



# 2025 Dormition Fast Meal Plan

August 1 - August 14





# DORMITION FAST MEAL PLAN 2025

## HELPFUL HINTS

We have based this Dormition Fast meal plan on the Greek Orthodox Archdiocese of America calendar, which indicates fast days but also daily Scriptural readings and Saints days. This is a wonderful resource that you can use all year long. You can consult the calendar by clicking [here](#).

Each day is identified in **Blue**, **Purple** or **Red**. The significance of this colour coding is found on the top right hand corner of each calendar page.

We have considered that many of us work out of the house during the day and therefore we have suggested lunches that can be easily packed up and either reheated, or served cold or at room temperature.

**Regarding oil:** This 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 another 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.



# DORMITION FAST MEAL PLAN 2025

## 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. Recipes that have an \* next to them can be found in our Lenten Recipe e-book, available for purchase for less than the price of a coffee!

Occasionally we have listed “*Leftovers*” as the meal option. This is an invitation to you to see what you have remaining from earlier in the week and enjoy that for your meal. Let’s not waste food!

Some recipes which contain cheese can be modified to make them lenten. 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-books](#) available on our website. We will be adding more Lenten recipes in the coming weeks, so be sure to check back often!

xoxo Helen & Billie

# SHOPPING LIST

*Having these items handy makes preparing Lenten meals easier!*

- Lentils (red & brown)
- Chickpeas
- Nut butter
- Jam
- Assorted nuts
- Olives & capers
- Potatoes
- Rice
- Fresh vegetables
  - eggplant
  - lettuce and greens
- Frozen vegetables
  - peas
- Tomato sauce
- Pasta
- Fresh fruit
- Non-dairy milk





# DORMITION FAST MEAL PLAN

## August 1 - August 3, 2025

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 AUGUST 1 <u>THE HOLY SEVEN MACCABEES, ELEAZAR THE MARTYR</u>	SATURDAY AUGUST 2 <u>TRANSLATION OF THE RELICS OF STEPHEN THE PROTOMARTYR</u>	SUNDAY AUGUST 3 <u>8<sup>TH</sup> SUNDAY OF MATTHEW</u>
				<b>BREAKFAST</b> <ul style="list-style-type: none"><li>• <u>Orange berry smoothie</u></li><li>• Toast &amp; jam</li></ul> <b>LUNCH</b> <ul style="list-style-type: none"><li>• <u>Greek potato salad with herbs</u></li></ul> <b>DINNER</b> <ul style="list-style-type: none"><li>• <u>Palikaria (Bean &amp; wheat berry salad)</u></li></ul> <b>DESSERT/SNACKS</b> <ul style="list-style-type: none"><li>• <u>Tahini honey cookies</u></li></ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"><li>• Oatmeal &amp; non-dairy milk</li></ul> <b>LUNCH</b> <ul style="list-style-type: none"><li>• <u>Yemista (Greek stuffed vegetables)</u></li></ul> <b>DINNER</b> <ul style="list-style-type: none"><li>• <u>Roasted cauliflower &amp; kale salad</u></li></ul> <b>DESSERT/SNACKS</b> <ul style="list-style-type: none"><li>• <u>Loukoumades</u></li></ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"><li>• <u>Tiganites</u></li><li>• Fresh fruit</li></ul> <b>LUNCH</b> <ul style="list-style-type: none"><li>• <u>Tofu and cabbage stir-fry</u>*</li></ul> <b>DINNER</b> <ul style="list-style-type: none"><li>• <u>Easy vegan chili</u></li></ul> <b>DESSERT/SNACKS</b> <ul style="list-style-type: none"><li>• <u>Chocolate orange cake</u></li></ul>



# DORMITION FAST MEAL PLAN

## August 4 - August 10, 2025

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 AUGUST 4	TUESDAY AUGUST 5	WEDNESDAY AUGUST 6 <u>TRANSFIGURATION OF OUR LORD JESUS CHRIST</u>	THURSDAY AUGUST 7 <u>AFTERFEAST OF TRANSFIGURATION OF OUR LORD</u>	FRIDAY AUGUST 8	SATURDAY AUGUST 9  9 <sup>TH</sup> SATURDAY AFTER PENTACOST	SUNDAY AUGUST 10  9 <sup>TH</sup> SUNDAY OF <u>MATTHEW</u>
<b>BREAKFAST</b> <ul style="list-style-type: none"><li>• Cold cereal &amp; non-dairy milk</li><li>• Fresh fruit</li></ul> <b>LUNCH</b> <ul style="list-style-type: none"><li>• <u>Lahanorizo</u> (Cabbage &amp; rice)</li></ul> <b>DINNER</b> <ul style="list-style-type: none"><li>• <u>Orzo with shrimp</u></li></ul> <b>DESSERT/SNACKS</b> <ul style="list-style-type: none"><li>• <u>Vegan banana bread</u></li></ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"><li>• Toast with peanut butter &amp; jam</li></ul> <b>LUNCH</b> <ul style="list-style-type: none"><li>• <u>Red beans &amp; rice</u></li></ul> <b>DINNER</b> <ul style="list-style-type: none"><li>• <u>Greek baked chickpeas</u></li><li>• <u>Lagana</u> (flat bread)</li></ul> <b>DESSERT/SNACKS</b> <ul style="list-style-type: none"><li>• <u>Dates with nut butter &amp; coconut</u></li></ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"><li>• Smoked salmon &amp; bagel</li></ul> <b>LUNCH</b> <ul style="list-style-type: none"><li>• <u>Potato salad with smoked herring</u>. (or tuna)</li></ul> <b>DINNER</b> <ul style="list-style-type: none"><li>• <u>Bakaliaro &amp; skordalia</u> (cod &amp; garlic potato)</li></ul> <b>DESSERT/SNACKS</b> <ul style="list-style-type: none"><li>• <u>Santorini fava &amp; pita wedges</u></li></ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"><li>• Oatmeal with nuts &amp; fruit</li></ul> <b>LUNCH</b> <ul style="list-style-type: none"><li>• <i>Leftovers!</i></li></ul> <b>DINNER</b> <ul style="list-style-type: none"><li>• <u>Spinach and mushroom orzo</u> *</li></ul> <b>DESSERT/SNACKS</b> <ul style="list-style-type: none"><li>• Rice cakes with tahini &amp; honey</li></ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"><li>• <u>Orange berry smoothie</u></li><li>• Toast &amp; jam</li></ul> <b>LUNCH</b> <ul style="list-style-type: none"><li>• <u>Fide soup</u></li><li>• Crackers &amp; <u>fava</u></li></ul> <b>DINNER</b> <ul style="list-style-type: none"><li>• <u>Artichokes with fava beans</u></li></ul> <b>DESSERT/SNACKS</b> <ul style="list-style-type: none"><li>• <u>Halvas</u></li></ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"><li>• Oatmeal &amp; non-dairy milk</li></ul> <b>LUNCH</b> <ul style="list-style-type: none"><li>• <u>Fried eggplant in tomato sauce</u></li><li>• <u>Olive and oregano bread</u></li></ul> <b>DINNER</b> <ul style="list-style-type: none"><li>• <u>Octopus &amp; pasta</u></li></ul> <b>DESSERT/SNACKS</b> <ul style="list-style-type: none"><li>• <u>Loukoumades</u></li></ul>	<b>BREAKFAST</b> <ul style="list-style-type: none"><li>• <u>Apple oatmeal muffins</u></li><li>• Fresh fruit</li></ul> <b>LUNCH</b> <ul style="list-style-type: none"><li>• <u>Fried calamari</u></li><li>• <u>French fries</u></li></ul> <b>DINNER</b> <ul style="list-style-type: none"><li>• <u>Gigantes with greens</u></li></ul> <b>DESSERT/SNACKS</b> <ul style="list-style-type: none"><li>• <u>Chocolate &amp; blueberry cake</u></li></ul>



# DORMITION FAST MEAL PLAN

## August 11 - August 14, 2025

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 AUGUST 11	TUESDAY AUGUST 12	WEDNESDAY AUGUST 13	THURSDAY AUGUST 14		FRIDAY AUGUST 15 <u>THE DORMITION OF THE THEOTOKOS</u>	
<p>BREAKFAST</p> <ul style="list-style-type: none"><li>• <u>Vegan oatmeal cups</u></li><li>• Banana</li></ul> <p>LUNCH</p> <ul style="list-style-type: none"><li>• <u>Fakes</u> (Lentil soup)</li></ul> <p>DINNER</p> <ul style="list-style-type: none"><li>• <u>Herbed orzo with chickpeas</u></li></ul> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"><li>• Rice cakes &amp; peanut butter</li></ul>	<p>BREAKFAST</p> <ul style="list-style-type: none"><li>• <u>Brownie baked oatmeal</u></li></ul> <p>LUNCH</p> <ul style="list-style-type: none"><li>• <u>Potatoes yahni</u> (Potato stew)</li></ul> <p>DINNER</p> <ul style="list-style-type: none"><li>• <u>Spanakoquinoa</u> (<u>Spinach &amp; quinoa</u>)</li></ul> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"><li>• <u>Vegan chocolate &amp; strawberry cookies</u></li></ul>	<p>BREAKFAST</p> <ul style="list-style-type: none"><li>• Oatmeal and non-dairy milk</li><li>• Fresh fruit</li></ul> <p>LUNCH</p> <ul style="list-style-type: none"><li>• <u>Briam</u></li><li>• <u>Maroulosalata</u></li></ul> <p>DINNER</p> <ul style="list-style-type: none"><li>• <u>Aginares a la polita</u> (<u>Greek artichoke stew</u>)</li></ul> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"><li>• <u>Tahini honey cookies</u></li></ul>	<p>BREAKFAST</p> <ul style="list-style-type: none"><li>• Toast with peanut butter &amp; jam</li></ul> <p>LUNCH</p> <ul style="list-style-type: none"><li>• <i>Leftovers!</i></li></ul> <p>DINNER</p> <ul style="list-style-type: none"><li>• <u>Red lentil soup</u></li></ul> <p>DESSERT/SNACKS</p> <ul style="list-style-type: none"><li>• Dried fruit</li><li>• <u>Banana date bread</u></li></ul>	<p>A Note about August 15, the Feast Day of the Dormition of the Holy Virgin Mary</p> <p>According to the GOArch Calendar, August 15<sup>th</sup> is a fasting day, during which fish, oil and wine are permitted. However, many celebrate this most important and holy day with meat, including lamb and pork. So, we have included such recipes in our suggestions</p>	<p>BREAKFAST</p> <ul style="list-style-type: none"><li>• <u>Tiganites</u></li></ul> <p>CELEBRATORY LUNCH / DINNER/ DESSERT IDEAS</p> <ul style="list-style-type: none"><li>• <u>Tyropites</u></li><li>• <u>Spanakopites</u></li><li>• <u>Grilled octopus</u></li><li>• <u>Grilled lamb chops</u></li><li>• <u>Roast lamb with potatoes</u></li><li>• <u>Roast pork with Greek lemon potatoes</u></li><li>• <u>Moussaka</u></li><li>• <u>Galaktoboureko</u></li><li>• <u>Portokalopita</u></li></ul>	



**KOULOURAKIA WITH ORANGE**



**MOUSTOKOULOURA (GRAPE MUST COOKIES)**



**CHOCOLATE & STRAWBERRY COOKIES**



**HALVA**

# Dormition Fast Sweets

We try to always have these items available during fasting periods - perfect for when you need something sweet, but don't have time to bake in the moment!

*Click on photo or title to get to recipe!*



**CANDIED ORANGE SLICES**



**APPLE OATMEAL MUFFINS**



**BANANA DATE BREAD**



**PEANUT BUTTER DATE BARS**

thank  
you

*for being here with us!*



**Billie & Helen Bitzas**  
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