



Ethiopian Meal Plan

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Vegan or vegetarian only.

Thursday

Friday

Vegan or vegetarian only.

Saturday

Breakfast

12oz fruit smoothie (fruit separately blended and layered in a glass; no sugar added, garnish with lime juice)

¾ cup cracked wheat porridge with berbere spice and spiced butter

8oz coffee with sugar

2-egg omelet with onion, jalapeno and spices

8oz milk

Dabo (wheat bread)

Buna (Ethiopian espresso)

1 cup cracked wheat porridge with berbere and spiced butter

8oz tea with sugar

Large to keep you full during the day.

Kita (similar to a personal pizza; smothered with berbere sauce)

Buna

2-egg omelet with onion, jalapeno and spices

8oz fruit smoothie (layered)

Dabo

8oz coffee with sugar

Large to keep you full during the day.

Kita with berbere sauce

8oz tea with sugar

Chechebsa (flaky fried bread or fried flatbread in berbere spice, shredded)

6oz plain yogurt with drizzle of honey

8oz coffee with sugar

Lunch

1 cup spicy yellow pea stew

½ cup cottage cheese

Injera (spongy sourdough flatbread)

8oz water

1 cup chicken stew (made with berbere spices and hardboiled egg)

½ cup gomen (collard greens and vegetables in butter and garlic)

Injera

8oz water

1 cup fish stew in berbere paste

1 mango

Injera

8oz water

1 cup chickpea and bean stew

1½ cups Ethiopian salad

Injera

8oz water

1 cup sliced beef (cooked in butter, rosemary, garlic)

¼ cup chili dipping sauce

½ cup cottage cheese

Injera

8oz water

1 cup red lentil stew (made with berbere sauce)

1 cup fresh pineapple

Injera

8oz water

1 cup mixed vegetable and potato stew

1½ cups Ethiopian salad

Injera

8oz water

Dinner

Largest meal.

1 cup sliced beef (cooked in butter, rosemary, garlic)

¼ cup chili dipping sauce

1½ cups fresh greens

Injera

8oz water

2-4oz coffee (sugar optional)

1 cup chickpea and bean stew (similar to refried beans)

1½ cups Ethiopian salad (diced tomato, onion, chilies, salt, lemon juice, olive oil)

½ cup beet and potato salad

Injera

8oz water

2-4oz coffee

1 cup lean ground beef (with chili and butter; often served like steak tartare)

½ cup cottage cheese

½ cup gomen

Injera

8oz water

2-4oz coffee

1 cup mixed vegetable and potato stew

½ cup beets

½ cup boiled godere (or other root vegetable)

Dabo

8oz water

2-4oz coffee

1 cup chicken stew (made with berbere spices)

½ cup gomen

Injera

8oz water

2-4oz coffee

1 cup berbere spiced vegetables

½ cup fried potatoes

½ cup boiled godere

1½ cups fresh greens

Injera

8oz water

2-4oz coffee

1 fillet fried fish

¼ cup chili dipping sauce

1½ cup fresh greens

½ cup beets

Dabo

8oz water

2-4oz coffee

Snack

½ cup dabo kolo (similar to pretzels)

1 cup fresh pineapple

1oz sunflower seeds

1oz peanuts

½ cup dabo kolo or pretzels

1oz peanuts

1 mango