 30 / Sun		
Jan 31 / Mon		
Feb 01 / Tue		
Feb 02 / Wed		
Feb 03 / Thu		

GROCERY LIST & PREPARATION

Meal planning only. Add prayer and fasting times from your own local mosque.

RAMADAN 2028 - MEALS / WEEK 2

Feb 04 - Feb 10 | 1449 AH | FCNA CALCULATED DATES

DATE	SUHOOR	IFTAR
Feb 04 / Fri		
Feb 05 / Sat		
Feb 06 / Sun		
Feb 07 / Mon		
Feb 08 / Tue		
Feb 09 / Wed		
Feb 10 / Thu		

GROCERY LIST & PREPARATION

Meal planning only. Add prayer and fasting times from your own local mosque.

RAMADAN 2028 - MEALS / WEEK 3

Feb 11 - Feb 17 | 1449 AH | FCNA CALCULATED DATES

DATE	SUHOOR	IFTAR
Feb 11 / Fri		
Feb 12 / Sat		
Feb 13 / Sun		
Feb 14 / Mon		
Feb 15 / Tue		
Feb 16 / Wed		
Feb 17 / Thu		

GROCERY LIST & PREPARATION

Meal planning only. Add prayer and fasting times from your own local mosque.

RAMADAN 2028 - MEALS / WEEK 4

Feb 18 - Feb 24 | 1449 AH | FCNA CALCULATED DATES

DATE	SUHOOR	IFTAR
Feb 18 / Fri		
Feb 19 / Sat		
Feb 20 / Sun		
Feb 21 / Mon		
Feb 22 / Tue		
Feb 23 / Wed		
Feb 24 / Thu		

GROCERY LIST & PREPARATION

Meal planning only. Add prayer and fasting times from your own local mosque.

RAMADAN 2028 - MEALS / WEEK 5

Feb 25 - Feb 25 | 1449 AH | FCNA CALCULATED DATES

DATE	SUHOOR	IFTAR
Feb 25 / Fri		

GROCERY LIST & PREPARATION

Meal planning only. Add prayer and fasting times from your own local mosque.