



NO RED MEAT FOR LENT? THESE RESTAURANTS OFFER LENT SPECIALS TO FASTING GUESTS (WE PROMISE THEY'RE FUN!)

MARCH 2, 2022

If you participate in Lent, you will typically give something up to “fast” from yourself, symbolizing the way Jesus fasted. People observing Lent will often give up anything from sweets to social media.

The most common thing folks will give up? Red meat. For most, that means absolutely no meat on Fridays during Lent.

Eatzi's Market & Bakery

5967 W Parker Rd, Plano, TX

Pizza Friday at Eatzi's will provide a welcome break from fish. Whole pies go for \$12. A Lenten favorite is The Mushroom, covered in sauteed mushrooms, rosemary, pesto, and onions. Note that this one has goat cheese, if you like a little bit of funk!