Lent 2027 meatless Friday planner

Lent 2027 begins on Ash Wednesday, February 10, and Easter is March 28. Plan each meatless day, then shop once.

Fast and no meat · No meat · Fast day: one full meal and two smaller ones, ages 18 to 59, in common US Catholic practice.

Day	Breakfast	Lunch	Dinner	To buy
Wed, Feb 10 Ash Wednesday Fast and no meat				
Fri, Feb 12 1st Friday of Lent No meat				
Fri, Feb 19 2nd Friday of Lent No meat				
Fri, Feb 26 3rd Friday of Lent No meat				
Fri, Mar 5 4th Friday of Lent No meat				
Fri, Mar 12 5th Friday of Lent No meat				
Fri, Mar 19 6th Friday of Lent No meat				
Fri, Mar 26 Good Friday Fast and no meat				

Set PlatePal to pescatarian, and one barcode scan flags meat, broth, lard and gelatin on the label.
Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. A shopping aid, not a religious ruling: churches and traditions differ. Always read the label. Free to print and copy for personal and parish use.

Meatless meal ideas and shopping list

Ideas to fill the planner, and a tick box list for the shop. Check the label on anything canned, boxed or frozen.

What common practice asks

No meat	On Ash Wednesday, Good Friday and every Friday of Lent, for Catholics aged 14 and older.
Fasting	On Ash Wednesday and Good Friday, for ages 18 to 59: one full meal and two smaller meals that together are less than a full meal.
Fish is allowed	Fish and shellfish are not counted as meat. Eggs and dairy are allowed too.
Excused	People who are ill, pregnant or nursing are excused. Common sense comes first.

This is common US Catholic practice. Your diocese, tradition or church may differ; Orthodox and other churches keep different fasts. Ask your priest or pastor.

Meatless meal ideas

Fish and seafood

- Baked salmon
- Tuna melts
- Fish tacos
- Shrimp stir fry
- Clam linguine

Beans and lentils

- Black bean soup
- Lentil curry
- Bean burritos
- Chickpea salad
- Vegetable chili

Eggs and cheese

- Frittata
- Egg sandwiches
- Cheese pizza
- Mac and cheese
- Cheese quesadillas

Pasta and grains

- Pasta primavera
- Pesto pasta
- Fried rice with egg
- Veggie lasagna
- Spinach ravioli

Shopping list

Fish and seafood

- [ ] Canned tuna
- [ ] Salmon fillets
- [ ] Frozen fish
- [ ] Shrimp
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Protein

- [ ] Eggs
- [ ] Cheese
- [ ] Beans
- [ ] Lentils
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Pantry

- [ ] Pasta
- [ ] Rice
- [ ] Vegetable broth
- [ ] Tortillas (check for lard)
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Produce

- [ ] Onions
- [ ] Peppers
- [ ] Potatoes
- [ ] Greens
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Set PlatePal to pescatarian, and one barcode scan flags meat, broth, lard and gelatin on the label.

Scan the code with your phone camera, or visit tryplatepal.com