



2026 DORMITION FAST MEAL PLAN AUGUST 1 - AUGUST 15





DORMITION FAST MEAL PLAN 2026

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 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 the price of a coffee!

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.

We love all our recipes (that is why we share them!) but some are truly Reader Favourites. We have identified these with a ★

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!

Tip: Check your pantry before shopping—you may already have many staples such as olive oil, rice, pasta, herbs and spices.

Produce

- Onions
- Garlic
- Potatoes
- Tomatoes
- Cucumbers
- Bell peppers
- Eggplant
- Zucchini
- Carrots
- Leafy greens (spinach, romaine, mixed greens)
- Fresh herbs (parsley, dill, mint, oregano)
- Lemons
- Seasonal fruit (peaches, watermelon, grapes, berries, apples, etc.)

Pantry

- Rice
- Pasta
- Tomato sauce or crushed tomatoes
- Olive oil
- Red wine vinegar
- Tahini
- Peanut or other nut butter
- Jam
- Olives
- Capers
- Dried oregano
- Bay leaves
- Cinnamon
- Salt & pepper

Legumes

- Dried or canned chickpeas
- Dried or canned white beans (gigantes, cannellini or navy beans)
- Brown lentils
- Red lentils

Nuts & Snacks

- Assorted nuts
- Dried fruit (optional)
- Crackers or rusks (for snacks or dakos)

Refrigerated

- Non-dairy milk
- Plant-based yogurt (optional)
- Hummus (optional)

Frozen

- Peas
- Frozen spinach
- Mixed vegetables (optional)

Bakery

- Bread
- Pita
- Breadcrumbs (if needed for recipes)



DORMITION FAST MEAL PLAN

August 1 - August 2, 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

					SATURDAY AUGUST 1 THE HOLY SEVEN MACCABEES, ELEAZAR THE MARTYR	SUNDAY AUGUST 2 9 TH SUNDAY OF MATTHEW
					BREAKFAST • <u>Vegan rizogalo</u> (<u>rice pudding</u>) LUNCH • <u>Greek green</u> <u>beans with</u> <u>potatoes</u> (<u>fasolakia</u> <u>lathera</u>)★ DINNER • <u>Spanakorizo</u> (<u>Spinach & rice</u>) DESSERT/SNACKS • <u>Loukoumades</u>★	BREAKFAST • <u>Tiganites</u> • Fresh fruit LUNCH • <u>Hortosoupa</u> (<u>vegetables</u> <u>soup</u>) DINNER • <u>Steamed</u> <u>mussels in</u> <u>white wine</u> <u>sauce</u> • <u>French fries</u> DESSERT/SNACKS • <u>Halva</u>



DORMITION FAST MEAL PLAN

August 3 - August 9, 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 AUGUST 3	TUESDAY AUGUST 4	WEDNESDAY AUGUST 5	THURSDAY AUGUST 6 <u>TRANSFIGURATION OF OUR LORD AND SAVIOR JESUS CHRIST</u>	FRIDAY AUGUST 7 <u>AFTERFEAST OF THE TRANSFIGURATION OF JESUS CHRIST</u>	SATURDAY AUGUST 8	SUNDAY AUGUST 9 <u>10TH SUNDAY OF MATTHEW</u>
BREAKFAST • <u>Raisin bread</u> + jam • Fresh fruit LUNCH • <u>Quick and easy peanut butter noodles</u> * DINNER • <u>Orzo with shrimp</u> ★ DESSERT/SNACKS • <u>Vegan apple cake</u>	BREAKFAST • <u>Fruit salad</u> • Toast and jam LUNCH • <u>Roasted cauliflower and kale salad</u> ★ DINNER • <u>Greek baked chickpeas</u> • <u>Lagana</u> DESSERT/SNACKS • <u>Sesame coated caramelized almonds</u> ★	BREAKFAST • Fresh fruit • <u>Apple oatmeal muffins</u> LUNCH • <u>Easy vegan chili</u> DINNER • <u>Vegan stuffed eggplant</u> DESSERT/SNACKS • <u>Vegan amygdalopita (almond cake)</u>	BREAKFAST • <u>Brownie baked oatmeal</u> LUNCH • <u>Psarosoupa (Fish soup)</u> DINNER • <u>Bakaliaro (cod) and skordalia (garlic mash)</u> ★ DESSERT/SNACKS • <u>Loukoumades</u>	BREAKFAST • <u>Banana bread with dates</u> • Fresh fruit LUNCH • <u>Fide soup</u> • Crackers & <u>fava</u> DINNER • <u>Artichokes with fava beans</u> DESSERT/SNACKS • <u>Halvas</u>	BREAKFAST • Oatmeal & non-dairy milk LUNCH • <u>Fried eggplant in tomato sauce</u> • <u>Olive and oregano bread</u> DINNER • <u>Fried calamari</u> • <u>Horta (Dandelion greens)</u> DESSERT/SNACKS • <u>Loukoumades</u>	BREAKFAST • <u>Apple oatmeal muffins</u> • Fresh fruit LUNCH • <u>Potato salad</u> • <u>Shrimp lettuce wraps</u> DINNER • <u>Black-eyed peas with spinach</u> ★ DESSERT/SNACKS • <u>Chocolate & blueberry cake</u>



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 10	TUESDAY AUGUST 11	WEDNESDAY AUGUST 12	THURSDAY AUGUST 13	FRIDAY AUGUST 14	SATURDAY AUGUST 15 <u>THE DORMITION OF THE THEOTOKOS</u>	
BREAKFAST • <u>Vegan oatmeal cups</u> • Banana LUNCH • <u>Fasolatha, Greek white bean soup</u> DINNER • <u>Pasta with zucchini sauce</u> DESSERT/SNACKS • <u>Chocolate covered prunes with almonds</u>	BREAKFAST • <u>Vegan banana bread</u> • <u>Orange berry smoothie</u> LUNCH • <u>Potatoes yahni</u> (Potato stew) DINNER • <u>Fakes</u> (lentil soup)★ DESSERT/SNACKS • <u>Citrus platter with pomegranate</u>	BREAKFAST • Oatmeal and non-dairy milk • Fresh fruit LUNCH • <u>Briam</u> • <u>Maroulosalata</u> DINNER • <u>Aginares a la polita</u> (Greek artichoke stew) DESSERT/SNACKS • <u>Tahini honey cookies</u>	BREAKFAST • Toast with peanut butter & jam LUNCH • <u>Shrimp and rice</u>★ DINNER • <u>Vegan moussaka</u> DESSERT/SNACKS • <u>Vegan Snickers bar</u> *		CELEBRATORY LUNCH / DINNER/ DESSERT IDEAS: • <u>Best holiday meal ideas</u> • <u>Tyropites</u> • <u>Spanakopites</u> • <u>Grilled octopus</u>★ • <u>Grilled lamb chops</u> • <u>Roast lamb with potatoes</u>★ • <u>Roast pork with Greek lemon potatoes</u> • <u>Moussaka</u>★ • <u>Galaktoboureko</u> • <u>Portokalopita</u>★	

STAY HYDRATED DURING THE DORMITION FAST

For many of us, the Dormition Fast takes place during the warmest days of summer. Along with enjoying nourishing lenten meals, remember to drink plenty of fluids and eat foods that naturally help keep you hydrated.

**DRINK PLENTY OF WATER: SIP
WATER THROUGHOUT THE DAY
AND DON'T WAIT UNTIL YOU ARE
THRISTY!**

ENJOY HYDRATING FOODS:

:

🍉 WATERMELON
🍑 PEACHES
🍇 GRAPES
🍓 BERRIES
🍅 TOMATOES
🥒 CUCUMBERS
🥬 LETTUCE
🍊 CITRUS FRUITS

**CHOOSE REFRESHING
BEVERAGES**

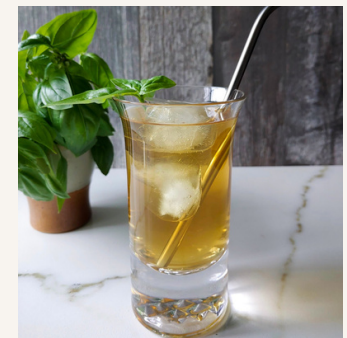
- WATER
- SPARKLING WATER
- HERBAL TEAS
(SERVED HOT OR
ICED)
- NATURALLY INFUSED
WATER WITH LEMON,
CUCUMBER, OR MINT

TRY THESE RECIPES:

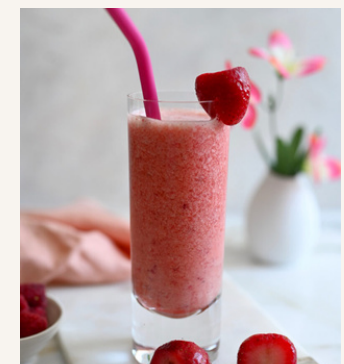
- Rose flavoured
lemonade



- Camomile and basil
iced tea



- Orange berry
smoothie





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!



AMYGDALOTA TIS HARAS



APPLE OATMEAL MUFFINS



BANANA DATE BREAD



PEANUT BUTTER DATE BARS

thank you

We hope this meal plan helps make your Dormition Fast a little easier and more joyful. If you make any of these recipes, we'd love to see them! Tag us @MiaKouppa on Instagram or Facebook so we can share your creations.
Καλή Παναγιά!



Billie & Helen Bitzas
co-founders www.miakouppa.com