

Ikarian Diet

Plant-Based Fasting Week

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

FREE GUIDE

How Ikarrian 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