



# RAMADAN READY

SIMPLE INSPIRATION FOR YOUR HOME AND HEART



THE COZY HOME CHRONICLES  
AMANDA'S PLATE



Salam lovely readers and Ramadan Mubarak! We pray that this month brings you and your families peace and immeasurable blessings. In the spirit of giving, Amanda and I have teamed up to create this resource that will inshAllah help you get on track for a stress free, memorable, and spiritually uplifting Ramadan. In this ebook, you'll find simple ideas and helpful tips for meal planning, decorating, and challenging yourself to be more mindful about little things that make a big impact. We hope that you'll find it inspiring.

*Summar & Amanda*

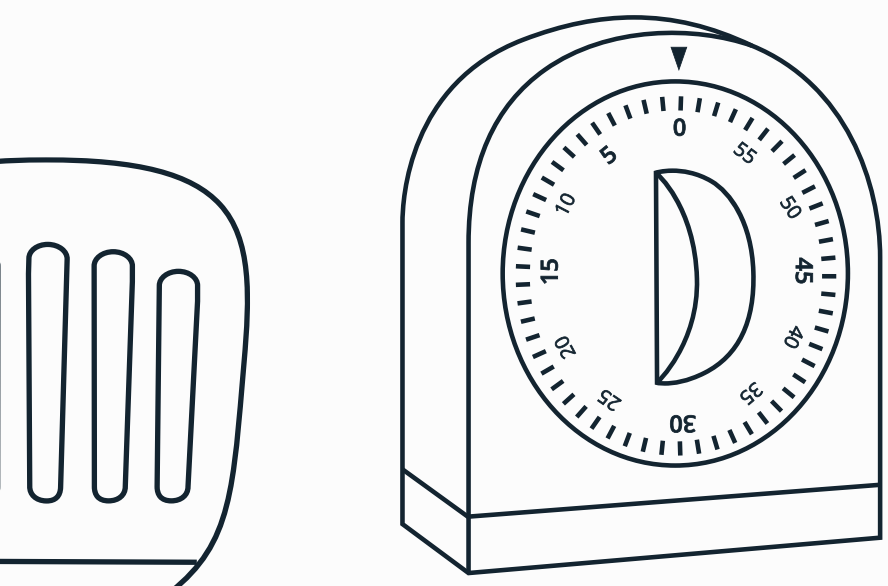


# Let's Talk Food

We are getting this one out of the way because while we believe it's important to eat healthy and wholesome meals, we also believe eating shouldn't be the sole focus of Ramadan. That's why we're making things easy for you by sharing 30 light and nutritious recipes that you can print and plan your iftar menu with.

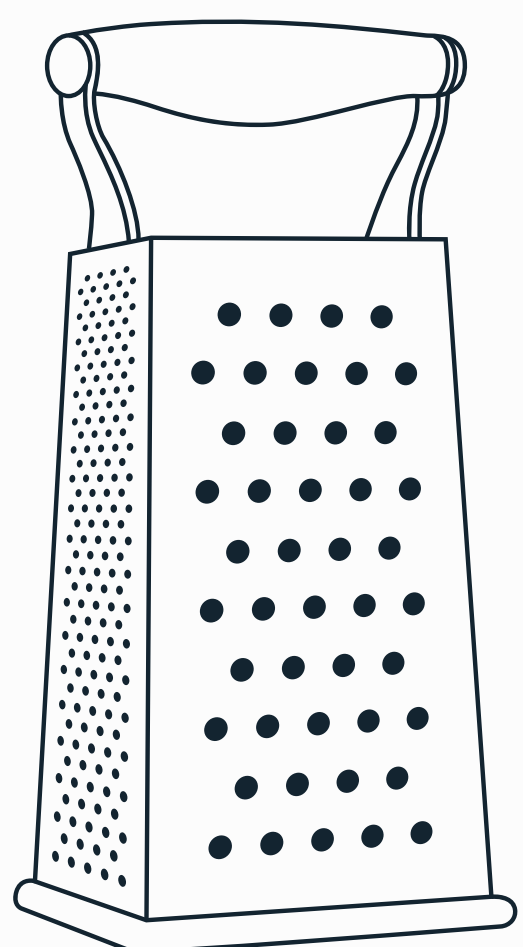
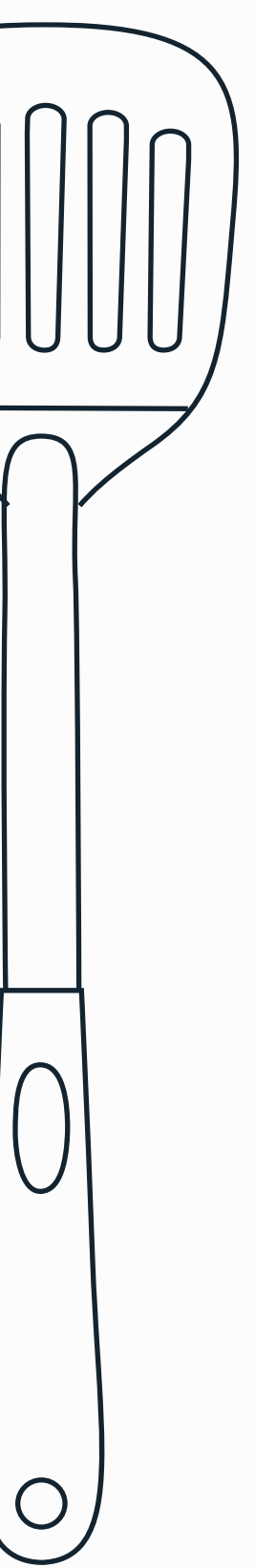






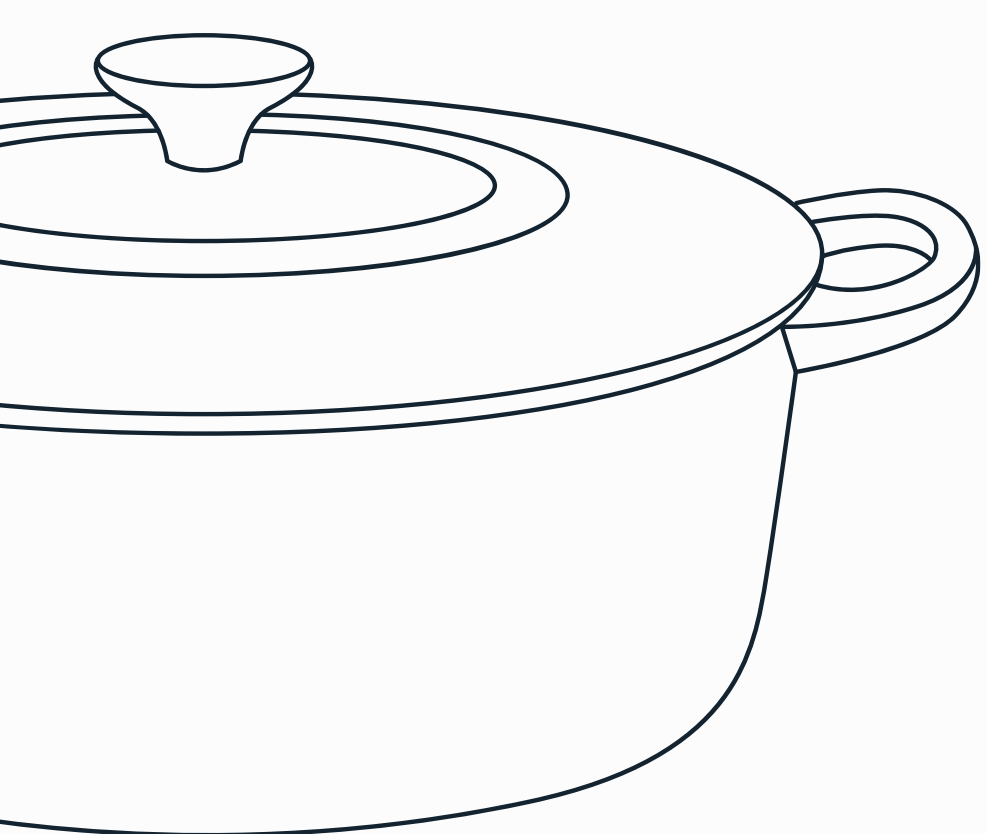
# RAMADAN 2018

30 IFTAR IDEAS FROM AMANDA'S PLATE



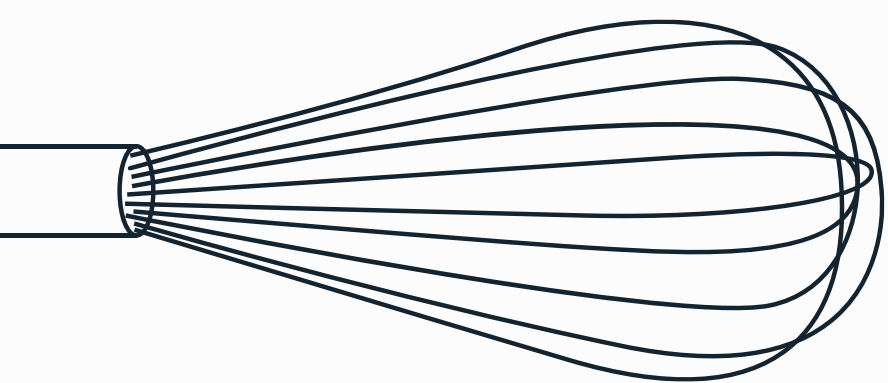
## SOUPS & SALADS

- Fattoush
- Mango Quinoa Tabbouleh
- Vietnamese Salad with Peanut Dressing
- Roasted Delicata Squash & Couscous Salad
- Arugula Fig Salad
- Broccoli Cheddar Soup
- Lebanese Lentil Soup
- Alcohol-Free French Onion Soup
- Butternut Squash Soup
- Pumpkin Curry Soup



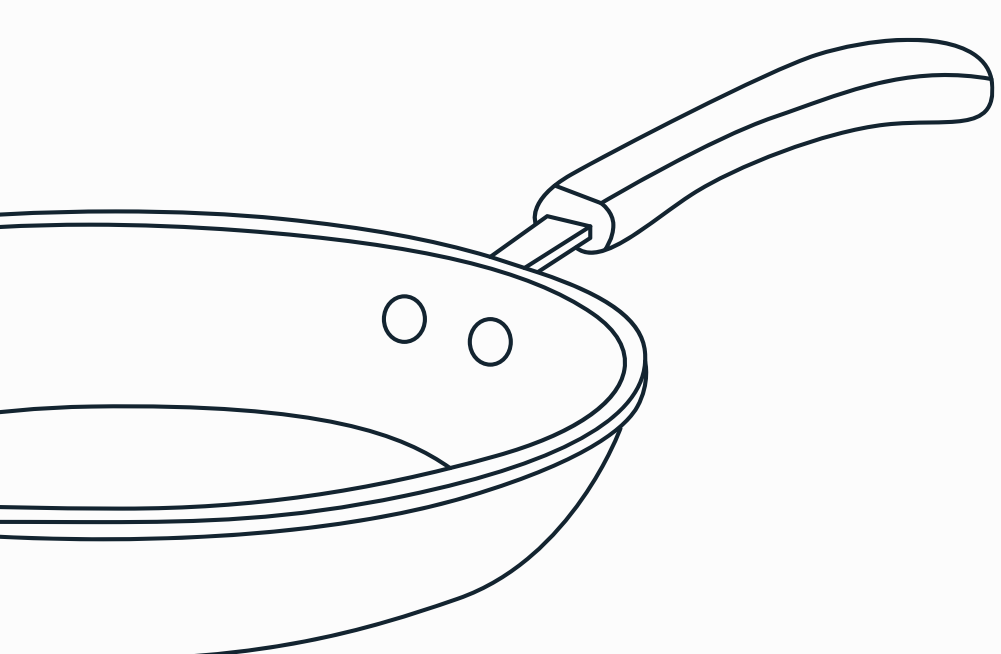
## VEGETARIAN

- Okra Tomato Stew
- Mujadarra Ruz
- Orzo Summer Salad
- Spaghetti Squash with Roasted Chickpeas
- Curry Roasted Cauliflower
- Stuffed Acorn Squash
- Mushroom Risotto
- Butternut Squash & Arugula Pasta
- Asparagus Ricotta Tart
- Black Bean Burgers



## MEAT, CHICKEN, & FISH

- Bang Bang Shrimp
- Homemade Beef Pho
- Almond Chicken
- Beef Wellington
- Caprese Chicken Pasta
- Kale Pesto Shrimp Pasta
- Easy Chicken Dinner
- Coconut Shrimp Tacos
- Chicken in Mushroom Gravy
- Sriracha Chicken





# Let's Talk Decor

Decorating your home for Ramadan is a beautiful way to express your faith and make the month extra special for your family. The great news is you don't have to break the bank to do it. Check out these 5 simple ideas you can try.



1) Display lanterns and hang garland to add a festive touch to any corner of your home 2) Cut out glitter stock paper for inexpensive table embellishments or wall decor, 3) Turn a roll of craft paper into a table runner for coloring and sharing Ramadan reflections 4) Hang up Ramadan stockings to double up both as decor and gift bags for Eid 5) Add some color to your iftar table setting with a bouquet of hand-picked or market flowers.



# Challenge yourself

Being Muslim means more than just observing prayer, fasting, and hajj. In an effort to be more mindful of our consumer practices and their everyday impact on our health, environment, and spirituality, we've put together five simple challenges that you can try during this month. You don't have to do them all and you don't have to do them everyday but we encourage you to try at least one.



**1. Pantry Challenge:** Did you know that an estimated 40% of food in America goes uneaten? This Ramadan, challenge yourself to plan your meals using only what you have on hand in your pantry, freezer, and fridge to cut on food waste and frivolous spending.



**2. Go Plastic-Free Challenge:** Having people over? Skip the plastic bottled water and cutlery and opt for more sustainable options. Invest in glass pitchers that you can refrigerate for your guests and purchase biodegradable and compostable plates and cutlery.





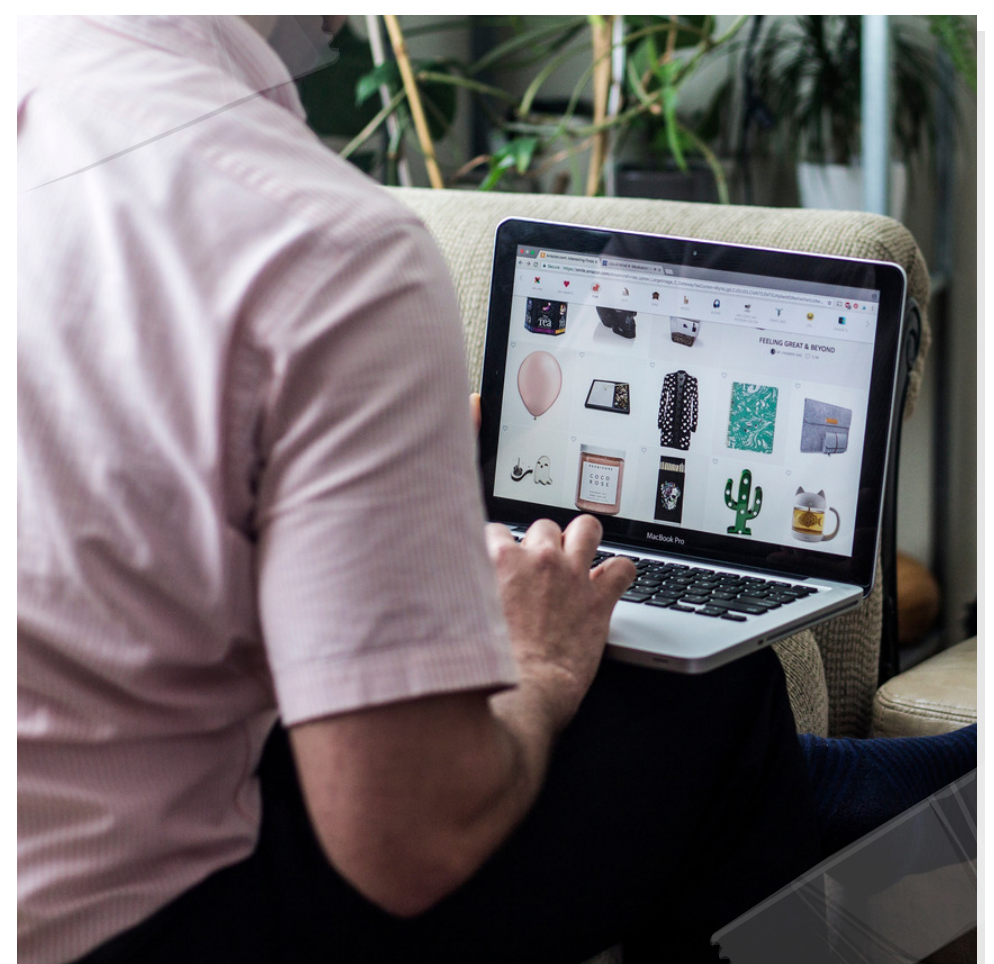
**3. Minimize Challenge:** Let go of your worldly attachments and purge your home of the items that you no longer need or use. Donate these items to a local charity and try a spending freeze for the month so you're not tempted to fill your home back up. Take this opportunity to start fresh and be more mindful of what you purchase in the future.



**4. Composting Challenge:** Compostable material such as food waste are an easily fixable source of greenhouse gas emissions. This Ramadan, try collecting food scraps accumulated during meal prep and put them in a composter. If you have room in your yard, you can fence off a small area and start a scrap pile directly on the ground or you can buy compost bins to contain your organic waste. Be sure to familiarize yourself first with what you can and can't compost.



**5. Screen-Free Challenge:** Get in touch with yourself and reset your priorities by setting out intentional screen-free breaks. If you think you need a social media break, disconnect from social media. If you want to be on your phone less when you're with family then set a location to park your technology for the day once you're home. Instead of binge-watching Ramadan dramas, try connecting with friends and family instead. You'll be surprised at how much you can get done and how free you'll feel when you're not dependent on a screen for entertainment.





# Let's Talk Ramadan Photos

## 4 SIMPLE TIPS FOR TAKING BETTER FAMILY PHOTOS



### 1 USE NATURAL LIGHT

Take photos in bright, well-lit spaces (or outdoors) and avoid using flash and artificial lighting.



### 2 REDUCE CAMERA BLUR

For clear and sharp images, set the camera timer for 2 seconds and lock your focus by holding down on the screen where your subjects are.



### 3 POSITION YOUR SUBJECTS

Line up your family members close together in a cohesive unit but align faces at different heights. Avoid busy backgrounds and double check to make sure that everyone's face is visible and no body parts are cut out.

### 4 EDIT WITH PHOTO APPS

Take your photos to the next level by making basic adjustments to color balance, brightness, and clarity or adding fun effects through apps like Snapseed, VSCO, and A Color Story.



**DON'T FORGET TO SMILE!**



# Free Printable Iftar Invites

Print on card stock, cut out, and mail in 3 5/8 x 5 1/8 envelopes.



*You're Invited*

please join us for a special iftar

When:

Where:

RSVP:



*You're Invited*

please join us for a special iftar

When:

Where:

RSVP:



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# Ramadan Checklist



- DECLUTTER & CLEAN HOME
- DECORATE INSIDE & OUTSIDE OF HOME
- WRITE A MEAL PLAN
- GO GROCERY SHOPPING
- SEND IFTAR INVITATIONS
- WISH FAMILY & FRIENDS A RAMADAN MUBARAK
- BAKE RAMADAN TREATS
- SEND A MEAL TO A NEIGHBOR
- WATCH "THE MESSAGE"
- READ QURAN AND DU'AA
- READ "IT'S RAMADAN, CURIOUS GEORGE"
- DO A SELFLESS ACT AND DON'T TELL ANYONE
- DONATE/VOLUNTEER FOR A LOCAL CHARITY
- VISIT THE MOSQUE
- SET ASIDE FITR AL EID
- BUY AND WRAP EID GIFTS
- PICK OUT EID OUTFIT
- PLAN A EID BRUNCH
- TAKE FAMILY EID PHOTOS





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@amandasplate/@thecozyhomechronicles

