



2026
GREAT LENT
MEAL PLAN
FEBRUARY 23 - APRIL 12





Hello, and welcome to our 2026 Great Lent Meal Plan!

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GREAT LENT MEAL PLAN 2026

HELPFUL HINTS

We have based this Lenten 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, and you can consult the calendar by clicking [here](#). If you click on the holiday in our meal plan, you will be taken directly to the Scriptural reading.

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 outside 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.



GREAT LENT MEAL PLAN 2026

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 a price of a coffee!

At least once a week (usually on Thursdays, for lunch) we have listed “*Leftovers*”. This is an invitation for you to see what you have remaining from earlier in the week and enjoy that for lunch. Let’s not waste food!

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

The meal plan can be printed out for easy reference, but is ideally used on-line where you can directly link to the recipes suggested.

More Lenten Recipes can be found on [our website](#) and in our [downloadable e-books](#) available on our website. For the e-books, check out the tab on the top right hand corner of the home page. We will be adding more Lenten recipes to our website in the coming weeks, so be sure to check back often!

xoxo Helen & Billie

STAPLES FOR LENT

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





GREAT LENT MEAL PLAN

FEBRUARY 23 - MARCH 1 *

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 FEBRUARY 23 KATHARA DEFTERA CLEAN MONDAY	TUESDAY FEBRUARY 24 1 ST & 2 ND FINDING OF THE HEAD OF JOHN THE BAPTIST	WEDNESDAY FEBRUARY 25	THURSDAY FEBRUARY 26	FRIDAY FEBRUARY 27	SATURDAY FEBRUARY 28 1 ST SATURDAY OF LENT	SUNDAY MARCH 1 SUNDAY OF ORTHODOXY
BREAKFAST • <u>Healthy brownie baked oatmeal</u> LUNCH • <u>Lagana</u> • <u>Taramosalata</u> • <u>Fava</u> DINNER • <u>Fried calamari</u> • <u>French fries</u> • <u>Maroulosalata</u> DESSERT/SNACKS • Fresh fruit • <u>Roxakia</u>	BREAKFAST • Toast & jam • Fresh fruit LUNCH • <u>Fakes, Greek lentil soup</u> • Crackers DINNER • <u>Greek artichokes with fava beans</u> DESSERT/SNACKS • <u>Roxakia</u>	BREAKFAST • <u>Easy vegan apple muffins</u> • Banana LUNCH • <u>Lahanorizo, Cabbage & rice</u> DINNER • <u>Easy vegan chili</u> • <u>Easy homemade pita chips</u> DESSERT/SNACKS • <u>Healthy banana bread with dates</u>	BREAKFAST • <u>Vegan rizogalo</u> • Fresh fruit LUNCH • <i>Leftovers!</i> DINNER • <u>Yiouvetsi with chickpeas</u> • <u>Tomato and cucumber salad</u> DESSERT/SNACKS • <u>Healthy banana bread with dates</u>	BREAKFAST • <u>Orange berry smoothie</u> • Toast & nut butter LUNCH • <u>Chickpea wraps</u> • <u>Healthy banana bread with dates</u> DINNER • <u>Hortosoupa, vegetable soup</u> DESSERT/SNACKS • Fresh fruit	BREAKFAST • <u>Bagels with faux smoked salmon</u> LUNCH • <u>Fried eggplant with tomato sauce</u> • <u>Pita bread</u> DINNER • <u>Vegan pastitsio</u> DESSERT/SNACKS • <u>Loukoumades</u>	BREAKFAST • <u>Tiganites</u> LUNCH • <u>Sticky sesame cauliflower & rice*</u> DINNER • <u>Aginares à la polita (Artichoke stew)</u> DESSERT/SNACKS • <u>Vegan "snickers" *</u>



GREAT LENT MEAL PLAN

MARCH 2 - MARCH 8, 2026 *

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 MARCH 2	TUESDAY MARCH 3	WEDNESDAY MARCH 4	THURSDAY MARCH 5	FRIDAY MARCH 6	SATURDAY MARCH 7 <u>SECOND SATURDAY OF LENT</u>	SUNDAY MARCH 8 <u>SUNDAY OF SAINT GREGORY PALAMAS</u>
BREAKFAST - Banana & peanut butter on toast LUNCH <u>Spinach & quinoa</u> DINNER <u>Eggplant sauce with pasta</u> DESSERT/SNACKS <u>Lenten chocolate chips cookies</u>	BREAKFAST <u>Vegan apple cake</u> - Fruit LUNCH <u>Red beans & rice</u> DINNER <u>Noodles with peanut butter sauce</u> * DESSERT/SNACKS <u>Dates stuffed with nut butter and coconut</u>	BREAKFAST <u>Cinnamon raisin bread</u> - Banana LUNCH <u>Red lentil & bulgur wraps</u> - Crudités DINNER <u>Fasolatha, white bean soup</u> DESSERT/SNACKS <u>Tahini honey cookies</u>	BREAKFAST <u>Cinnamon raisin bread</u> - Nuts & fruit LUNCH <i>Leftovers!</i> DINNER <u>Mung bean soup</u> <u>Whole wheat bread with honey</u> DESSERT/SNACKS - Rice cakes with tahini & honey	BREAKFAST <u>Orange berry smoothie</u> - Toast & jam LUNCH <u>Kale, quinoa and apple salad</u> DINNER <u>Chickpea soup</u> DESSERT/SNACKS <u>Tahini honey cookies</u>	BREAKFAST - Oatmeal & non-dairy milk - Fruit LUNCH <u>Green beans with potatoes - fasolakia lathera</u> DINNER <u>Octopus and pasta</u> DESSERT/SNACKS <u>Loukoumades</u>	BREAKFAST <u>Apple oatmeal muffins</u> LUNCH <u>Eggplant, zucchini & potato bake</u> DINNER <u>Shrimp youvetsi (shrimp with orzo)</u> DESSERT/SNACKS <u>Chocolate & blueberry cake</u>



GREAT LENT MEAL PLAN

MARCH 9 - MARCH 15, 2026

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 MARCH 9	TUESDAY MARCH 10 <u>40 MARTYRS AT LAKE SEBASTE</u>	WEDNESDAY MARCH 11	THURSDAY MARCH 12	FRIDAY MARCH 13	SATURDAY MARCH 14 <u>THIRD SATURDAY OF LENT</u>	SUNDAY MARCH 15 <u>SUNDAY OF THE HOLY CROSS</u>
BREAKFAST • <u>Vegan oatmeal cups</u> • Banana LUNCH • <u>Moroccan chickpea soup</u> * DINNER • <u>Mussels with red sauce</u> • <u>French fries</u> DESSERT/SNACKS • Rice cakes & peanut butter	BREAKFAST • <u>Brownie baked oatmeal</u> LUNCH • <u>Red lentil soup</u> • <u>Pita bread</u> DINNER • <u>Pasta with vegetables</u> DESSERT/SNACKS • <u>Koulourakia with orange</u>	BREAKFAST • <u>Koulourakia with orange</u> • Fresh fruit LUNCH • <u>Split pea soup with rice</u> DINNER • <u>Spinach and potato stew</u> DESSERT/SNACKS • <u>Tahini honey cookies</u>	BREAKFAST • Toast with nut butter • Fresh fruit LUNCH • <i>Leftovers!</i> DINNER • <u>Fasolatha with tomato soup</u> DESSERT/SNACKS • Dried fruit • <u>Banana date bread</u>	BREAKFAST • Oatmeal & non-dairy milk LUNCH • Peanut butter and jelly sandwich DINNER • <u>Dandelion greens & grilled bread</u> • <u>Chickpea fritters</u> DESSERT/SNACKS • <u>Guacamole</u> • <u>Pita chips</u>	BREAKFAST • <u>Vegan banana bread</u> LUNCH • <u>Fried zucchini chips</u> • <u>Fava</u> • <u>Pita bread</u> DINNER • <u>Vegan stuffed eggplant</u> DESSERT/SNACKS • Nuts & fruit	BREAKFAST • <u>Tiganites</u> LUNCH • <u>Briam</u> • <u>Roasted red pepper bread</u> DINNER • <u>Stuffed calamari</u> DESSERT/SNACKS • <u>Chocolate orange cake</u>



GREAT LENT MEAL PLAN

MARCH 16 - MARCH 22, 2026

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 MARCH 16	TUESDAY MARCH 17	WEDNESDAY MARCH 18	THURSDAY MARCH 19	FRIDAY MARCH 20	SATURDAY MARCH 21 FOURTH SATURDAY OF LENT	SUNDAY MARCH 22 SUNDAY OF ST. JOHN CLIMACUS
BREAKFAST • <u>Apple oatmeal muffins</u> LUNCH • <u>Greek potato salad with herbs</u> DINNER • <u>Calamari and rice</u> • <u>Rapini</u> DESSERT/SNACKS • <u>Chocolate strawberry cookies</u>	BREAKFAST • <u>Cinnamon raisin bread</u> • Fruit LUNCH • <u>Manestra (small pasta soup)</u> DINNER • <u>Sweet potato and black bean sheet pan quesadilla</u> DESSERT/SNACKS • <u>Chocolate strawberry cookies</u>	BREAKFAST • <u>Cinnamon raisin bread</u> • Orange juice LUNCH • <u>Black eyed pea salad</u> DINNER • <u>Vegan spanakopita</u> • <u>Roasted lemon potatoes</u> DESSERT/SNACKS • <u>Moustokouloura</u>	BREAKFAST • <u>Fruit salad</u> • <u>Pita bread</u> • Almond butter LUNCH • <i>Leftovers!</i> DINNER • <u>Tomato fritters</u> • <u>Greek lemon rice</u> DESSERT/SNACKS • <u>Moustokouloura</u>	BREAKFAST • <u>Vegan rizogalo</u> LUNCH • <u>Palikaria (bean salad with wheat berries)</u> DINNER • <u>Spaghetti squash & roasted vegetables</u> DESSERT/SNACKS • <u>Vegan shortbread cookies</u>	BREAKFAST • <u>Apple pie baked oatmeal *</u> LUNCH • <u>Potatoes yahni</u> • <u>Pita bread</u> DINNER • <u>Steamed mussels in white wine sauce</u> • <u>French fries</u> DESSERT/SNACKS • <u>Halva</u>	BREAKFAST • Oatmeal with non-dairy milk • Fresh fruit LUNCH • <u>Ladenia</u> • <u>Spinach, arugula, strawberry salad</u> DINNER • <u>Fried calamari</u> • <u>Skordalia</u> • <u>Pita bread</u> DESSERT/SNACKS • <u>Halva</u>



GREAT LENT MEAL PLAN

MARCH 23- MARCH 29, 2026

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 MARCH 23	TUESDAY MARCH 24	WEDNESDAY MARCH 25 <u>ANUNCIATION OF THE THEOTOKOS</u>	THURSDAY MARCH 26 <u>THE GREAT CANON OF ST. ANDREW OF CRETE</u>	FRIDAY MARCH 27	SATURDAY MARCH 28 <u>FIFTH SATURDAY OF LENT: THE AKATHIST HYMN</u>	SUNDAY MARCH 29 <u>SUNDAY OF ST. MARY OF EGYPT</u>
BREAKFAST <u>Fresh fruit</u> <u>Kouloures</u> LUNCH <u>Chickpea wraps</u> DINNER <u>Kolokithopita (pumpkin pita)</u> <u>Cauliflower and egg salad</u> DESSERT/SNACKS <u>Peanut butter date bars</u>	BREAKFAST - Toast & jam <u>Orange juice & berry smoothie</u> LUNCH <u>Spinach & rice soup</u> DINNER <u>Pasta with swiss chard & tomatoes - omit cheese</u> DESSERT/SNACKS <u>Peanut butter date bars</u>	BREAKFAST - Smoked salmon with bagel (egg-free) or toast LUNCH <u>Potato salad with smoked herring.</u> DINNER <u>Bakaliaro with skordalia</u> <u>Horta (greens)</u> <u>Beet salad (no feta)</u> DESSERT/SNACKS <u>Chocolate halva</u>	BREAKFAST - Toast with peanut butter & banana LUNCH <i>Leftovers</i> DINNER <u>Stewed green peas & potatoes</u> <u>Lagana</u> DESSERT/SNACKS <u>Chocolate halva</u>	BREAKFAST <u>Apple pie baked oatmeal *</u> LUNCH <u>Easy borlotti bean soup</u> DINNER <u>Pasta with tomato and red pepper sauce</u> DESSERT/SNACKS <u>Peanut butter date bars</u>	BREAKFAST <u>Tiganites</u> LUNCH <u>Fried eggplant chips</u> <u>Broccoli with olive oil & lemon</u> <u>Pita bread</u> DINNER <u>Stuffed calamari</u> DESSERT/SNACKS <u>Vegan apple cake</u>	BREAKFAST <u>Vegan apple cake</u> <u>Fruit salad</u> LUNCH <u>Potatoes yahni (potato stew)</u> DINNER <u>Vegan moussaka</u> <u>Maroulosalata</u> DESSERT/SNACKS <u>Loukoumades</u>



GREAT LENT MEAL PLAN

MARCH 30 - APRIL 5, 2026

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 MARCH 30	TUESDAY MARCH 31	WEDNESDAY APRIL 1	THURSDAY APRIL 2	FRIDAY APRIL 3	SATURDAY APRIL 4 <u>LAZARUS SATURDAY</u>	SUNDAY APRIL 5 <u>PALM SUNDAY</u>
BREAKFAST • <u>Vegan rizogalo (rice pudding)</u> LUNCH • <u>Revithosoupa (chickpea soup)</u> DINNER • <u>Zucchini pasta sauce</u> DESSERT/SNACKS • Dried fruit & nuts • Veggies	BREAKFAST • Toast with nut butter • Fruit LUNCH • <u>Spanakorizo, Spinach & rice</u> DINNER • <u>Mushroom and chickpea quinoa *</u> DESSERT/SNACKS • <u>Lenten chocolate chip cookies</u>	BREAKFAST • Oatmeal & strawberries LUNCH • Salad with <u>tahini salad dressing</u> • Mixed nuts DINNER • <u>Cabbage & bean soup</u> DESSERT/SNACKS • <u>Lenten chocolate chip cookies</u>	BREAKFAST • Rice cakes & jam LUNCH • <i>Leftovers</i> DINNER • <u>Melitzanosalata (Eggplant dip)</u> • <u>Pita bread</u> • <u>Grilled vegetables</u> DESSERT/SNACKS • <u>Candied orange slices with chocolate</u>	BREAKFAST • <u>Vegan oatmeal cups</u> LUNCH • <u>Palikaria, bean & wheat berry salad</u> DINNER • <u>Vegan spanakopita</u> • <u>Pumpkin soup (vegan options)</u> DESSERT/SNACKS • Nachos & <u>guacamole</u>	BREAKFAST • <u>Banana date bread</u> LUNCH • <u>Spinach and potato stew</u> DINNER • <u>Minestrone soup</u> • <u>Kale & cabbage salad</u> DESSERT/SNACKS <i>Today we make <u>Lazarakia!</u></i>	BREAKFAST • Toast & smoked salmon with tomatoes and capers LUNCH • <u>Small fried fish</u> • <u>Maroulosalata</u> DINNER • <u>Bakaliaros (cod) with eggplant and potatoes</u> DESSERT/SNACKS • <u>Marble halva</u>



GREAT LENT MEAL PLAN

Holy Week
April 6 - April 12, 2026

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 APRIL 6 <u>HOLY MONDAY</u>	TUESDAY APRIL 7 <u>HOLY TUESDAY</u>	WEDNESDAY APRIL 8 <u>HOLY WEDNESDAY</u>	THURSDAY APRIL 9 <u>HOLY THURSDAY</u>	FRIDAY APRIL 10 <u>HOLY FRIDAY</u>	SATURDAY APRIL 11 <u>HOLY SATURDAY</u>	SUNDAY APRIL 12 <u>GREAT & HOLY PASCHA</u>
BREAKFAST • Bread • Olives & sliced tomato LUNCH • <u>Lapas (Greek boiled rice porridge)</u> DINNER • <u>Gigantes, giant beans with greens</u> DESSERT/SNACKS • Rice cakes & jam	BREAKFAST • <u>Kouloures</u> • Sliced tomatoes LUNCH • <u>Roasted cauliflower and kale salad</u> DINNER • <u>Pasta in tomato sauce</u> DESSERT/SNACKS • <u>Chocolate covered prunes</u>	BREAKFAST • <u>Brownie baked oatmeal</u> LUNCH • <u>Potato salad</u> DINNER • <u>Hortosoupa (Greek vegetable soup)</u> DESSERT/SNACKS • Mixed nuts • Fruit	BREAKFAST • Cereal & non-dairy milk LUNCH • <i>Leftovers</i> DINNER • <u>Eggplant stew</u> DESSERT/SNACKS • <u>Olive oil koulourakia with orange and cinnamon</u>	BREAKFAST • <u>Lagana</u> (or <u>pita</u>) • Sliced tomatoes LUNCH • Peanut butter & jelly sandwich DINNER • <u>Fide soup</u> • Crudités (carrots, celery, cucumber) DESSERT/SNACKS • Rice cakes & tahini	BREAKFAST • Oatmeal with non-dairy milk LUNCH • <u>Fakes, Greek lentil soup</u> DINNER • <u>Minestrone soup</u> DESSERT/SNACKS • Assorted nuts • Fruit	The day of Pascha is a huge celebration! We feast on all sorts of wonderful things, including these must haves: • <u>Greek sausage (loukaniko)</u> • <u>Tyropites</u> • <u>Spanakopites</u> • <u>Lamb</u> • <u>Souvlaki</u> • <u>Pastitsio</u> • <u>Moussaka</u> • <u>Galaktoboureko</u> • <u>Galatopita</u> • <u>Dyed eggs</u>



KOULOURAKIA WITH ORANGE



MOUSTOKOULOURA (GRAPE MUST COOKIES)



CHOCOLATE & STRAWBERRY COOKIES



CHOCOLATE COVERED PRUNES WITH ALMOND

Great Lent Sweets
Let's face it, sometimes you need a little something to get you through the day. These recipes are perfect for those moments!
Click on photo or title to get to recipe!



CANDIED ORANGE SLICES



ROXAKIAS



**DATES
STUFFED
WITH
ALMOND
BUTTER
AND
COCONUT**



PEANUT BUTTER DATE BARS

GREAT LENT MEAL PREPPING TIPS

On the weekend, review your menu for the coming week and make any adjustments. Consult the recipes and make sure that you have all the ingredients. Go shopping for anything that is missing (make a list)!

Especially if you work outside the home, plan to do any baking (breads, desserts etc...) either the day before the items are listed on the meal plan, or bake on the weekend. Most items will stay fresh for the week, especially if kept in the refrigerator.

If you are going to use dried beans, be sure to soak them the night before you need them. Most beans need at least 12 hours of soaking time (lentils and mung beans are the exception).



thank
you

for being here with us!
Kali Sarakosti!

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