



# MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 Forgiveness Sunday</p> <p><b>Legend:</b>  <b>B:</b> Breakfast  <b>L:</b> Lunch  <b>D:</b> Dinner  <b>D&amp;S:</b> Dessert and Snacks</p> <p>*See recipe at end of calendar</p>	<p>2 <b><u>Kathara Deftera / First Monday of Lent</u></b></p> <p><b>B:</b> Toast + Peanut Butter and jam  <b>L:</b> <a href="#">Lagana</a>, <a href="#">Taramosalata</a>, Olives, Tomatoes  <b>D:</b> <a href="#">Fava</a> + <a href="#">Rapini</a> + <a href="#">Lagana</a>  <b>D&amp;S:</b> <a href="#">Halva</a></p>	<p>3 First Tuesday of Lent</p> <p><b>B:</b> Cereal with dairy-free milk  <b>L:</b> <a href="#">Lagana</a>, <a href="#">Taramosalata</a>, Olives, Tomatoes  <b>D:</b> <a href="#">Fava</a> + Green salad with <a href="#">tahini dressing</a>  <b>D&amp;S:</b> <a href="#">Vegan rizogalo</a>, Veggies and hummus</p>	<p>4 First Wednesday of Lent</p> <p><b>B:</b> Fresh fruit, rice cake + almond butter  <b>L:</b> <a href="#">Fava</a>, <a href="#">pita bread</a>, olives, tomatoes  <b>D:</b> <a href="#">Fakes</a>  <b>D&amp;S:</b> Rice cakes + tahini, honey and pumpkin seeds *            Fresh fruit</p>	<p>5 First Thursday of Lent</p> <p><b>B:</b> Toast + jam + Fruit smoothie *  <b>L:</b> <a href="#">Taramosalata</a>, <a href="#">pita bread</a>, olives, tomatoes  <b>D:</b> <a href="#">Black eyed pea soup with kale</a>  <b>D&amp;S:</b> <a href="#">Dates stuffed with almond butter and coconut</a>, Fresh fruit</p>	<p>6 First Friday of Lent</p> <p><b>B:</b> Cereal with dairy-free milk  <b>L:</b> <a href="#">Manestra</a>  <b>D:</b> <a href="#">Beans and rice</a>  <b>D&amp;S:</b> Olives + <a href="#">Pita bread</a></p>	<p>7 First Saturday of Lent</p> <p><b>B:</b> Toast + peanut butter and jam  <b>L:</b> <a href="#">Chickpea soup</a>  <b>D:</b> <a href="#">Yemista</a>  <b>D&amp;S:</b> <a href="#">Vegan date cake</a></p>
<p>8 Sunday of Orthodoxy</p> <p><b>B:</b> <a href="#">Vegan date cake</a>, Fruit smoothie *  <b>L:</b> <a href="#">Yemista</a>  <b>D:</b> <a href="#">Briam</a>  <b>D&amp;S:</b> Fresh fruit</p>	<p>9</p> <p><b>B:</b> Cereal with dairy-free milk  <b>L:</b> <a href="#">Fasolatha with tomato</a>  <b>D:</b> <a href="#">Eggplant stew</a>  <b>D&amp;S:</b> <a href="#">Vegan date cake</a></p>	<p>10</p> <p><b>B:</b> Toast, Peanut Butter + jam  <b>L:</b> <a href="#">Briam</a>  <b>D:</b> <a href="#">Fakes</a>  <b>D&amp;S:</b> Veggies + <a href="#">fava</a></p>	<p>11</p> <p><b>B:</b> Cereal with dairy-free milk  <b>L:</b> <a href="#">Fasolatha with tomato</a>  <b>D:</b> <a href="#">Potatoes yahni</a>  <b>D&amp;S:</b> <a href="#">Vegan rizogalo</a></p>	<p>12</p> <p><b>B:</b> Rice cakes + tahini, honey and pumpkin seeds *  <b>L:</b> <a href="#">Stewed green peas</a>  <b>D:</b> <a href="#">Chickpea fritters</a> + <a href="#">Rice with vegetables</a>  <b>D&amp;S:</b> Fruit smoothie *</p>	<p>13</p> <p><b>B:</b> Fresh fruit, rice cake, almond butter  <b>L:</b> <a href="#">Chickpea fritters</a> + <a href="#">Maroulosalata</a>  <b>D:</b> <a href="#">Chili lime shrimp lettuce wraps</a>  <b>D&amp;S:</b> <a href="#">Chocolate halva</a></p>	<p>14</p> <p><b>B:</b> Toast, Almond butter + jam  <b>L:</b> <a href="#">Vegan spanakopita</a>  <b>D:</b> <a href="#">Mussels with red sauce</a>  <b>D&amp;S:</b> <a href="#">Chocolate halva</a></p>
<p>15</p> <p><b>B:</b> Fruit smoothie + Rice cakes and almond butter  <b>L:</b> <a href="#">Potato salad</a>  <b>D:</b> <a href="#">Gigantes plaki</a>  <b>D&amp;S:</b> <a href="#">Tiganites</a></p>	<p>16</p> <p><b>B:</b> Cereal with dairy-free milk  <b>L:</b> <a href="#">Red lentil and bulgur wraps</a>  <b>D:</b> Beans and rice  <b>D&amp;S:</b> <a href="#">Vegan banana bread</a></p>	<p>17</p> <p><b>B:</b> Fresh fruit, rice cake, almond butter  <b>L:</b> <a href="#">Red lentil and bulgur wraps</a>  <b>D:</b> <a href="#">Mung bean soup</a>  <b>D&amp;S:</b> Veggies + hummus, Mixed nuts</p>	<p>18</p> <p><b>B:</b> <a href="#">Vegan banana bread</a>  <b>L:</b> <a href="#">Apple and almond salad</a>  <b>D:</b> <a href="#">Black eyed pea soup with kale</a>  <b>D&amp;S:</b> Fresh fruit, Mixed nuts</p>	<p>19</p> <p><b>B:</b> Toast, Peanut Butter + jam  <b>L:</b> <a href="#">Herbed orzo with chickpeas</a>  <b>D:</b> <a href="#">Fried calamari</a> + <a href="#">Rapini</a> + <a href="#">French fries</a>  <b>D&amp;S:</b> Fresh fruit</p>	<p>20</p> <p><b>B:</b> Fruit smoothie* + Toast with jam  <b>L:</b> <a href="#">Fakes</a>  <b>D:</b> <a href="#">Briam</a>  <b>D&amp;S:</b> <a href="#">Vegan banana bread</a></p>	<p>21</p> <p><b>B:</b> <a href="#">Tiganites</a>  <b>L:</b> <a href="#">Briam</a>  <b>D:</b> <a href="#">Vegan stuffed eggplant</a>  <b>D&amp;S:</b> Fresh fruit  <a href="#">Apple and raspberry halva</a></p>



# MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>22 Sunday of the Holy Cross</p> <p><b>B:</b> <a href="#">Bagels with “smoked salmon”</a>  <b>L:</b> <a href="#">Fasolatha</a>  <b>D:</b> <a href="#">Calamari and rice</a>  <b>D&amp;S:</b> <a href="#">Vegan date cake</a></p>	<p>23</p> <p><b>B:</b> Oatmeal with non-dairy milk  <b>L:</b> <a href="#">Pasta with tomato sauce</a>  <b>D:</b> <a href="#">Green beans with potatoes</a>  <b>D&amp;S:</b> Rice cakes + almond butter            Fresh fruit</p>	<p>24</p> <p><b>B:</b> <a href="#">Bagels with “smoked salmon”</a>  <b>L:</b> <a href="#">Potatoes yahni</a>  <b>D:</b> <a href="#">Spanakorizo</a>  <b>D&amp;S:</b> <a href="#">Vegan date cake</a></p>	<p>25 <a href="#">Annuciation of the Theotokos</a></p> <p><b>B:</b> Toast with almond butter  <b>L:</b> <a href="#">Fava</a> + <a href="#">pita bread</a> + crudites  <b>D:</b> <a href="#">Cod and skorkalia</a>  <b>D&amp;S:</b> Fresh fruit + mixed nuts</p>	<p>26</p> <p><b>B:</b> <a href="#">Bagels with “smoked salmon”</a>  <b>L:</b> <a href="#">Tomato and mango salad</a> + <a href="#">pita bread</a> + <a href="#">fava</a>  <b>D:</b> <a href="#">Black-eyed peas and spinach</a>  <b>D&amp;S:</b> <a href="#">Halva</a></p>	<p>27</p> <p><b>B:</b> Fresh fruit, <a href="#">Vegan banana bread</a>  <b>L:</b> <a href="#">Potato salad</a>  <b>D:</b> <a href="#">Yiouvetsi with chick-peas</a>  <b>D&amp;S:</b> <a href="#">Halva</a></p>	<p>28</p> <p><b>B:</b> Oatmeal with non-dairy milk  <b>L:</b> <a href="#">Black-eyed pea salad</a>  <b>D:</b> <a href="#">Orzo with shrimp</a>  <b>D&amp;S:</b> <a href="#">Vegan banana bread</a></p>
<p>29</p> <p><b>B:</b> Cereal with non-dairy milk  <b>L:</b> <a href="#">Rice with vegetables</a>  <b>D:</b> <a href="#">Vegan pastichio</a>  <b>D&amp;S:</b> Fresh fruit + mixed nuts</p>	<p>30</p> <p><b>B:</b> <a href="#">Vegan banana bread</a>  <b>L:</b> <a href="#">Manestra</a>  <b>D:</b> <a href="#">Fried calamari</a> , <a href="#">French fries</a> + <a href="#">Broccoli</a>  <b>D&amp;S:</b> Veggies + hummus</p>	<p>31</p> <p><b>B:</b> Oatmeal with non-dairy milk  <b>L:</b> Salad with <a href="#">tahini salad dressing</a>  <b>D:</b> <a href="#">Chickpea soup</a>  <b>D&amp;S:</b> <a href="#">Dates stuffed with almond butter and coconut</a></p>				



# APRIL 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 B: Toast + peanut butter + jam L: <a href="#">Fakes</a> D: <a href="#">Eggplant stew</a> D&S: <a href="#">Chocolate and strawberry cookies</a>	2 B: Fruit smoothie* + rice cakes + tahini L: <a href="#">Chickpea soup</a> D: <a href="#">Stewed green peas</a> D&S: <a href="#">Fava</a> + veggies	3 B: Cereal with non-dairy milk L: <a href="#">Manestra</a> D: <a href="#">Black eyed pea soup with kale</a> D&S: <a href="#">Chocolate and strawberry cookies</a>	4 B: Oatmeal with non-dairy milk L: <a href="#">Pumpkin pita</a> D: <a href="#">Eggplant, zucchini and potato bake</a> D&S: Dried fruit + mixed nuts
5 B: Fruit smoothie* + Toast with almond butter L: <a href="#">Fasolatha with tomato</a> D: <a href="#">Yemista</a> D&S: <a href="#">Vegan rizogalo</a>	6 B: Rice cakes + jam, Fresh fruit L: <a href="#">Yemista</a> D: <a href="#">Roasted cauliflower</a> D&S: <a href="#">pita bread</a> + hummus	7 B: Bagels* + peanut butter L: <a href="#">Spanakorizo</a> D: <a href="#">Orzo with shrimp</a> D&S: Fresh fruit + mixed nuts	8 B: Fruit smoothie* + Bagel with jam L: <a href="#">Beans and rice</a> D: <a href="#">Eggplant stew</a> D&S: Veggies with hummus	9 B: Toast + peanut butter + jam L: <a href="#">Spanakorizo</a> D: <a href="#">Chickpea soup</a> D&S: <a href="#">Chocolate halva</a>	10 B: Cereal with dairy-free milk L: <a href="#">Fakes</a> D: <a href="#">Vegan stuffed eggplant</a> D&S: Fresh fruit + mixed nuts	11 Lazarus Saturday B: Fresh fruit, Oatmeal with non dairy milk L: <a href="#">Pasta with tomato sauce</a> D: <a href="#">Mussels with red sauce</a> D&S: <a href="#">Chocolate halva</a>
12 <b>Palm Sunday</b> B: Fruit smoothie, Toast + jam L: <a href="#">Cod with eggplant and potatoes</a> D: <a href="#">Fried calamari, Taramosalata, Marinated olives, Pita bread,</a> D&S: <a href="#">Vegan banana bread</a>	13 Holy Monday B: <a href="#">Vegan banana bread</a> L: <a href="#">Fakes</a> D: <a href="#">Briam</a> D&S: Veggies + hummus	14 Holy Tuesday B: Fresh fruit, Toast + almond butter L: <a href="#">Potatoes yahni</a> D: <a href="#">Chickpea soup</a> D&S: Fresh fruit + mixed nuts	15 Holy Wednesday B: <a href="#">Vegan banana bread</a> L: <a href="#">Fasolatha</a> D: <a href="#">Eggplant, zucchini and potato bake</a> D&S: <a href="#">Dates stuffed with almond butter and coconut</a>	16 Holy Thursday B: Toast + jam L: <a href="#">Manestra</a> D: <a href="#">Gigantes plaki</a> D&S: <a href="#">Vegan banana bread</a>	17 Holy Friday B: Toast + jam L: Olives, sliced tomatoes, cucumber, toast D: <a href="#">Fakes</a> D&S: Fruit, nuts, vegetables	18 Holy Saturday B: Oatmeal + non-dairy milk L: <a href="#">Fasolatha with tomato</a> D: <a href="#">Vegan spanakopita</a> D&S: Fruit + mixed nuts Veggies with hummus
19 <b>Great and Holy Pascha</b>	20 Renewal Monday	21	22	23	24	25



# 2020 Great Lent Meal Plan

## Helpful Hints

- Many of the recipe listed contain olive oil. In all instances, the olive oil can be replaced with vegetable oil, or another type of oil. If you are abstaining from oil completely, many of the recipes can omit the oil. For example, if you are making the Fakes and do not want to use oil, simply sauté the vegetables in a bit of water instead of oil.
- You will notice that some menu items repeat within a given week; this is because we anticipate that you will have left-overs or, if you are feeding many, that you will adjust the recipe amount to ensure you have leftovers. This makes meal prep simpler. Because of this, it is helpful to look through the recipes for the entire week, and plan accordingly.
- We have also considered that many of us work out of the house during the day and therefore, suggested lunches are items that can easily be packed up and either reheated, or served cold or at room temperature.
- If you click on the menu items which are in blue and underlined, you will be taken directly to the recipe post on our website.
- We will continue to add to our Nistisima recipes during the period of Great Lent; you can visit our website for all of our recipes: [www.miakouppa.com](http://www.miakouppa.com)

### \* Fruit smoothie:

#### Option 1:

In a blender combine 1 cup of non-dairy milk or orange juice, 1/2 cup of frozen fruit of your choice and blend well.

#### Option 2:

In a blender combine 1 cup of non-dairy milk, 1 frozen banana, 1 tablespoon almond butter, 1 pitted date and blend well.

#### Option 2:

In a blender combine 1 cup of orange juice, 1 tablespoon of maple syrup, 1/2

### \* Rice cakes with tahini, honey and pumpkin seeds

To prepare this snack or breakfast simply spread as much tahini as you would like onto your rice cakes, drizzle with honey and top with pumpkin seeds.