

How to Use Your Meal Planning Section to Plan Meals for the 9 Days*

Some of you have gotten your planners just before or at the start of the 9 days, how exciting! Although the calendar does not start till September 1, you can already start enjoying the planner! I'd like to share how you can use the planner to plan out your meals for this period.

Non-Meat Proteins: On the left side, by the day of the week, fill out different non-meat protein ideas. You don't have to fill out all the days of the week, just focus on non-meaty proteins that your family likes.

Recipe Ideas: On the right side, there are five columns for various recipes. For each protein that your family enjoys, fill out a few different recipes that you could use.

Now you have a list of non-meat proteins and 4-5 recipe ideas for each protein to get you through the 9 days.

Some non-meat ideas include:

Fish: Baked salmon, tilapia with lemon and herbs, tuna casserole, fish tacos, tuna steak, tuna wraps.

Eggs: Shakshuka, omelets with veggies, egg salad, frittata, quiche, halloumi salad.

Dairy and Pastas: Macaroni and cheese, lasagna, cheese

blintzes, pizza, ravioli, grilled cheese sandwiches, Spaghetti with marinara sauce, pasta primavera, baked ziti, penne with pesto, gnocchi with spinach and ricotta.

Legumes: Lentil soup, chickpea salad , black bean burgers, hummus and vegetable wraps, falafel.

I'd love to see your ideas! If you're comfortable, please share a picture of your filled-out meal planning chart with me. Let me know if I can share it with others as well for inspiration.

May we merit to see the rebuilding of the Beit Hamikdash speedily in our days, and may our fasting and mourning be turned into joy and celebration.

-Ellie