



2021 Great Lent Meal Plan

Helpful Hints

- We have based this Lenten meal plan on the [Greek Orthodox Archdiocese of America](#) calendar which not only indicates fast days but also daily Scriptural readings and Saints days. This is a wonderful resource that you can use all year long, and you can consult the calendar by clicking [here](#).
- The following legend is found on each of the fasting days: B = Breakfast, L = Lunch, D = Dinner, D&S = Dessert and Snack. Each day during the fast we suggest 3 meals and snack and dessert ideas. Each date is also identified using either Blue, Purple or Red numbers, and the significance of this colour coding is found on the top right hand corner of each calendar page.
- **Regarding oil:** The meal plan includes recipes which use either olive oil or vegetable oil. If you are refraining from olive oil on oil-free days (those dates identified in Red) then substitute the olive oil in the recipe for vegetable oil or another type of oil. If you are abstaining from all oils on Strict Fast days, in certain recipes you can replace the oil with water (for example, when sautéing the vegetables for fakes, do so in water instead of oil). In some recipes however this substitution does not work (example, in our halva recipes) and therefore you may need to make adjustments to the meal plan schedule.
- We have also considered that many of us work out of the house during the day and therefore we have suggested lunches 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.
- If you see a menu item with an asterix (*) next to it, this means that the recipe is included in the group of recipes found in the second downloadable document named “Additional Lenten Recipes”. In this document you will even find recipes not mentioned in the actual Great Lent Meal Plan. This is to give you even more options.
- The meal plan can be printed out for easy reference, but is ideally used on the computer where you can directly link to the recipes suggested.

For more Lenten Recipes, you can refer to our [Recipe List by clicking here](#). Scroll right to the bottom to find all of our Nistisima (Lenten) recipes.

Kali Sarakosti,
Xoxo Helen & Billie

- We will continue to add to our Nistisima recipes during the period of the Nativity Fast; you can visit our website for all of our recipes: www.miakouppa.com



March 2021

Dates in Blue: Fish, oil and wine is allowed; no meat, dairy and eggs
 Dates in Red: Strict fast; no meat, dairy, eggs, fish or wine
 Dates in Purple: Wine and oil allowed; no meat, fish, dairy or eggs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	15 Kathara Deftera <i>(first Monday of Lent)</i> B: Toast + Peanut Butter and jam L: Lagana , Taramosalata , Olives, Tomatoes D: Fava , Rapini + Lagana Fried calamari D&S: Halva Dates stuffed with almond butter	16 B: Oatmeal with non-dairy milk L: Mason jar salad with quinoa and chickpeas D: Briam D&S: Vegan rizogalo , Veggies and hummus	17 B: Fresh fruit, rice cake + almond butter L: Green salad with tahini dressing and mixed nuts D: Red lentil soup + part whole wheat bread with honey D&S: Toast with jam	18 B: Toast + jam + Fruit smoothie * L: Mason jar salad 2 * D: Potatoes yahni + pita bread D&S: Olives and pita Smoothie with orange juice and berries	19 B: Cereal with dairy-free milk L: Fakes D: Vegan wrap with sweet potato and black beans * D&S: Dates stuffed with almond butter coconut , Fresh fruit	20 B: Toast + peanut butter and jam Smoothie * L: Calamari with rice D: Yemista D&S: Vegan date cake
21 B: Vegan date cake , Fruit smoothie * L: Yemista D: Spanakoquinoa and Grilled octopus D&S: Chocolate halva	22 B: Cereal with dairy-free milk L: Fasolatha with tomato D: Pasta with vegetables D&S: Vegan date cake	23 B: Toast, Peanut Butter + jam L: Briam D: Fried calamari , French fries and Rapini D&S: Veggies + fava Chocolate halva	24 B: Cereal with dairy-free milk L: Rice with fide + Chick-pea fritters D: Spinach and potato stew D&S: Popcorn	25 Annunciation of the Theotokos B: Smoothie * + toast with peanut butter L: Black-eyed pea salad D: Cod and skorkalia D&S: Vegan banana bread	26 B: Oatmeal with dairy-free milk L: Pasta with lentil and mushroom sauce * D: Spinach and rice soup D&S: Fruit and nuts	27 B: Toast, Almond butter + jam L: Vegan spanakopita D: Mussels with red sauce D&S: Loukoumades
28 B: Fruit smoothie* + Rice cakes and almond butter L: Roasted cauliflower D: Gigantes plaki D&S: Tiganites	29 B: Cereal with dairy-free milk L: Red lentil and bulgur wraps + Cucumber salad D: Stewed green peas D&S: Vegan banana bread	30 B: Oatmeal with non-dairy milk L: Black-eyed pea salad D: Orzo with shrimp D&S: Vegan rizogalo + chocolate and strawberry cookies	31 B: Cinnamon raisin bread + smoothie L: Green salad with tahini dressing D: Fakes + Pita bread D&S: Popcorn			



April 2021

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Dates in Purple: Wine and oil allowed; no meat, fish, dairy or eggs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 B: Toast + jam + Fruit smoothie * L: Mason jar salad 2* D: Black eyed pea soup with kale D&S: Fresh fruit, olives and pita bread	2 B: Cereal with dairy-free milk L: Beans and rice D: Pasta with creamy artichoke sauce * D&S: Tiganites ; Rice cakes + tahini, honey and pumpkin seeds *	3 B: Cinnamon raisin bread + Smoothie * L: Pasta with marinara sauce D: Yemista D&S: Vegan date cake
4 B: Vegan date cake , Fruit smoothie * L: Yemista D: Vegan spanakopita + Rice with vegetables D&S: Fresh fruit + Nuts	5 B: Cereal with dairy-free milk L: Fasolatha with tomato D: Fried eggplant with tomato sauce D&S: Vegan oatmeal cups	6 B: Toast, Peanut Butter + jam L: Mung bean soup D: Chili lime shrimp lettuce wraps D&S: Veggies + fava Vegan oatmeal cups	7 B: Cereal with dairy-free milk L: Chickpea soup + kou-loures D: Potatoes yahni D&S: Vegan rizogalo	8 B: Rice cakes + tahini, honey and pumpkin seeds * + Smoothie * L: Stewed green peas D: Chickpea fritters + Rice with vegetables D&S: Fruit smoothie *	9 B: Fresh fruit, rice cake, almond butter L: Three bean salad with tahini dressing * D: Fakes D&S: Fruit smoothie * Citrus platter with pomegranate	10 B: Toast, Almond butter + jam L: Vegan spanakopita D: Vegan Stuffed eggplant D&S: Chocolate and strawberry cookies
11 B: Fruit smoothie + Rice cakes and almond butter L: Potato salad D: Gigantes plaki D&S: Loukoumades	12 B: Cereal with dairy-free milk L: Peanut butter and jelly sandwich; fresh fruit D: Vegetarian chili * D&S: Dates stuffed with almond butter and coconut	13 B: Fresh fruit, rice cake, almond butter L: Vegetarian chili * D: Mung bean soup D&S: Veggies + hummus, Mixed nuts	14 B: Toast with jam L: Pasta with lentil and mushrooms * D: Black eyed pea soup with kale (saute vegetables in water) D&S: Fruit smoothie *	15 B: Toast, Peanut Butter + jam L: Herbed orzo with chickpeas D: Fried calamari + Rapini + French fries D&S: Fresh fruit	16 B: Fruit smoothie* + Toast with jam L: Fakes D: Vegetable minestrone * D&S: Nuts, veggies Loukoumades	17 B: Tiganites L: Spinach and lentil curry * D: Vegan pastitsio D&S: Fresh fruit Apple and raspberry halva



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>18</p> <p>B: Bagels with “smoked salmon” L: Youvetsi with chickpeas D: Eggplant stew D&S: Fresh fruit + mixed nuts Vegan banana bread</p>	<p>19</p> <p>B: Oatmeal with non-dairy milk L: Mixed green salad with tahini dressing D: Spanakoquinoa D&S: Rice cakes + almond butter Fresh fruit</p>	<p>20</p> <p>B: Vegan banana bread L: Vegetable minestrone * D: Apple and almond salad D&S: Vegan oatmeal cups; Smoothie *</p>	<p>21</p> <p>B: Toast with almond butter and banana L: Fakes (veggies sautéed in vegetable oil or water) D: Salad with tahini dressing and chickpea wraps D&S: Fresh fruit + mixed nuts</p>	<p>22</p> <p>B: Smoothie * + toast with peanut butter L: Chickpea wraps + broccoli D: Green beans with potatoes D&S: Vegan oatmeal cups</p>	<p>23</p> <p>B: Oatmeal with non-dairy milk L: Roasted cauliflower D: Vegan wrap with sweet potato and black beans * D&S: Dates stuffed with almond butter and coconut</p>	<p>24</p> <p>B: Oatmeal + fruit L: Red lentil soup D: Fried eggplant with tomato sauce + easy greek olive and oregano bread D&S:</p>
<p>25 Palm Sunday</p> <p>B: Tiganites L: Spanakorizo D: Cod with eggplant and potato D&S: Fresh fruit + mixed nuts Halva with apple and raspberry</p>	<p>26</p> <p>B: Fresh fruit, rice cake + almond butter L: Three bean salad with tahini dressing * D: Fakes D&S: Toast with jam Mixed nuts</p>	<p>27</p> <p>B: Oatmeal with dairy-free milk L: Peanut butter and jelly sandwich; veggies D: Vegetable minestrone * D&S: Fruit and nuts</p>	<p>28</p> <p>B: Cereal with non-dairy milk L: Mung bean soup D: Vegan wrap with sweet potato and black beans * D&S: Dates stuffed with almond butter + coconut</p>	<p>29</p> <p>B: Cereal with dairy-free milk L: Peanut butter and jelly sandwich; fresh fruit D: Vegetarian chili * D&S: Dates stuffed with almond butter and coconut</p>	<p>30</p> <p>B: Smoothie * + toast with peanut butter L: Vegetarian chili * D: Split pea soup with rice D&S: Dates stuffed with almond butter and coconut</p>	<p>1st of MAY Holy Saturday</p>