Ikarian Diet®

# Plant-Based Fasting Week

Seven days of fully plant-based meals inspired by the Greek Orthodox fasting tradition that Ikarians have followed for centuries.

FREE GUIDE

## How Ikarian fasting works

Traditional fasting days leave out meat, dairy and eggs. Meals are built from legumes, vegetables, grains, bread, olives, nuts and fruit. This week follows that pattern every day. For a gentler start, follow it only on Wednesdays and Fridays, the traditional weekly fasting days.

## Your week at a glance

| DAY | BREAKFAST | LUNCH | SNACK | DINNER |
|---|---|---|---|---|
| **Monday** | Oatmeal made with water, banana and cinnamon | Fakes (lentil soup) with olives and bread | Orange and almonds | Horta with olive oil and lemon, boiled potatoes |
| **Tuesday** | Bread with tahini and honey | Chickpea and quinoa salad | Carrot and cucumber sticks | Soufiko (vegetable stew) with bread |
| **Wednesday** | Green smoothie: spinach, apple, mint | Black-eyed peas with greens and dill | Walnuts and dried figs | Turmeric vegetable soup |
| **Thursday** | Chocolate oatmeal made with plant milk | Tabbouleh with chickpeas | Fresh fruit | Plant-based "meatballs" in tomato sauce |
| **Friday** | Fruit salad with walnuts | Bean soup (fasolada) | Mountain tea and a few dates | Ikarian potato salad with capers, green salad |
| **Saturday** | Bread with tomato, olive oil and oregano | Carrot and ginger soup, olives, bread | Chocolate truffles made with dates | Stuffed peppers or tomatoes with rice and herbs |
| **Sunday** | Banana oatmeal with plant milk | Chestnut soup in winter, or a large Greek salad without feta in summer | Fresh fruit | Gigantes (baked giant beans in tomato) |

**Get enough protein**

- Include a legume at lunch or dinner every day
- Add nuts, seeds or tahini to snacks
- Combine legumes with bread or grains

**Good to know**

- If you eat plant-based for long periods, take a vitamin B12 supplement
- Seafood such as octopus and shrimp is allowed on some traditional fasting days
- Fasting is optional. Skip it if you are pregnant, underweight or unwell

## What research says

A study in Crete found that people who followed Orthodox fasting had lower total and LDL cholesterol than those who didn't (Sarri et al., *BMC Public Health*, 2003). Read more at **ikariandiet.org/learn/science.html**

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General information, not medical advice. Check with your doctor before fasting.