

From Iftar to Sehri: Following a Balanced Diet with pandamart

The holy month of Ramadan is just around the corner, and with that comes lots of traditions and rituals surrounding food. After a long day of fasting in this scorching summer, a nutrient-filled diet with lots of fluids is the only thing that will help to keep your body nourished and replenished. Be it iftar, dinner (because why not), or sehri, each meal is associated with certain key items and delicacies in our country.

Iftar

There are certain foods that make or break iftar. One of those food items is dates. Dates are an absolute essential because of their religious significance and abundance of rich nutrients. Since dates are an integral part of iftar, don't limit yourself when it comes to picking the perfect ones. Whether you are looking for Medjool dates, Halawy dates, or Ajwa dates, you can pick your favourite with ease from [pandamart](#) within the [foodpanda app or website](#).

Jilapi is another sweet treat that is often enjoyed at the iftar table. This year, as we continue to grapple with COVID-19, why not try to make your own jilapi? If you're keen, hop on pandamart and get to ordering. You'll be able to find all the things you need. Order some AP flour, gram flour, saffron, cardamom, sugar, and the other necessary ingredients and get to work. The process will be messy (and hot oil can be scary), but the crispy jilapi you get will be well worth the effort. Also, if you fail miserably there's no shame in picking your favorite restaurant and just ordering some for the iftar table.

No iftar is complete without some fried treats. Piyaju and the other fried foods that are commonly found in Bangladeshi homes aren't difficult to make — especially if you have the right ingredients. Find your favorite recipe online (or ask your mom), order some fresh ingredients, and get started.

Haleem is another important part of any iftar. The best part about making Haleem? You can do it pretty easily. All you need to do is scroll through pandamart, locate your

favorite Haleem mix and follow the instructions on the box! Make sure to add your protein of choice in the mix and garnish with some fresh herbs and fried onion.

Alongside food, the most crucial part of breaking one's fast is fluid. To fight off dehydration and feel refreshed you can consider fresh juice. To make the best juice, choose fruits that are in season. The best choices to beat the heat are watermelon juice, orange juice, or a classic lemonade. Beyond fresh juice, another good option is to order some drink mix or cordials on pandamart. Many of the cordials and drink powders are a good choice for an extra energy boost and a kick of sweetness!

Dinner

Dinner doesn't need to be high effort — especially after a heavy iftar meal. Just keep dinner simple. The essentials will make do if you're still hungry. Order a bag of rice, some lentils, your favorite protein, and some vegetables. Once you have the things you need, throw your dinner together and plate. Or you can just toss together some greens, a little tomato, fresh cheese, boiled eggs or grilled chicken, a drizzle of extra virgin olive oil and some oregano and you'll have a healthy dinner ready in under 20 minutes.

Sehri

If you're dead tired by the time you get to sehri, have no fear — countless options are at your fingertips. Feel free to eat leftovers from dinner time, or order something wholesome for your sehri meal.

If you're looking for something light, order some bananas, some milk, and some rice or oats. Throw all of that together and there you have it — a refreshing and fulfilling meal for late in the night. Finish your sehri off with some fresh fruits and that will keep you going throughout the day.