

GREAT LENT FAST SUMMARY

(Variable starting date)

- CATEGORIES:**
1. MEAT
 2. ANIMAL PRODUCTS
 3. FISH
 4. OLIVE OIL AND WINE

WEEK BEFORE LENT: No meat

FIRST WEEK OF LENT

**Special note - below is the rule, add more snacks or meals as you have need.*

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|-----------|--|
| Monday | - water only |
| Tuesday | - water only, or snack before or after Great Compline |
| Wednesday | - one meal, after Presanctified Liturgy, fasting from categories 1-4 |
| Thursday | - water only, or snack before or after Great Compline |
| Friday | - one meal, usually following evening service, fasting from categories 1-4 |

SECOND, THIRD, FOURTH, FIFTH, & SIXTH WEEKS OF LENT:

**Special note - in our times, even in monastic communities "one meal days" during these weeks often actually include two or more small meals*

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|-----------|---|
| Monday | |
| Tuesday | - one meal before or after Vespers, fasting from categories 1-4 |
| Thursday | |
| Wednesday | |
| Friday | - one meal after Presanctified Liturgy, fasting from categories 1-4 |
| Saturday | |
| Sunday | - two meals, fasting from categories 1-3 |

HOLY WEEK

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|-----------|---|
| Monday | |
| Tuesday | - one meal each day, fasting from categories 1-4 |
| Wednesday | |
| Thursday | - one meal with wine, fasting from categories 1-3 |
| Friday | - total fast (or bread, water, juice, after sunset) |
| Saturday | - one meal after Vespersal Divine Liturgy with wine, but no oil |