

DAILY PESCATARIAN PROTEIN TRACKER

DATE:

DAILY GOAL: GRAMS

№	PROTEIN SOURCE (FISH, DAIRY, LEGUMES, ETC.)	SERVING SIZE	PROTEIN (G)
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TOTAL PROTEIN INTAKE
NET CALORIES
HYDRATION (OZ)

Common Pescatarian References (per 100g):

Salmon: 20g | Tuna: 28g | Greek Yogurt: 10g | Lentils: 9g | Eggs: 13g | Tofu: 8g