

Sample Meal Plan for Ember Days

Ember Wednesday, September 17th day of fasting

B: Yogurt or cottage
cheese with grapes or
Fasting Bread

L: Hard boiled egg with
a piece of fruit

D: Grilled or shredded
chicken and sweet
potatoes or Slow
Cooker Lentil Soup
(double or triple the
recipe) *may have this
meal with meat

Ember Friday, September 19th day of fasting and abstinence

B: Yogurt or Cottage
cheese with grapes or
Fasting Bread

L: Hard boiled egg with a
piece of fruit

D: Baked Salmon and
sweet potatoes or Slow
Cooker Lentil Soup

Ember Saturday, September 20th day of fasting

B: Yogurt or Cottage
cheese with grapes or
Fasting Bread

L: Hard boiled egg with a
piece of fruit

D: Grilled or shredded
chicken and sweet
potatoes or Slow Cooker
Lentil Soup (double or
triple the recipe) *may
have this meal with meat
instead

Make Your Own Meal Plan for Ember Days

Ember Wednesday,
Date: _____
day of fasting

B:

L:

D:

Ember Friday,
Date: _____
***day of fasting and
abstinence***

B:

L:

D:

Ember Saturday,
Date: _____
day of fasting

B:

L:

D: