



2023 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 a 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 website and look in the Recipe Category for Nistisima / Lenten recipes. You can [find that page here](#). Keep in mind that we will be adding more Lenten recipes in the coming weeks, so be sure to check back.

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

Kali Sarakosti,
Xoxo Helen & Billie



Great Lent Meal Plan 2023

Week 1: February 27 - March 5

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 February 27	Tuesday February 28	Wednesday March 1	Thursday March 2	Friday March 3	Saturday March 4	Sunday March 5
Kathara Deftera Clean Monday					<u>Commemoration of the miracle of Kollyva</u>	<u>Sunday of Orthodoxy</u>
Breakfast: <u>Fruit smoothie</u> Toast & peanut butter Lunch: <u>Shrimp and rice</u> Dinner: <u>Lagana</u> <u>Taramosalata</u> Assorted olives <u>Fried calamari</u> <u>Fava</u> Dessert / Snacks: Mixed nuts <u>Tahini honey cookies</u>	Breakfast: <u>Healthy brownie baked oatmeal</u> Lunch: <u>Cucumber salad</u> <u>Fava + pita bread</u> Dinner: <u>Pasta with zucchini sauce</u> Dessert / Snacks: <u>Taramosalata</u> <u>Pita bread</u> <u>Tahini honey cookies</u>	Breakfast: Banana and peanut butter wrap * Lunch: <u>Chickpea soup</u> Fruit Dinner: <u>Prasorizo (Greek leeks and rice)</u> Dessert / Snacks: <u>Koulourakia with orange</u> Veggies & hummus	Breakfast: <u>Healthy banana bread with dates</u> <u>Fruit smoothie</u> Lunch: <u>Greek potato salad with herbs</u> Dinner: <u>Manestra</u> <u>Easy Greek olive and oregano bread</u> <u>Taramosalata</u> Dessert / Snacks: Mixed nuts <u>Koulourakia with orange</u>	Breakfast: Avocado toast * Fresh fruit Lunch: <u>Beans and rice</u> Veggies & hummus Dinner: <u>Minestrone soup</u> <u>Kouloures</u> Dessert / Snacks: Mixed nuts <u>Healthy banana bread with dates</u>	Breakfast: <u>Vegan rice pudding</u> <u>Greek coffee</u> Fresh fruit Lunch: <u>Green beans with potatoes</u> Dinner: <u>Fried calamari</u> <u>French fries</u> <u>Maroulosalata</u> Dessert / Snacks: Chocolate halva <u>Koulourakia with orange</u>	Breakfast: <u>Tiganites</u> <u>Fruit salad</u> Smoothie * Lunch: <u>Potatoes yahni</u> Dinner: <u>Yemista (stuffed vegetables)</u> Dessert / Snacks: Fresh fruit <u>Popcorn</u> <u>Chocolate halva</u>



Great Lent Meal Plan 2023

Week 2: March 6 - March 12

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 6	Tuesday March 7	Wednesday March 8	Thursday March 9 <u>The Holy 40 Martyrs of Sebastia</u>	Friday March 10	Saturday March 11	Sunday March 12 <u>Sunday of St. Gregory Palamas</u>
<p>Breakfast:</p> <p><u>Cinnamon raisin bread</u> Fresh fruit</p> <p>Lunch:</p> <p><u>Red lentil soup</u> Veggies & mixed nuts</p> <p>Dinner:</p> <p><u>Dandelion greens and grilled bread</u> <u>Fide soup</u></p> <p>Dessert / Snacks:</p> <p><u>Citrus platter with pomegranate</u></p>	<p>Breakfast:</p> <p>Avocado toast * Fresh fruit <u>Camomile tea</u></p> <p>Lunch:</p> <p><u>Red cabbage salad with apple</u></p> <p>Dinner:</p> <p><u>Pasta with tomato sauce</u></p> <p>Dessert / Snacks:</p> <p>Rice cakes & tahini & pumpkin seeds* <u>Cinnamon raisin bread</u></p>	<p>Breakfast:</p> <p><u>Vegan oatmeal cups</u> <u>Fruit smoothie</u></p> <p>Lunch:</p> <p><u>Fasolatha</u></p> <p>Dinner:</p> <p><u>Squash and pearl couscous salad</u></p> <p>Dessert / Snacks:</p> <p><u>Dates stuffed with almond butter & coconut</u></p>	<p>Breakfast:</p> <p>Cold cereal + non-dairy milk Fresh fruit</p> <p>Lunch:</p> <p><u>Ladenia (Greek flatbread)</u></p> <p>Dinner:</p> <p><u>Spinach and potato stew</u></p> <p>Dessert / Snacks:</p> <p><u>Vegan oatmeal cups</u></p>	<p>Breakfast:</p> <p>Peanut butter and jelly sandwich <u>Fruit salad</u></p> <p>Lunch:</p> <p><u>Chickpea wraps</u> <u>Grated carrot salad</u></p> <p>Dinner:</p> <p><u>Calamari and rice</u></p> <p>Dessert / Snacks:</p> <p><u>Guacamole</u> and nacho chips Fresh fruit</p>	<p>Breakfast:</p> <p><u>Healthy banana bread with dates</u></p> <p>Lunch:</p> <p><u>Fried zucchini chips</u> <u>Tomato fritters</u></p> <p>Dinner:</p> <p><u>Octopus and pasta</u></p> <p>Dessert / Snacks:</p> <p><u>Loukoumades</u></p>	<p>Breakfast:</p> <p><u>Fruit smoothie</u> Toast with olive oil & tomato*</p> <p>Lunch:</p> <p><u>Stewed green peas and potatoes</u></p> <p>Dinner:</p> <p><u>Vegan stuffed eggplant</u></p> <p>Dessert / Snacks:</p> <p><u>Kalamata olive tapenade</u> with <u>Pita bread</u> Fresh fruit</p>



Great Lent Meal Plan 2023

Week 3: March 13 - March 19

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 13	Tuesday March 14	Wednesday March 15	Thursday March 16	Friday March 17	Saturday March 18	Sunday March 19 <u>Sunday of the Holy Cross</u>
<p>Breakfast:</p> <p><u>Overnight oats *</u> <u>Greek coffee</u></p> <p>Lunch:</p> <p><u>Cabbage and bean soup</u></p> <p>Dinner:</p> <p><u>Pasta with eggplant tomato sauce</u></p> <p>Dessert / Snacks:</p> <p><u>Popcorn</u> Fresh fruit</p>	<p>Breakfast:</p> <p><u>Fruit smoothie</u> Toast with jam and peanut butter</p> <p>Lunch:</p> <p><u>Kale, quinoa and apple salad</u></p> <p>Dinner:</p> <p><u>Chickpea fritters with a lemon tahini sauce</u> <u>Rapini</u></p> <p>Dessert / Snacks:</p> <p><u>Bruschetta</u> Fresh fruit</p>	<p>Breakfast:</p> <p>Fresh fruit Cereal & non-dairy milk</p> <p>Lunch:</p> <p>Mixed green salad with <u>tahini salad dressing</u></p> <p>Dinner:</p> <p><u>Borlotti bean soup</u> <u>Pita bread</u></p> <p>Dessert / Snacks:</p> <p>Veggies & hummus <u>Popcorn</u></p>	<p>Breakfast:</p> <p>Overnight oats * Fresh fruit</p> <p>Lunch:</p> <p><u>Chickpea wraps</u> <u>Spinach, arugula and strawberry salad</u></p> <p>Dinner:</p> <p><u>Split pea soup with rice</u></p> <p>Dessert / Snacks:</p> <p><u>Guacamole</u> with nachos</p>	<p>Breakfast:</p> <p>Cereal & non-dairy milk Banana & peanut butter</p> <p>Lunch:</p> <p><u>Spanakoquinoa</u> Fresh fruit</p> <p>Dinner:</p> <p><u>Pasta with vegetables</u></p> <p>Dessert / Snacks:</p> <p><u>Vegan date cake</u> Mixed nuts</p>	<p>Breakfast:</p> <p><u>Bagel with “smoked salmon”</u></p> <p>Lunch:</p> <p><u>Fakes (Lentil soup)</u> <u>Pita bread</u></p> <p>Dinner:</p> <p><u>Eggplant, zucchini and potato bake</u> <u>Kouloures</u></p> <p>Dessert / Snacks:</p> <p>Fresh fruit <u>Vegan date cake</u></p>	<p>Breakfast:</p> <p><u>Tiganites</u> <u>Greek coffee</u> Fresh fruit</p> <p>Lunch:</p> <p><u>Briam</u> <u>Kouloures</u></p> <p>Dinner:</p> <p><u>Fried zucchini chips</u> <u>Fried eggplant with tomato sauce</u> <u>Pita bread</u></p> <p>Dessert / Snacks:</p> <p><u>Marinated olives</u> <u>Pita bread</u></p>



Great Lent Meal Plan 2023

Week 4: March 20 - March 26

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 20	Tuesday March 21	Wednesday March 22	Thursday March 23	Friday March 24	Saturday March 25	Sunday March 26
					<u>Annunciation of the Theotokos</u>	<u>Sunday of St. John Climacus</u>
Breakfast: Toast + jam Fresh fruit Lunch: <u>Minestrone soup</u> Veggies & hummus Dinner: <u>Chickpea fritters with tahini sauce</u> <u>Fennel salad</u> Dessert / Snacks: Mixed nuts <u>Taramosalata & pita bread</u>	Breakfast: <u>Taramosalata & pita bread</u> Fresh fruit Lunch: <u>Maniatiki salad</u> Dinner: <u>Sweet potato and black bean sheet pan quesadilla</u> Dessert / Snacks: <u>Dates & almond butter</u>	Breakfast: <u>Healthy brownie baked oatmeal</u> Lunch: <u>Red lentil and bulgur wraps</u> <u>Cucumber salad</u> Dinner: <u>Calamari and rice</u> <u>Grated carrot salad</u> Dessert / Snacks: <u>Chocolate and blueberry cake</u>	Breakfast: <u>Healthy brownie baked oatmeal</u> Lunch: <u>Mung bean soup</u> Dinner: Pasta with <u>marinara sauce</u> Dessert / Snacks: <u>Chocolate and blueberry cake</u>	Breakfast: Oatmeal & non-dairy milk Fresh fruit Lunch: <u>Herbed orzo with chickpeas</u> Dinner: <u>Roasted cauliflower</u> <u>Spinach salad with peaches and dates</u> Dessert / Snacks: <u>Vegan oatmeal cups</u>	Breakfast: <u>Taramosalata & pita bread</u> Fresh fruit Lunch: <u>Fried fish</u> <u>Broccoli</u> Dinner: <u>Cod and skordalia</u> <u>Horta</u> Roasted beets Dessert / Snacks: <u>Salted sardines and anchovies</u> <u>Marinated olives</u>	Breakfast: <u>Tiganites</u> <u>Vegan oatmeal cups</u> Lunch: <u>Squash fritters</u> <u>Sauteed green peppers</u> Dinner: <u>Fried eggplant chips</u> <u>Stuffed calamari</u> Dessert / Snacks: <u>Vegan banana bread</u>



Great Lent Meal Plan 2023

Week 5: March 27 - April 2

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 27	Tuesday March 28	Wednesday March 29	Thursday March 30	Friday March 31	Saturday April 1	Sunday April 2
			<u>Great Canon of St. Andrew of Crete</u>		<u>The Akathist Hymn</u>	<u>Sunday of Saint Mary of Egypt</u>
Breakfast: Toast + jam <u>Greek mountain tea</u>	Breakfast: Overnight oats * <u>Fruit smoothie</u>	Breakfast: Banana and peanut butter roll-up *	Breakfast: <u>Vegan banana bread</u>	Breakfast: Overnight oats *	Breakfast: <u>Grilled bread with olive oil & oregano</u> Tomato Olives	Breakfast: <u>Bagel with "smoked salmon" and capers</u>
Lunch: <u>Grilled vegetables & hummus wrap</u>	Lunch: <u>Spanakorizo</u> Veggies and hummus	Lunch: <u>Melitzanosalata (eggplant dip)</u> <u>Pita bread</u>	Lunch: <u>Black eyed pea salad</u>	Lunch: <u>Pasta with vegetables</u> Fresh fruit	Lunch: <u>Vegan spanakopita</u> <u>Rice with fide</u>	Lunch: <u>Pumpkin / winter squash pita Rapini</u>
Dinner: <u>Black eyed peas and spinach</u> <u>Olive and oregano bread</u>	Dinner: Vegetable stir-fry with brown rice *	Dinner: <u>Pasta with tomato and red pepper sauce</u>	Dinner: <u>Mussels with red sauce</u> <u>French fries</u>	Dinner: <u>Youvetsi (orzo) with chickpeas</u>	Dinner: <u>Okra with cauliflower</u> <u>Easy roasted potatoes</u>	Dinner: <u>Octopus and pasta Maroulosalata</u>
Dessert / Snacks: <u>Peanut butter date bars</u>	Dessert / Snacks: <u>Dates with almond butter</u> <u>Vegan banana bread</u>	Dessert / Snacks: <u>Chocolate and strawberry cookies</u> Fresh fruit	Dessert / Snacks: <u>Chocolate and strawberry cookies</u>	Dessert / Snacks: <u>Peanut butter date bars</u>	Dessert / Snacks: <u>Loukoumades</u>	Dessert / Snacks: <u>Dandelion greens and grilled bread</u> <u>Popcorn</u>



Great Lent Meal Plan 2023

Week 6: April 3 - April 9

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 3	Tuesday April 4	Wednesday April 5	Thursday April 6	Friday April 7	Saturday April 8 <u>Lazarus Saturday</u>	Sunday April 9 <u>Palm Sunday</u>
Breakfast: <u>Vegan banana bread</u> Fresh fruit Lunch: <u>Apple and almond salad</u> Crackers and peanut butter Dinner: <u>Giant beans with greens</u> Dessert / Snacks: <u>Popcorn</u> <u>Vegan shortbread cookies</u> Mixed nuts	Breakfast: <u>Vegan banana bread</u> <u>Fruit smoothie</u> Lunch: <u>Spinach, arugula and strawberry salad</u> Almond butter & jelly sandwich Dinner: <u>Black eyed pea soup with kale</u> Dessert / Snacks: <u>Vegan shortbread cookies</u>	Breakfast: Overnight oats * Fresh fruit Lunch: <u>Prasorizo (Leeks with rice)</u> Dinner: Vegetarian chili * <u>Bruschetta</u> Dessert / Snacks: <u>Chocolate and blueberry cake</u>	Breakfast: Cereal + non-dairy milk Fresh fruit Lunch: <u>Chickpea salad</u> <u>Olive tapenade</u> & crackers Dinner: <u>Fasolatha with tomato</u> Dessert / Snacks: Veggies & hummus <u>Chocolate and blueberry cake</u>	Breakfast: Banana & peanut butter roll-up Lunch: <u>Maniatiki salad</u> Fresh fruit Dinner: <u>Spaghetti squash and roasted vegetables</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 2023

Week 7: April 10 - April 16

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 10	Tuesday April 11	Wednesday April 12	Thursday April 13	Friday April 14	Saturday April 15	Sunday April 16
<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>Red cabbage salad with apple</u> Dinner: <u>Split pea soup with rice</u> Dessert / Snacks: <u>Koulourakia with orange</u> Mixed nuts	Breakfast: Banana and peanut butter roll-up * <u>Fruit smoothie</u> Lunch: <u>Quinoa & chickpea salad</u> Dinner: <u>Gigantes plaki</u> Dessert / Snacks: <u>Vegan rice pudding / rizogalo</u> Fresh fruit	Breakfast: Overnight oats * <u>Koulourakia with orange</u> Lunch: <u>Potato 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>Vegan moussaka</u> Dessert / Snacks: <u>Loukoumades</u>	Breakfast: Toast with peanut butter & jam <u>Mountain tea</u> Lunch: Mixed greens salad with <u>tahini dressing</u> <u>Vegan moussaka</u> Dinner: <u>Fide soup</u> Olives Sliced tomatoes <u>Pita bread</u> Dessert / Snacks: <u>Citrus platter with pomegranate</u>	Breakfast: Toast with peanut butter & jam <u>Greek coffee</u> 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>