

# WEEKLY PESCATARIAN BUDGET MEAL PLAN

High Protein & Low Cost & Sustainable

Day				
<b>Mon</b>	Oatmeal with flaxseeds & frozen berries	Chickpea "Tuna" Salad Sandwich	Lentil & Spinach Pasta with Parmesan	Apple slices
<b>Tue</b>	Scrambled Eggs on Whole Grain Toast	Leftover Lentil Pasta	Baked Tilapia with Roasted Potatoes	Hard-boiled egg
<b>Wed</b>	Greek Yogurt with honey & oats	Tuna Melt with canned Skipjack	Black Bean & Corn Tostadas	Carrot sticks
<b>Thu</b>	Peanut Butter & Banana Toast	Leftover Black Bean Tostadas	Sheet Pan Salmon & Broccoli	Handful of peanuts
<b>Fri</b>	Smoothie (Spinach, Banana, PB)	Salmon & Broccoli Rice Bowl	Sardine Spaghetti (Puttanesca style)	Cottage cheese
<b>Sat</b>	Veggie Omelet (Onion, Pepper)	Sardine & Tomato Toast	Shrimp Stir-fry with Frozen Veggies	Popcorn

Day				
<b>Sun</b>	Pancakes with fruit topping	Leftover Shrimp Stir-fry	White Bean & Kale Fish Chowder	Yogurt cup

### **Bulk Shopping List**

- Grains: Brown rice, Oats, Whole wheat pasta
- Protein: Canned tuna/sardines, Frozen tilapia, Eggs
- Legumes: Dried lentils, Canned black beans
- Produce: Bananas, Spinach, Frozen broccoli

### **Prep Notes**

- Cook large batch of lentils on Monday
- Thaw frozen fish in fridge overnight
- Save vegetable scraps for homemade stock
- Portion snacks into reusable containers