

*Прости мя,
Боже,
и помилуй мя.*

Пс. 50:3



*Постъ ты,
весий,
моли́тя,
и ми́лостыя,
тво́я
да бу́дет
тайно́ю.*

Мф. 6:18



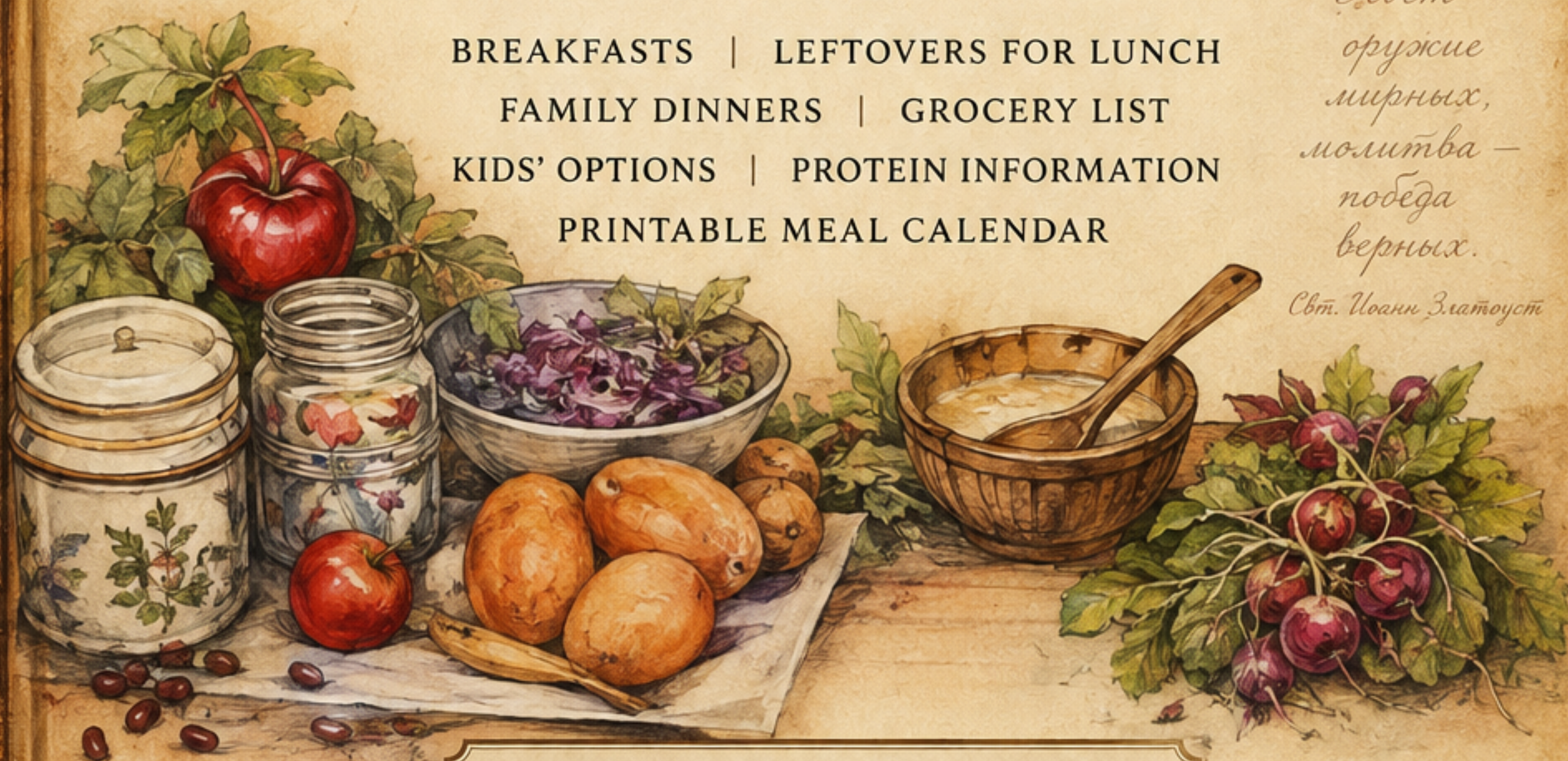
DORMITION FAST FAMILY FOOD GUIDE

14 DAYS OF SIMPLE ORTHODOX FASTING MEALS

BREAKFASTS | LEFTOVERS FOR LUNCH
FAMILY DINNERS | GROCERY LIST
KIDS' OPTIONS | PROTEIN INFORMATION
PRINTABLE MEAL CALENDAR

*Пост —
оружие
мирных,
моли́тва —
победа
верных.*

Свт. Иоанн Златоуст



A PRACTICAL ROCOR GUIDE
AUGUST 14–27, 2026



GET THE FREE 14-DAY MEAL PLAN
resurrectionrocathedral.org



Dormition Fast Family Food Guide

A PRACTICAL ROCOR FAMILY GUIDE • AUGUST 14–27, 2026

Feeding a family during the Dormition Fast does not need to mean planning and cooking three completely different fasting meals every day.

We created this practical 14-day Dormition Fast meal plan for Orthodox families around a simple idea: easy breakfasts, intentional leftovers for lunch, one family dinner, and a manageable grocery list.

A ROCOR parish describes the Dormition Fast as the strictest fast outside Great Lent: no animal products or fish throughout the fast; wine and olive oil are permitted on Saturdays and Sundays; fish, wine, and olive oil are permitted on the Feast of the Transfiguration.

This family guide follows that traditional ROCOR fasting framework.

The goal is simple: familiar food that works for an entire household, with fewer groceries, repeated ingredients, realistic meals for children and adults, intentional leftovers, and less time spent cooking.

Individual fasting circumstances, particularly for children or those with special needs, should be discussed with one's priest or spiritual father.

How to Use This Dormition Fast Meal Plan

This is not a collection of 42 complicated recipes.

The system is:

EASY BREAKFAST → LEFTOVERS FOR LUNCH → ONE FAMILY DINNER

Whenever possible, make extra dinner and use it for lunch the following day.

Children and adults can eat the same basic meal. Keep some ingredients plain or separate for children, and add stronger flavors, herbs, vegetables and seasonings to the adult portions.

Making the Dormition Fast Easier for Families

PRACTICAL TIPS FOR THE 14-DAY FAMILY MEAL PLAN

Keep Shopping Simple

You do not need to purchase two weeks of fresh produce at once.

Week One: Buy your pantry staples and the fresh produce needed through Transfiguration.

Week Two: Restock fruit, avocados, tomatoes and any other fresh vegetables you've used.

The pantry staples carry through both weeks.

Cook Once, Eat Twice

One of the easiest ways to simplify fasting meals for a family is to intentionally cook tomorrow's lunch while making tonight's dinner.

Spaghetti	Tomorrow's lunch
Rice & beans	Tomorrow's bowls
Baked potatoes	Tomorrow's lunch
Soup	Tomorrow's lunch
Pasta	Tomorrow's lunch

Most lunches in this meal plan require no new cooking.

Easy Dormition Fast Breakfasts

Breakfast does not need 14 different recipes. Rotate a few familiar options:

- **Overnight oats**
- **Oatmeal**
- **Peanut butter & banana toast**
- **Avocado toast**

Prepare several servings of overnight oats at once to make mornings easier.

One Family Meal: Kids & Adults

There is no need to cook an entirely separate fasting dinner for children. Start with the same basic foods.

For children, keep ingredients simple and recognizable: **pasta, rice, beans, potatoes, peas, corn and fruit.**

Adults can add onions, garlic, herbs, additional vegetables and stronger seasonings at the table.

The goal is **one family meal with flexibility.**

Protein During an Orthodox Fast

Several inexpensive pantry staples can help make fasting meals more substantial.

Lentils	Protein, iron, folate and fiber
Beans	Protein, iron, folate and fiber
Peanut butter	Protein, fats and magnesium
Oats	Fiber, iron and some protein
Peas	Protein, fiber and folate

Protein figures throughout this guide are approximate per typical adult serving and vary according to portion size and the products used.



AUGUST 2026

Dormition Fast Family Meal Calendar

Dormition Fast: August 14–27 ♦ August 19: TRANSFIGURATION (Fish, Wine & Oil Permitted) ♦ August 28: *Feast of the Dormition*

- NO OIL
- WINE & OIL PERMITTED (Saturdays & Sundays)
- TRANSFIGURATION (Fish, Wine & Oil Permitted)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	14 NO OIL B: Apple-cinnamon overnight oats L: PB + banana toast + fruit D: Spaghetti + lentil tomato sauce	15 WINE & OIL PERMITTED B: PB-banana overnight oats L: Leftover Spaghetti + Fruit D: Taco night
16 WINE & OIL PERMITTED B: Avocado toast + fruit L: Leftover taco bowls D: Loaded baked potatoes	17 NO OIL B: Oatmeal + banana + PB L: Leftover Loaded Potatoes + Fruit D: Lentil, potato & carrot soup	18 NO OIL B: Berry-banana overnight oats L: Leftover Lentil Soup + Bread D: Pasta + peas	19 TRANSFIGURATION Fish, Wine & Oil Permitted B: PB + banana toast + fruit L: Leftover pasta D: Baked fish + potatoes + green beans	20 NO OIL B: Apple-cinnamon overnight oats L: PB + banana toast + fruit D: Rice & black bean bowls	21 NO OIL B: Oatmeal + banana + PB L: Leftover rice & beans D: Spaghetti + lentil tomato sauce	22 WINE & OIL PERMITTED B: Avocado-tomato toast + fruit L: Leftover Lentil Spaghetti D: Family Pasta Night (whole-grain pasta, tomato sauce, white beans + vegetables)
23 WINE & OIL PERMITTED B: Berry-banana overnight oats L: Leftover Family Pasta + Fruit D: Baked Potato Bar (potatoes, black beans, corn, tomato, avocado + simple salad)	24 NO OIL B: Apple-cinnamon oatmeal L: Leftover Baked Potato + Beans + Fruit D: Bean, Potato & Vegetable Soup	25 NO OIL B: PB + banana toast L: Leftover Bean & Potato Soup + Bread D: Rice & bean night	26 NO OIL B: Overnight oats L: Leftover Rice & Beans + Fruit D: Pasta + peas + lentils	27 NO OIL B: Oatmeal + banana + PB L: Leftover pasta + fruit D: Loaded baked potatoes	28 FEAST OF THE DORMITION OF THE MOST HOLY THEOTOKOS 	29



HOW TO USE THIS CALENDAR

- Cook dinner — Eat the leftovers for lunch the next day.
- Most lunches are already made!
- Keep breakfasts simple and rotate options.
- One meal for the whole family with flexible portions.



BREAKFAST IDEAS (ROTATE)

- Overnight oats (apple-cinnamon, berry-banana, PB-banana)
- Oatmeal with fruit & peanut butter
- Peanut butter + banana toast
- Avocado toast — check bread ingredients and prepare according to the day's fasting rule.

KEY

- B = Breakfast
- L = Lunch
- D = Dinner

KEEP THE FOCUS

*Keep the focus of the Fast where it belongs.
Feed the family.
Keep it simple.*



Note: This guide follows the traditional ROCOR fasting practice. Always check ingredient labels on packaged products.

DORMITION FAST GROCERY LIST

14-DAY FAMILY MEAL PLAN | AUGUST 14-27, 2026

PRODUCE

- Bananas
- Apples
- Berries - fresh or frozen
- Avocados
- Tomatoes
- Potatoes
- Carrots
- Onions
- Lettuce
- Green beans
- Frozen peas
- Frozen corn
- Lemons and limes
- Garlic
- Fresh fruit your family already enjoys

PANTRY

- Rolled oats
- Peanut butter
- Whole-grain pasta or spaghetti
- Rice
- Black beans
- White beans
- Lentils
- Plain tomatoes or tomato sauce without oil
- Raisins - optional
- Nuts or seeds - optional
- Cinnamon
- Salt
- Black pepper
- Basic herbs and seasonings

OTHER

- Bread
- Corn tortillas
- Fish for Transfiguration
- Olive oil for days when oil is permitted

Shop Week One first, then restock fresh produce for Week Two. Always check current packaged-food ingredient labels, as formulations can change.

Orthodox Family Kitchen | Resurrection Orthodox Cathedral

FRIDAY

NO OIL

August 14

BREAKFAST

Apple-Cinnamon Overnight Oats

Rolled oats • apple • cinnamon • water

Combine the night before and refrigerate.

FOR KIDS: Grate or finely dice the apple.

FOR ADULTS: Add raisins or nuts if desired.

Approx. 6g protein

Fiber • Iron • Magnesium

LUNCH

Peanut Butter & Banana Toast + Fruit

Fasting bread • peanut butter • banana • fresh fruit

FOR KIDS: Serve as toast, a sandwich or separately.

FOR ADULTS: Add cinnamon or additional fruit.

Approx. 10-14g protein

Varies by bread and peanut butter used

DINNER

Spaghetti with Lentil Tomato Sauce

Whole-grain spaghetti • lentils • tomatoes • onion • seasonings

Cook the lentils until tender. Combine with tomatoes and seasonings and serve over spaghetti. No oil is necessary.

FOR KIDS: Set aside pasta with plain tomato sauce before adding lentils if needed.

FOR ADULTS: Add garlic, herbs and black pepper.

Approx. 18-22g protein

Protein • Fiber • Iron • Folate

MAKE EXTRA - TOMORROW'S LUNCH

SATURDAY

WINE & OIL PERMITTED

August 15

BREAKFAST

Peanut Butter-Banana Overnight Oats

Rolled oats • banana • peanut butter • water

Mash the banana and combine with the oats, peanut butter and water. Refrigerate overnight.

FOR KIDS: Mash the banana directly into the oats.

FOR ADULTS: Add cinnamon, nuts or seeds.

Approx. 12-14g protein

Protein • Fiber • Magnesium • Potassium

LUNCH

Leftover Spaghetti + Fruit

Reheat Friday night's spaghetti and serve with fruit.

NO NEW COOKING REQUIRED

DINNER

Family Taco Night

Black beans • rice • corn • tomato • avocado • lettuce • corn tortillas

Put everything on the table and let each family member assemble their own meal.

FOR KIDS: Serve rice, beans, corn, avocado and tortilla separately.

FOR ADULTS: Add onion, lettuce, tomato, lime and seasonings.

Approx. 13-17g protein

Fiber • Iron • Folate

MAKE EXTRA - RICE & BEANS FOR TOMORROW

SUNDAY

WINE & OIL PERMITTED

August 16

BREAKFAST

Avocado Toast + Fruit

Bread • avocado • fresh fruit

FOR KIDS: Serve plain avocado toast or avocado and toast separately.

FOR ADULTS: Add tomato, lemon, herbs and seasonings.

Approx. 5-8g protein

Fiber • Folate • Potassium

LUNCH

Leftover Taco Bowls

Use yesterday's rice, black beans, corn, avocado and tomato.

FOR KIDS: Keep everything separate.

FOR ADULTS: Combine into a bowl with lettuce, onion and lime.

Approx. 13-17g protein

DINNER

Loaded Baked Potatoes

Potatoes • black beans • corn • tomato • avocado

Bake the potatoes and put the toppings on the table so everyone can build their own.

FOR KIDS: Serve a plain baked potato with the toppings they like.

FOR ADULTS: Add beans, vegetables, herbs and seasonings.

Approx. 12-15g protein

Fiber • Potassium • Iron • Folate

MAKE EXTRA - BAKE POTATOES FOR TOMORROW

MONDAY

NO OIL

August 17

BREAKFAST

Oatmeal with Banana & Peanut Butter

Oats • banana • peanut butter • water

Approx. 12-14g protein

Protein • Fiber • Magnesium • Potassium

LUNCH

Leftover Loaded Potatoes + Fruit

Use Sunday's extra baked potatoes and toppings.

NO NEW COOKING REQUIRED

DINNER

Lentil, Potato & Carrot Soup

Lentils • potatoes • carrots • onion • water • seasonings

Place everything in one pot and simmer until the lentils and vegetables are tender.

FOR KIDS: Keep the seasoning mild and serve with bread.

FOR ADULTS: Add garlic, herbs and black pepper.

Approx. 15-18g protein

Protein • Iron • Folate • Fiber

MAKE EXTRA - TOMORROW'S LUNCH

TUESDAY

NO OIL

August 18

BREAKFAST

Berry-Banana Overnight Oats

Oats • berries • banana • water

FOR KIDS: Mash the banana into the oats.

FOR ADULTS: Add peanut butter for additional protein.

Approx. 6g protein

12-13g with peanut butter • Fiber • Vitamin C • Magnesium

LUNCH

Leftover Lentil Soup + Bread

Reheat Monday's soup and serve with bread.

Approx. 17-22g protein

Depending on portions

DINNER

Pasta & Peas

Whole-grain pasta • peas • oil-free tomato sauce

FOR KIDS: Pasta, peas and sauce can be served separately.

FOR ADULTS: Add lentils, garlic or herbs.

Approx. 14-17g protein

Protein • Fiber • Iron

MAKE EXTRA - TOMORROW'S LUNCH

WEDNESDAY

TRANSFIGURATION - FISH, WINE & OIL
PERMITTED

August 19

BREAKFAST

Peanut Butter & Banana Toast + Fruit

Approx. 10-14g protein

LUNCH

Leftover Pasta + Fruit

Use Tuesday night's extra pasta.

NO NEW COOKING REQUIRED

FESTAL DINNER

Baked Fish, Potatoes & Green Beans

Salmon or another fish your family enjoys • potatoes • green beans • salad • lemon • olive oil

FOR KIDS: Serve plain fish, potato and green beans separately.

FOR ADULTS: Add lemon, olive oil and herbs, with salad alongside.

Approx. 25-35g protein

Vitamin B12 • Selenium • Omega-3 fatty acids, depending on the fish

Make only the amount of fish needed for the feast-day meal.

THURSDAY

NO OIL

August 20

BREAKFAST

Apple-Cinnamon Overnight Oats

Approx. 6g protein

LUNCH

Peanut Butter & Banana Toast + Fruit

Approx. 10-14g protein

DINNER

Rice & Black Bean Bowls

Rice • black beans • corn • tomato

FOR KIDS: Serve rice, beans and corn separately.

FOR ADULTS: Add onion, tomato and seasonings.

Approx. 13-16g protein

Fiber • Iron • Folate • Magnesium

MAKE EXTRA - TOMORROW'S LUNCH

FRIDAY

NO OIL

August 21

BREAKFAST

Oatmeal + Banana + Peanut Butter

Approx. 12-14g protein

LUNCH

Leftover Rice & Beans + Fruit

Approx. 13-16g protein

DINNER

Spaghetti with Lentil Tomato Sauce

Repeat the simple Day 1 dinner.

Approx. 18-22g protein

Protein • Fiber • Iron • Folate

MAKE EXTRA - TOMORROW'S LUNCH

SATURDAY

WINE & OIL PERMITTED

August 22

BREAKFAST

Avocado & Tomato Toast + Fruit

FOR KIDS: Plain avocado toast.

FOR ADULTS: Add tomato, herbs and seasonings.

Approx. 6-8g protein

LUNCH

Leftover Lentil Spaghetti

NO NEW COOKING REQUIRED

DINNER

Family Pasta Night

Whole-grain pasta • tomato sauce • white beans • peas or other vegetables your family already has

FOR KIDS: Serve pasta and tomato sauce with beans and vegetables separately if preferred.

FOR ADULTS: Mix in white beans and vegetables. Add olive oil, garlic and herbs if desired.

Approx. 18-22g protein

Protein • Fiber • Iron • Folate

MAKE EXTRA - TOMORROW'S LUNCH

SUNDAY

WINE & OIL PERMITTED

August 23

BREAKFAST

Berry-Banana Overnight Oats

Add peanut butter if desired.

Approx. 6-13g protein

Depending on additions

LUNCH

Leftover Family Pasta + Fruit

NO NEW COOKING REQUIRED

DINNER

Baked Potato Bar

Potatoes • black beans • corn • tomato • avocado • simple salad

FOR KIDS: Plain potato with toppings served separately.

FOR ADULTS: Load the potato and dress the salad with olive oil if desired.

Approx. 12-15g protein

Fiber • Potassium • Iron • Folate

MAKE EXTRA - TOMORROW'S LUNCH

MONDAY

NO OIL

August 24

BREAKFAST

Apple-Cinnamon Oatmeal

Approx. 6g protein

Fiber • Iron • Magnesium

LUNCH

Leftover Baked Potato + Beans + Fruit

Approx. 10-13g protein

DINNER

Bean, Potato & Vegetable Soup

White or black beans • potatoes • carrots • peas • onion • water • seasonings

Simmer everything together until tender.

FOR KIDS: Keep the seasoning mild and serve with bread.

FOR ADULTS: Add garlic, herbs and black pepper.

Approx. 14-18g protein

Protein • Fiber • Iron • Folate

MAKE EXTRA - TOMORROW'S LUNCH

TUESDAY

NO OIL

August 25

BREAKFAST

Peanut Butter & Banana Toast + Fruit

Approx. 10-14g protein

LUNCH

Leftover Bean & Potato Soup + Bread

Approx. 17-22g protein

Depending on portions

DINNER

Rice & Bean Night

Rice • black beans • corn • tomato

FOR KIDS: Serve everything separately.

FOR ADULTS: Make a bowl with onion, tomato and seasonings.

Approx. 13-16g protein

Fiber • Iron • Folate • Magnesium

MAKE EXTRA - TOMORROW'S LUNCH

WEDNESDAY

NO OIL

August 26

BREAKFAST

Overnight Oats

Apple + cinnamon • Banana + peanut butter • Berry + banana

Use whichever combination you have available.

LUNCH

Leftover Rice & Beans + Fruit

Approx. 13-16g protein

DINNER

Pasta, Peas & Lentils

Whole-grain pasta • peas • lentils • oil-free tomato sauce

FOR KIDS: Set aside plain pasta and peas if needed.

FOR ADULTS: Combine everything with herbs and seasonings.

Approx. 18-22g protein

Protein • Fiber • Iron • Folate

MAKE EXTRA - TOMORROW'S LUNCH

THURSDAY

NO OIL

August 27

BREAKFAST

Oatmeal + Banana + Peanut Butter

Approx. 12-14g protein

LUNCH

Leftover Pasta + Fruit

NO NEW COOKING REQUIRED

DINNER

Loaded Baked Potatoes

Potatoes • black beans • corn • tomato

FOR KIDS: Plain potato with familiar toppings.

FOR ADULTS: Add beans, vegetables, herbs and seasonings.

Approx. 12-15g protein

Fiber • Iron • Folate • Potassium

A simple final fasting dinner before the Feast of the Dormition.

2026 ROCOR Dormition Fast Calendar

Friday, August 14	NO OIL
Saturday, August 15	WINE & OIL PERMITTED
Sunday, August 16	WINE & OIL PERMITTED
Monday, August 17	NO OIL
Tuesday, August 18	NO OIL
Wednesday, August 19	TRANSFIGURATION: FISH, WINE & OIL PERMITTED
Thursday, August 20	NO OIL
Friday, August 21	NO OIL
Saturday, August 22	WINE & OIL PERMITTED
Sunday, August 23	WINE & OIL PERMITTED
Monday, August 24	NO OIL
Tuesday, August 25	NO OIL
Wednesday, August 26	NO OIL
Thursday, August 27	NO OIL
Friday, August 28	Feast of the Dormition of the Most Holy Theotokos