



2024 Nativity Fast Meal Plan

November 15 - December 24



NATIVITY FAST MEAL PLAN 2024

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.



NATIVITY FAST MEAL PLAN 2024

MORE HELPFUL HINTS

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.

You will see that a few recipes contain cheese. In these cases simply omit the cheese - the recipe will still be great.

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 website](#) and to our downloadable e-book available on our website.

Keep in mind that we will be adding more Lenten recipes in the coming weeks, so be sure to check back often!

Finally, if you follow us on [Instagram](#), be sure to also follow our Hashtag #Greeklentenrecipes where we, and others, share delicious nistisima foods.

Xoxo Helen & Billie



NATIVITY FAST MEAL PLAN

November 15 - November 17, 2024

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

				FRIDAY NOVEMBER 15	SATURDAY NOVEMBER 16	SUNDAY NOVEMBER 17
				BREAKFAST - Oatmeal with non-dairy milk - Fresh fruit LUNCH <u>Briam</u> <u>Whole wheat bread with honey</u> DINNER <u>Easy vegan chili</u> DESSERT/SNACKS <u>Koulourakia with orange</u>	BREAKFAST <u>Tiganites</u> LUNCH <u>Squash & pearl couscous salad</u> DINNER <u>Octopus & pasta</u> DESSERT/SNACKS <u>Halva</u>	BREAKFAST <u>Brownie baked oatmeal</u> LUNCH <u>Calamari & rice</u> DINNER <u>Yemista (stuffed vegetables)</u> DESSERT/SNACKS <u>Chocolate and blueberry cake</u>



NATIVITY FAST MEAL PLAN

November 18-November 24, 2024

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

MONDAY, NOVEMBER 18	TUESDAY NOVEMBER 19	WEDNESDAY NOVEMBER 20	THURSDAY NOVEMBER 21	FRIDAY NOVEMBER 22	SATURDAY NOVEMBER 23	SUNDAY NOVEMBER 24
BREAKFAST • Cold cereal & non-dairy milk • Fresh fruit LUNCH • <u>Psarosoupa (fish soup)</u> DINNER • <u>Bakaliaros (Cod) & Skordalia</u> • <u>Beet salad</u> DESSERT/SNACKS • <u>Chocolate and blueberry cake</u>	BREAKFAST • <u>Apple oatmeal muffins</u> LUNCH • <u>Red beans & rice</u> DINNER • <u>Fasolakia (Green beans) with potatoes</u> • <u>Olive & oregano bread</u> DESSERT/SNACKS • <u>Chocolate halva</u>	BREAKFAST • Toast & jam • Banana LUNCH • <u>Chickpea wraps</u> • Carrot sticks & hummus DINNER • <u>Pasta & eggplant tomato sauce</u> DESSERT/SNACKS • Mixed nuts • Fresh fruit	BREAKFAST • Oatmeal & non-dairy milk • Nuts & raisins LUNCH • <u>Minestrone soup</u> DINNER • <u>Orzo with shrimp</u> DESSERT/SNACKS • Rice cakes with tahini & honey	BREAKFAST • <u>Orange berry smoothie</u> • Toast & almond butter LUNCH • <u>Red cabbage salad with apple</u> DINNER • <u>Roasted cauliflower & potatoes</u> DESSERT/SNACKS • Fresh fruit	BREAKFAST • <u>Bagels with faux smoked salmon</u> LUNCH • <u>Black eyed peas with spinach</u> DINNER • <u>Pasta with vegetables</u> DESSERT/SNACKS • <u>Chocolate halva</u>	BREAKFAST • <u>Vegan banana bread</u> • Fresh fruit LUNCH • <u>Greek potato salad with herbs</u> DINNER • <u>Gigantes plaki</u> DESSERT/SNACKS • <u>Chocolate halva</u> • <u>Dates with almond butter</u>



NATIVITY FAST MEAL PLAN

November 25 - December 1, 2024

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY
RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE
PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

MONDAY, NOVEMBER 25	TUESDAY NOVEMBER 26	WEDNESDAY NOVEMBER 27	THURSDAY NOVEMBER 28	FRIDAY NOVEMBER 29	SATURDAY NOVEMBER 30	SUNDAY DECEMBER 1
BREAKFAST • Toast & peanut butter • Banana LUNCH • <u>Fasolatha (Greek bean soup)</u> DINNER • <u>Prasorizo (Leeks & rice)</u> DESSERT/SNACKS • <u>Vegan apple cake</u>	BREAKFAST • <u>Brownie baked oatmeal</u> LUNCH • <u>Hortosoupa (Greek vegetable soup)</u> DINNER • <u>Spanakoquinoa (Spinach & quinoa)</u> DESSERT/SNACKS • <u>Tahini honey cookies</u>	BREAKFAST • <u>Vegan oatmeal cups</u> • Fresh fruit LUNCH • <u>Easy pumpkin soup</u> DINNER • <u>Aginares a la polita (Greek artichoke stew)</u> DESSERT/SNACKS • <u>Tahini honey cookies</u>	BREAKFAST • Toast with peanut butter & jam LUNCH • Crackers & <u>melitzanosalata (eggplant dip)</u> • <u>Grated carrot salad</u> DINNER • <u>Red lentil soup</u> DESSERT/SNACKS • Dried fruit	BREAKFAST • Toast with peanut butter & banana LUNCH • <u>Greek pasta salad</u> DINNER • <u>Split pea soup with rice</u> DESSERT/SNACKS • <u>Quince spoon sweet</u>	BREAKFAST • <u>Banana date bread</u> LUNCH • <u>Okra stewed in tomato sauce</u> • <u>Pita bread</u> DINNER • <u>Mussels with red sauce</u> • <u>French fries</u> DESSERT/SNACKS • <u>Chocolate orange cake</u>	BREAKFAST • <u>Tiganites</u> LUNCH • <u>Fried zucchini chips</u> • <u>Fava</u> • <u>Grilled bread</u> DINNER • <u>Stewed green peas</u> DESSERT/SNACKS • <u>Chocolate orange cake</u>



NATIVITY FAST MEAL PLAN

December 2 - December 8, 2024

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

MONDAY, DECEMBER 2	TUESDAY DECEMBER 3	WEDNESDAY DECEMBER 4	THURSDAY DECEMBER 5	FRIDAY DECEMBER 6	SATURDAY DECEMBER 7	SUNDAY DECEMBER 8
BREAKFAST • <u>Apple oatmeal muffins</u> LUNCH • <u>Taramosalata</u> • Vegan Crackers • Fresh fruit DINNER • <u>Shrimp lettuce wraps</u> • <u>Rice with vegetables</u> DESSERT/SNACKS • <u>Candied oranges</u>	BREAKFAST • <u>Cinnamon raisin bread</u> • Fruit LUNCH • <u>Fide soup</u> • Veggies & <u>fava</u> DINNER • <u>Psarosoupa</u> (Fish soup) DESSERT/SNACKS • <u>Pear spoon sweet</u>	BREAKFAST • <u>Cinnamon raisin bread</u> • Orange juice LUNCH • Peanut butter & jelly sandwich DINNER • <u>Chickpea fritters with lemon tahini sauce</u> • <u>Rapini</u> DESSERT/SNACKS • <u>Candied oranges</u>	BREAKFAST • Oatmeal & banana with non-dairy milk LUNCH • Tuna fish sandwich (with vegan mayonnaise) DINNER • <u>Red lentil & bulgur wraps</u> DESSERT/SNACKS • <u>Pear spoon sweet</u>	BREAKFAST • Toast with peanut butter & banana LUNCH • <u>Spanakorizo</u> DINNER • <u>Spaghetti squash & roasted vegetables</u> DESSERT/SNACKS • <u>Vegan shortbread cookies</u>	BREAKFAST • <u>Tiganites</u> LUNCH • <u>Potatoes yahni</u> • <u>Pita bread</u> DINNER • <u>Bakaliaros me skordalia</u> (Salted cod with garlic potato mash) DESSERT/SNACKS • <u>Halva</u>	BREAKFAST • Cold cereal with non-dairy milk • Fresh fruit LUNCH • <u>Eggplant stew</u> DINNER • <u>Fried calamari</u> • <u>Skordalia</u> • <u>Pita bread</u> DESSERT/SNACKS • <u>Halva</u>



NATIVITY FAST MEAL PLAN

December 9 - December 15, 2024

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY
RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE
PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

MONDAY, DECEMBER 9	TUESDAY DECEMBER 10	WEDNESDAY DECEMBER 11	THURSDAY DECEMBER 12	FRIDAY DECEMBER 13	SATURDAY DECEMBER 14	SUNDAY DECEMBER 15
<u>BREAKFAST</u> • <u>Fresh fruit</u> • <u>Toast & peanut butter</u> <u>LUNCH</u> • <u>Palikaria</u> <u>DINNER</u> • <u>Cedar planked salmon</u> • <u>Vegetable Rice</u> <u>DESSERT/SNACKS</u> • <u>Peanut butter date bars</u>	<u>BREAKFAST</u> • <u>Toast with peanut butter & banana</u> <u>LUNCH</u> • <u>Spinach & rice soup</u> <u>DINNER</u> • <u>Fried fish</u> • <u>Rapini</u> <u>DESSERT/SNACKS</u> • <u>Peanut butter date bars</u>	<u>BREAKFAST</u> • <u>Brownie baked oatmeal</u> <u>LUNCH</u> • <u>Pasta with marinara sauce</u> <u>DINNER</u> • <u>Youvetsi with chickpeas</u> <u>DESSERT/SNACKS</u> • <u>Mixed nuts</u> • <u>Fresh fruit</u>	<u>BREAKFAST</u> • <u>Toast with peanut butter & banana</u> <u>LUNCH</u> • <u>Easy vegan chili</u> <u>DINNER</u> • <u>Tomato fritters</u> • <u>Grilled zucchini & bell pepper salad</u> <u>DESSERT/SNACKS</u> • <u>Halva</u>	<u>BREAKFAST</u> • <u>Toast with peanut butter & banana</u> <u>LUNCH</u> • <u>Manestra</u> <u>DINNER</u> • <u>Fasolatha with tomato</u> <u>DESSERT/SNACKS</u> • <u>Vegan oatmeal cups</u>	<u>BREAKFAST</u> • <u>Tiganites</u> <u>LUNCH</u> • <u>Fried eggplant with tomato sauce</u> • <u>Whole wheat bread with honey</u> <u>DINNER</u> • <u>Stuffed calamari</u> <u>DESSERT/SNACKS</u> • <u>Kouloures</u>	<u>BREAKFAST</u> • <u>Tiganites</u> <u>LUNCH</u> • <u>Eggplant, zucchini & potato bake</u> <u>DINNER</u> • <u>Stuffed calamari</u> <u>DESSERT/SNACKS</u> • <u>Kouloures</u>



GREAT LENT MEAL PLAN 2024

December 16 - December 22

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY
RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE
PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

MONDAY, DECEMBER 16	TUESDAY DECEMBER 17	WEDNESDAY DECEMBER 18	THURSDAY DECEMBER 19	FRIDAY DECEMBER 20	SATURDAY DECEMBER 21	SUNDAY DECEMBER 22
BREAKFAST • <u>Vegan rizogalo (rice pudding)</u> LUNCH • <u>Maroulosalata</u> • <u>Revithosoupa (chickpea soup)</u> DINNER • <u>Vegan stuffed eggplant</u> DESSERT/SNACKS • Dried fruit & nuts • Veggies	BREAKFAST • Toast with peanut butter & banana LUNCH • <u>Horta (dandelion greens) & grilled bread</u> DINNER • <u>Fakes</u> • <u>Pita bread</u> DESSERT/SNACKS • Fresh fruit	BREAKFAST • Oatmeal & strawberries LUNCH • Pasta & <u>zucchini sauce</u> DINNER • <u>Cabbage & bean soup</u> DESSERT/SNACKS • <u>Chocolate & strawberry cookies</u>	BREAKFAST • Rice cakes & jam LUNCH • <u>Spinach & potato stew</u> DINNER • <u>Grilled octopus</u> • <u>Sautéed green peppers</u> DESSERT/SNACKS • <u>Halva with petimezi</u>	BREAKFAST • Toast with peanut butter & banana LUNCH • <u>Spanakorizo</u> DINNER • <u>Vegan spanakopita</u> • <u>Pita bread</u> • <u>Taramosalata</u> DESSERT/SNACKS • Nachos & <u>guacamole</u>	BREAKFAST • <u>Banana date bread</u> LUNCH • <u>Ladenia (Greek flatbread)</u> DINNER • <u>Fried calamari</u> • <u>Roasted lemon potatoes</u> DESSERT/SNACKS • <u>Loukoumades</u>	<u>BREAKFAST</u> • <u>Banana date bread</u> <u>LUNCH</u> • <u>Sweet potato and black bean sheet pan quesadilla</u> <u>DINNER</u> • <u>Vegan stuffed eggplant (Papoutsakia)</u> <u>DESSERT/SNACKS</u> • <u>Loukoumades</u>



NATIVITY FAST MEAL PLAN

December 23 - December 24, 2024

BLUE: FISH, OIL, WINE PERMITTED; NO MEAT, EGGS OR DAIRY

RED: STRICT FAST; NO MEAT, EGGS, DAIRY OR WINE

PURPLE: WINE & OIL PERMITTED; NO MEAT, EGGS, OR DAIRY

MONDAY, DECEMBER 23	TUESDAY DECEMBER 24	WEDNESDAY DECEMBER 25 MERRY CHRISTMAS!				
BREAKFAST - Bread - Olives & sliced tomato LUNCH <u>Lapas (Greek boiled rice porridge)</u> DINNER <u>Giant beans with greens</u> DESSERT/SNACKS - Rice cakes & jam	BREAKFAST <u>Kouloures</u> - Sliced tomatoes LUNCH - Peanut butter & jelly sandwich DINNER <u>Pasta with tomato & red pepper sauce</u> DESSERT/SNACKS <u>Tahini honey cookies</u>	OUR CHRISTMAS FEAST OFTEN INCLUDES THESE FOODS AND DESSERTS: <u>Holiday meals!</u> <u>Lalagia</u> <u>Christopsomo (Christmas bread)</u> <u>Kourabiethes</u> <u>Melomakarona cheesecake</u> <u>Tyropitakia</u> <u>Greek style fruitcake</u>				