



2022 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](#).
- Each day is identified in Blue, Purple or Red 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. Also, new this year, if you click on the special religious days listed, you will be taken to page where you can learn more about the particular holiday.
- 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 Great Lent. You can visit our website for all of our recipes: www.miakouppa.com and be sure to [follow us on Instagram](#) and our hashtag [#greeklentenrecipes](#)



Great Lent Meal Plan 2022

Week 1: March 7 - March 13

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

Monday March 7	Tuesday March 8	Wednesday March 9	Thursday March 10	Friday March 11	Saturday March 12	Sunday March 13
Kathara Deftera Clean Monday					<u>Commemoration of the miracle of Kollyva</u>	<u>Sunday of Orthodoxy</u>
Breakfast: Toast + jam Fresh fruit Lunch: <u>Spanakorizo</u> Veggies & hummus Dinner: <u>Lagana</u> <u>Taramosalata</u> Assorted olives <u>Fried calamari</u> <u>Fava</u> Dessert / Snacks: Mixed nuts <u>Chocolate and strawberry cookies</u>	Breakfast: Oatmeal and non- dairy milk + raisins <u>Fruit smoothie</u> Lunch: <u>Maroulosalata</u> <u>Fava + pita bread</u> Dinner: <u>Fakes</u> Assorted olives <u>Bread</u> Dessert / Snacks: <u>Taramosalata</u> <u>Pita bread</u> <u>Chocolate and strawberry cookies</u>	Breakfast: Avocado toast * Fresh fruit Lunch: <u>Black-eyed pea salad</u> Fruit Dinner: <u>Roasted lemon</u> <u>Potatoes</u> <u>Chickpea fritters</u> <u>Broccoli with olive oil and lemon</u> Dessert / Snacks: <u>Koulourakia with orange</u> Veggies & hummus	Breakfast: Toast + jam + peanut butter <u>Fruit smoothie</u> Lunch: <u>Red lentil and bulgur wraps with tahini slaw</u> Dinner: <u>Baked orzo</u> <u>(yiouvetsi) with chickpeas</u> Dessert / Snacks: <u>Vegan rice pudding</u> Mixed nuts <u>Koulourakia with orange</u>	Breakfast: Banana and peanut butter wrap * Lunch: <u>Apple and almond salad</u> <u>Dates stuffed with almond butter & coconut</u> Dinner: <u>Minestrone soup</u> <u>Kouloures</u> Dessert / Snacks: Mixed nuts <u>Chocolate halva</u>	Breakfast: Oatmeal and dairy free milk + raisins Fresh fruit Lunch: <u>Pasta with tomato sauce</u> <u>Pita bread</u> Dinner: <u>Fried calamari</u> <u>French fries</u> <u>Maroulosalata</u> Dessert / Snacks: <u>Chocolate halva</u> <u>Koulourakia with orange</u>	Breakfast: <u>Tiganites</u> <u>Fruit salad</u> Smoothie * Lunch: <u>Chickpea soup</u> <u>Cucumber salad</u> Dinner: <u>Yemista (stuffed vegetables)</u> Dessert / Snacks: Fresh fruit <u>Popcorn</u>



Great Lent Meal Plan 2022

Week 2: March 14 - March 20

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

Monday March 14	Tuesday March 15	Wednesday March 16	Thursday March 17	Friday March 18	Saturday March 19	Sunday March 20 <u>Sunday of St. Gregory Palamas</u>
<p>Breakfast:</p> <p><u>Cinnamon raisin bread</u> Fresh fruit</p> <p>Lunch:</p> <p><u>Fide soup</u> Veggies & hummus</p> <p>Dinner:</p> <p><u>Chickpea wraps</u> <u>Grated carrot salad</u></p> <p>Dessert / Snacks:</p> <p><u>Citrus platter with pomegranate</u> Mixed nuts</p>	<p>Breakfast:</p> <p><u>Vegan oatmeal cups</u> <u>Fruit smoothie</u></p> <p>Lunch:</p> <p><u>Spinach salad with peaches and dates</u></p> <p>Dinner:</p> <p><u>Eggplant tomato sauce with pasta</u></p> <p>Dessert / Snacks:</p> <p>Rice cakes & tahini & pumpkin seeds* <u>Cinnamon raisin bread</u></p>	<p>Breakfast:</p> <p>Avocado toast * Fresh fruit</p> <p>Lunch:</p> <p><u>Red cabbage salad with apple</u> Peanut butter & crackers</p> <p>Dinner:</p> <p><u>Orzo with shrimp Broccoli</u></p> <p>Dessert / Snacks:</p> <p>Veggies & hummus <u>Vegan oatmeal cups</u></p>	<p>Breakfast:</p> <p>Cold cereal + non-dairy milk Fresh fruit</p> <p>Lunch:</p> <p><u>Mung bean soup</u> Crackers</p> <p>Dinner:</p> <p><u>Spinach and potato stew</u></p> <p>Dessert / Snacks:</p> <p>Veggies & hummus <u>Popcorn</u></p>	<p>Breakfast:</p> <p>Oatmeal + non-dairy milk</p> <p>Lunch:</p> <p><u>Kale, quinoa and apple salad</u></p> <p>Dinner:</p> <p><u>Calamari and rice</u></p> <p>Dessert / Snacks:</p> <p><u>Healthy banana bread with dates</u> Fresh fruit</p>	<p>Breakfast:</p> <p><u>Healthy banana bread with dates</u></p> <p>Lunch:</p> <p><u>Dandelion greens and grilled bread</u></p> <p>Dinner:</p> <p><u>Octopus and pasta</u></p> <p>Dessert / Snacks:</p> <p><u>Dates & almond butter</u> <u>Loukoumades</u></p>	<p>Breakfast:</p> <p><u>Fruit smoothie</u> Toast with olive oil & tomato*</p> <p>Lunch:</p> <p><u>Prasorizo (Greek leeks & rice)</u></p> <p>Dinner:</p> <p><u>Briam</u> <u>Horta (dandelion greens)</u></p> <p>Dessert / Snacks:</p> <p><u>Kalamata olive tapenade with Pita bread</u> Fresh fruit</p>



Great Lent Meal Plan 2022

Week 3: March 21 - March 27

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

Monday March 21	Tuesday March 22	Wednesday March 23	Thursday March 24	Friday March 25 <u>Annunciation of the Theotokos</u>	Saturday March 26 <u>Synaxis in honour of Arch- angel Gabriel</u>	Sunday March 27 <u>Sunday of the Holy Cross</u>
Breakfast: Overnight oats * Lunch: <u>Fasolatha</u> Dinner: <u>Pasta with tomato and red pepper sauce</u> Dessert / Snacks: <u>Marinated olives</u> <u>Pita bread</u>	Breakfast: <u>Fruit smoothie</u> Toast with jam and peanut butter Lunch: <u>Mason jar salad with quinoa and chickpeas</u> Dinner: <u>Fakes (Lentil soup)</u> <u>Pita bread</u> Dessert / Snacks: <u>Bruschetta</u> Fresh fruit	Breakfast: Fresh fruit Cold cereal & non- dairy milk Lunch: Mixed green salad with <u>tahini salad dressing</u> Dinner: <u>Beans and rice</u> Dessert / Snacks: Veggies & hummus <u>Popcorn</u>	Breakfast: Overnight oats * Lunch: <u>Chickpea wraps</u> Fresh fruit Dinner: <u>Spinach and rice soup</u> Dessert / Snacks: Veggies & hummus Nachos with salsa	Breakfast: Toast with almond butter and jam Smoothie * Lunch: <u>Potato salad with smoked herring</u> Fresh fruit Dinner: <u>Cod and skordalia</u> Dessert / Snacks: <u>Vegan date cake</u> Mixed nuts	Breakfast: <u>Bagel with "smoked salmon"</u> Lunch: <u>Stewed green peas</u> <u>Pita bread</u> Dinner: <u>Vegan pastitsio</u> <u>Maroulosalata</u> Dessert / Snacks: Fresh fruit <u>Vegan date cake</u>	Breakfast: Oatmeal with raisins Lunch: <u>Fried zucchini chips</u> <u>Fried eggplant with tomato sauce</u> <u>Pita bread</u> Dinner: <u>Gigantes plaki</u> <u>Cucumber salad</u> Dessert / Snacks: Fresh fruit <u>Popcorn</u>



Great Lent Meal Plan 2022

Week 4: March 28 - April 3

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

Monday March 28	Tuesday March 29	Wednesday March 30	Thursday March 31	Friday April 1	Saturday April 2	Sunday April 3
<p>Breakfast:</p> <p>Toast + jam Fresh fruit</p> <p>Lunch:</p> <p><u>Minestrone soup</u> Veggies & hummus</p> <p>Dinner:</p> <p><u>Chickpea fritters with tahini sauce</u> <u>Grated carrot salad</u></p> <p>Dessert / Snacks:</p> <p>Mixed nuts <u>Taramosalata</u> & <u>pita bread</u></p>	<p>Breakfast:</p> <p><u>Taramosalata</u> & <u>pita bread</u> Fresh fruit</p> <p>Lunch:</p> <p><u>Chili lime shrimp lettuce wraps</u></p> <p>Dinner:</p> <p><u>Spanakoquinoa</u> <u>Cucumber salad</u></p> <p>Dessert / Snacks:</p> <p><u>Dates & almond butter</u> <u>Chocolate and blueberry cake</u></p>	<p>Breakfast:</p> <p><u>Vegan oatmeal cups</u></p> <p>Lunch:</p> <p><u>Manestra</u></p> <p>Dinner:</p> <p><u>Fakes</u> <u>Broccoli</u></p> <p>Dessert / Snacks:</p> <p><u>Chocolate and blueberry cake</u></p>	<p>Breakfast:</p> <p><u>Vegan oatmeal cups</u></p> <p>Lunch:</p> <p><u>Spinach salad with peaches and dates</u></p> <p>Dinner:</p> <p>Pasta with <u>marinara sauce</u></p> <p>Dessert / Snacks:</p> <p><u>Vegan apple cake</u></p>	<p>Breakfast:</p> <p><u>Vegan apple cake</u></p> <p>Lunch:</p> <p><u>Herbed orzo with chickpeas</u> Fresh fruit</p> <p>Dinner:</p> <p><u>Black-eyed pea soup with kale</u></p> <p>Dessert / Snacks:</p> <p><u>Vegan oatmeal cups</u> Mixed nuts</p>	<p>Breakfast:</p> <p><u>Taramosalata</u> & <u>pita bread</u> Fresh fruit</p> <p>Lunch:</p> <p><u>Roasted cauliflower</u></p> <p>Dinner:</p> <p><u>Vegan moussaka</u></p> <p>Dessert / Snacks:</p> <p><u>Dates & almond butter</u> <u>Vegan apple cake</u></p>	<p>Breakfast:</p> <p><u>Tiganites</u></p> <p>Lunch:</p> <p><u>Potatoes yahni</u></p> <p>Dinner:</p> <p><u>Fried eggplant chips</u> <u>Stuffed calamari</u></p> <p>Dessert / Snacks:</p> <p>Veggies and <u>fava</u> Fresh fruit</p>



Great Lent Meal Plan 2022

Week 5: April 4 - April 10

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

Monday April 4	Tuesday April 5	Wednesday April 6	Thursday April 7	Friday April 8	Saturday April 9	Sunday April 10
					<u>The Akathist Hymn</u>	
Breakfast: Toast + jam Fresh fruit Lunch: Three bean salad & tahini dressing * Dinner: <u>Okra with cauliflower</u> Dessert / Snacks: <u>Koulourakia with orange</u> Mixed nuts	Breakfast: Overnight oats * <u>Fruit smoothie</u> Lunch: <u>Spinach salad with peaches and dates</u> Dinner: Vegetable stir-fry with brown rice * Dessert / Snacks: <u>Dates with almond butter</u> <u>Koulourakia with orange</u>	Breakfast: Banana and peanut butter roll-up * Lunch: <u>Melitzanosalata (eggplant dip)</u> <u>Pita bread</u> Dinner: <u>Orzo with shrimp</u> Dessert / Snacks: <u>Koulourakia with orange</u> Fresh fruit	Breakfast: Cold cereal + milk Fresh fruit Lunch: Mason jar salad with brown rice and black beans * Dinner: <u>Briam Bread with olives and oregano</u> Dessert / Snacks: <u>Chocolate orange cake</u>	Breakfast: Overnight oats * Lunch: <u>Pasta with vegetables</u> Fresh fruit Dinner: <u>Split pea soup with rice</u> <u>Grated carrot salad</u> Dessert / Snacks: <u>Chocolate orange cake</u>	Breakfast: <u>Grilled bread with olive oil & oregano</u> Tomato Olives Lunch: <u>Black-eyed peas and spinach</u> Fresh fruit Dinner: <u>Yemista Pita bread</u> Dessert / Snacks: <u>Loukoumades</u>	Breakfast: <u>Tiganites</u> Lunch: <u>Pumpkin / winter squash pita Rapini</u> Dinner: <u>Octopus and pasta</u> Dessert / Snacks: <u>Dandelion greens and grilled bread</u> <u>Popcorn</u>



Great Lent Meal Plan 2022

Week 6: April 11 - April 17

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

Monday April 11	Tuesday April 12	Wednesday April 13	Thursday April 14	Friday April 15	Saturday April 16 <u>Lazarus Saturday</u>	Sunday April 17 <u>Palm Sunday</u>
Breakfast: <u>Vegan banana bread</u> Fresh fruit Lunch: <u>Potato salad</u> Veggies & hummus Dinner: <u>Red lentil soup</u> <u>Part whole wheat bread with honey</u> Dessert / Snacks: <u>Popcorn</u> Mixed nuts	Breakfast: <u>Vegan banana bread</u> <u>Fruit smoothie</u> Lunch: <u>Maniatiki salad</u> Dinner: <u>Mussels with red sauce</u> <u>Pita bread</u> Dessert / Snacks: <u>Chocolate and blueberry cake</u> Fresh fruit	Breakfast: Overnight oats * Fresh fruit Lunch: <u>Prasorizo (Leeks with rice)</u> Dinner: Vegetarian chili * <u>Spinach, arugula and strawberry salad</u> Dessert / Snacks: <u>Bruschetta</u> <u>Chocolate and blueberry cake</u>	Breakfast: Cold cereal + non-dairy milk Fresh fruit Lunch: <u>Apple and almond salad</u> Dinner: <u>Eggplant, zucchini and potato bake</u> Dessert / Snacks: Veggies & hummus <u>Olive tapenade & crackers</u>	Breakfast: Banana & peanut butter roll-up Lunch: <u>Spaghetti squash and roasted vegetables</u> Fresh fruit Dinner: <u>Vegan stuffed eggplant</u> Dessert / Snacks: Mixed nuts <u>Popcorn</u>	Breakfast: <u>Tiganites</u> Lunch: <u>Tomato fritters</u> <u>Sauteed green peppers</u> <u>Fava</u> <u>Lagana</u> Dinner: <u>Green beans with potatoes</u> <u>Zucchini salad</u> <u>Olive and oregano bread</u> Dessert / Snacks: <u>Halva</u>	Breakfast: <u>Grilled bread with olive oil & oregano</u> Tomato Olives Lunch: <u>Fish soup (psarosoupa)</u> <u>Pita bread</u> Dinner: <u>Cod with eggplant and potatoes</u> Dessert / Snacks: Fresh fruit <u>Loukoumades</u>



Great Lent Meal Plan 2022

Week 7: April 18 - April 24

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

Monday April 18	Tuesday April 19	Wednesday April 20	Thursday April 21	Friday April 22	Saturday April 23	Sunday April 24
<u>Holy Monday</u>	<u>Holy Tuesday</u>	<u>Holy Wednesday</u>	<u>Holy Thursday</u>	<u>Good Friday</u>	<u>Holy Saturday</u>	<u>Pascha / Easter Sunday</u>
Breakfast: Toast + jam Fresh fruit Lunch: <u>Fakes</u> <u>Olive and oregano bread</u> <u>Olives</u> Dinner: <u>Spaghetti squash and roasted vegetables</u> Dessert / Snacks: <u>Chocolate and strawberry cookies</u> Mixed nuts	Breakfast: Banana and peanut butter roll-up * <u>Fruit smoothie</u> Lunch: <u>Chickpea salad</u> Dinner: <u>Mung bean soup</u> <u>Pita bread</u> Dessert / Snacks: <u>Vegan rice pudding / rizogalo</u> Fresh fruit	Breakfast: Overnight oats * Fresh fruit Lunch: <u>Tomato and mango salad</u> Dinner: Pasta with artichoke & spinach sauce * Dessert / Snacks: <u>Popcorn</u> Veggies & hummus	Breakfast: Cold cereal + milk Fresh fruit Lunch: <u>Roasted cauliflower and kale salad</u> Dinner: <u>Roasted lemon potatoes</u> <u>Rapini</u> <u>Fried calamari</u> Dessert / Snacks: <u>Loukoumades</u>	Breakfast: Oatmeal + milk Lunch: Mixed greens salad with <u>tahini dressing</u> Fresh fruit Dinner: <u>Vegan spanakopita</u> <u>Rice with fide</u> Dessert / Snacks: <u>Citrus platter with pomegranate</u> Mixed nuts	Breakfast: Overnight oats * Lunch: <u>Pasta with tomato and red pepper sauce</u> Dinner: Vegetarian chili * Dessert / Snacks: <u>Dates & almond butter</u> <u>Popcorn</u>	Xristos Anesti! Christ is Risen! Kalo Pascha! Happy Easter! <u>Read all about how our family hosts Easter Sunday and how we dye our Easter eggs!</u> Menu ideas: <u>Loukaniko with kefalotyri</u> <u>Roast lamb with potatoes</u> <u>Galaktoboureko</u> <u>Tsoureki</u> <u>Koulourakia</u>