

ESSENTIAL PESCATARIAN GUIDE

Nutritional Selection Checklist

SUSTAINABLE SEAFOOD

- Salmon (Wild Caught)
 - Pacific Cod / Halibut
 - Sardines & Anchovies
 - Rainbow Trout
 - Shrimp / Prawns
 - Mussels & Clams
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PLANT-BASED PROTEINS

- Lentils (Green/Red)
 - Chickpeas / Hummus
 - Organic Tofu / Tempeh
 - Black & Kidney Beans
 - Greek Yogurt / Skyr
 - Pasture-Raised Eggs
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WHOLE GRAINS & SEEDS

- Quinoa (Tri-color)
 - Steel Cut Oats
 - Brown / Wild Rice
 - Chia & Flax Seeds
 - Walnuts & Almonds
 - Hemp Hearts
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PRODUCE ESSENTIALS

- Leafy Greens (Kale/Spinach)
 - Cruciferous (Broccoli)
 - Avocados
 - Berries (Antioxidants)
 - Sweet Potatoes
 - Bell Peppers
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Focus on Omega-3 fatty acids, high fiber, and seasonal variety.