



2021 Nativity Fast 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 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 at least one snack and/or dessert idea. Each date is also identified in either Blue, Purple (and underlined) or Red (and underlined) numbers and the significance of each of these colours is found on the calendar page.
- 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 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 document *Nativity Fast Recipes*.

A note about oil: You will notice that some recipes contain olive oil, and yet they are included on the meal plan, even on days which are Oil-free. For these recipes you can either replaced the olive oil with vegetable oil, or omit it altogether. In instances where you are to sauté with olive oi (the onions in making fakes for example), sauté in water instead. Consult the document *Staples and Substitutions* for more tips on how to adjust recipes to make them perfect for lent.

- 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.
- 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



November 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
	<p>15</p> <p>B: Vegan banana bread L: Manestra D: Fried calamari , French fries + Broccoli D&S: Veggies + hummus Chocolate and orange cake</p>	<p>16</p> <p>B: Vegan banana bread L: Chickpea wraps D: Green beans and potatoes D&S: Vegan rizogalo, Veggies and hummus</p>	<p>17</p> <p>B: Fresh fruit, rice cake + almond butter L: Green salad with tahini dressing and mixed nuts D: Fakes (veggies sautéed in water instead of oil) D&S: Toast with jam Chocolate & orange cake</p>	<p>18</p> <p>B: Toast + jam + Fruit smoothie * L: Easy pumpkin soup D: Cod with eggplant and potato D&S: Semolina halva with petimezi</p>	<p>19</p> <p>B: Cereal with dairy-free milk L: Spinach and rice soup D: Vegan wrap with sweet potato and black beans * D&S: Dates stuffed with almond butter coconut, Fresh fruit</p>	<p>20</p> <p>B: Toast + peanut butter and jam Smoothie with orange juice and berries L: Potato salad with smoked herring D: Vegan moussaka D&S: Vegan date cake</p>
<p>21</p> <p>B: Vegan date cake, Fruit smoothie * L: Yemista D: Steamed vegetables + Cedar planked salmon D&S: Semolina halva with petimezi</p>	<p>22</p> <p>B: Cinnamon raisin bread Fruit smoothie * L: Vegan moussaka (leftovers) D: Pasta with vegetables D&S: Vegan date cake</p>	<p>23</p> <p>B: Toast, Peanut Butter + jam Fruit smoothie * L: Yemista (leftovers) D: Calamari and rice D&S: Veggies + fava Chocolate halva</p>	<p>24</p> <p>B: Cereal with dairy-free milk L: Kale, quinoa and apple salad D: Eggplant tomato sauce with pasta D&S: Popcorn + Cinna-</p>	<p>25</p> <p>B: Rice cakes + tahini, honey and pumpkin seeds * L: Stewed green peas D: Maniatiki salad + Vegan spanakopita D&S: Fruit smoothie *</p>	<p>26</p> <p>B: Oatmeal with dairy-free milk L: Vegetable stir-fry with brown rice * D: Pasta with marinara sauce D&S: Fruit and nuts</p>	<p>27</p> <p>B: Toast, Almond butter + jam L: Horta and Chickpea fritters D: Mussels with red sauce D&S: Loukoumades</p>
<p>28</p> <p>B: Fruit smoothie* + Rice cakes and almond butter L: Dandelion greens on grilled bread D: Fish soup D&S: Tiganites</p>	<p>29</p> <p>B: Cereal with dairy-free milk L: Pasta with tomato and red pepper sauce D: Cod with skordalia D&S: Vegan banana bread</p>	<p>30</p> <p>B: Cereal with dairy-free milk L: Red lentil and bulgur wraps D: Potato salad with smoked herring D&S: Vegan banana bread</p>				



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p><u>1</u></p> <p>B: Fresh fruit, toast + almond butter L: Split pea soup with rice D: Vegetable minestrone D&S: Fresh fruit + Chocolate and orange cake</p>	<p><u>2</u></p> <p>B: Toast + jam + Fruit smoothie * L: Spanakoquinoa D: Black eyed pea soup with kale D&S: Fresh fruit, olives and pita bread</p>	<p><u>3</u></p> <p>B: Cereal with dairy-free milk L: Beans and rice D: Pasta with creamy artichoke sauce * D&S: Chocolate and orange cake</p>	<p><u>4</u></p> <p>B: Toast + peanut butter and jam L: Pasta with marinara sauce D: Yemista D&S: Vegan date cake</p>
<p><u>5</u></p> <p>B: Vegan date cake, Fruit smoothie * L: Yemista + Roasted cauliflower D: Briam D&S: Fresh fruit</p>	<p><u>6</u></p> <p>B: Cereal with dairy-free milk L: Fasolatha with tomato D: Fried eggplant with tomato sauce D&S: Vegan oatmeal cups</p>	<p><u>7</u></p> <p>B: Toast, Peanut Butter + jam L: Briam D: Octopus with pasta D&S: Veggies + fava Vegan oatmeal cups</p>	<p><u>8</u></p> <p>B: Cereal with dairy-free milk L: Fasolatha with tomato D: Potatoes yahni D&S: Vegan rizogalo</p>	<p><u>9</u></p> <p>B: Rice cakes + tahini, honey and pumpkin seeds * L: Stewed green peas D: Chickpea fritters + Rice with vegetables D&S: Fruit smoothie *</p>	<p><u>10</u></p> <p>B: Fresh fruit, rice cake, almond butter L: Peanut butter and jelly sandwich D: Fakes (veggies sautéed in water instead of oil) D&S: Fruit smoothie *</p>	<p><u>11</u></p> <p>B: Toast, Almond butter + jam L: Vegan spanakopita D: Vegan Stuffed eggplant D&S: Chocolate and strawberry cookies</p>
<p><u>12</u></p> <p>B: Fruit smoothie + Rice cakes and almond butter L: Potato salad D: Spinach and rice soup D&S: Tiganites</p>	<p><u>13</u></p> <p>B: Toast & fruit L: Peanut butter and jelly sandwich; fresh fruit D: Eggplant tomato sauce with pasta D&S: Dates stuffed with almond butter and coconut</p>	<p><u>14</u></p> <p>B: Fresh fruit, rice cake, almond butter L: Vegetarian chili * D: Mung bean soup D&S: Veggies + hummus, Mixed nuts</p>	<p><u>15</u></p> <p>B: Toast with jam L: Spinach and potato stew D: Black eyed pea soup with kale D&S: Fruit smoothie * Mixed nuts</p>	<p><u>16</u></p> <p>B: Toast, Peanut Butter + jam L: Herbed orzo with chickpeas D: Fried calamari + Rapini + Rice with fide D&S: Fresh fruit</p>	<p><u>17</u></p> <p>B: Fruit smoothie* + Toast with jam L: Fakes (veg saute in water) D: Vegetable minestrone D&S: Nuts, veggies</p>	<p><u>18</u></p> <p>B: Tiganites L: Briam D: Vegan pastitsio D&S: Fresh fruit Apple and raspberry halva</p>



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><u>19</u></p> <p>B: Bagels with “smoked salmon” L: Youvetsi with chickpeas D: Briam D&S: Fresh fruit + mixed nuts Tiganites</p>	<p><u>20</u></p> <p>B: Oatmeal with non-dairy milk L: Mixed green salad with tahini dressing D: Easy pumpkin soup D&S: Cinnamon raisin bread Fresh fruit</p>	<p><u>21</u></p> <p>B: Toast with peanut butter and jelly L: Split pea soup with rice D: Pasta with tomato and red pepper sauce D&S: Vegan oatmeal cups</p>	<p><u>22</u></p> <p>B: Vegan oatmeal cups Fruit smoothie * 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><u>23</u></p> <p>B: Oatmeal with non-dairy milk L: Peanut butter and jelly sandwich D: Chickpea wraps D&S: Dates stuffed with almond butter and coconut</p>	<p><u>24</u></p> <p>B: Toast with peanut butter and jam L: Mixed green salad with tahini dressing D: Vegetarian chili * D&S: Vegetables + mixed nuts</p>	<p>25</p> <p><i>Merry Christmas</i></p>