

PESCATARIAN WEEKLY MEAL PLAN

Name: _____ Week Starting: _____

DAY	BREAKFAST	LUNCH	DINNER	DAILY SNACK
Monday	Smoked salmon on whole grain toast with capers	Quinoa salad with chickpeas, cucumber, and feta	Baked cod with roasted asparagus and quinoa	Greek Yogurt
Tuesday	Overnight oats with chia seeds and blueberries	Tuna salad wraps with spinach and avocado	Shrimp scampi with zucchini noodles	Handful of Walnuts
Wednesday	Scrambled eggs with spinach and smoked trout	Mediterranean bowl: Hummus, olives, and falafel	Grilled Salmon with sweet potato mash	Apple Slices
Thursday	Greek yogurt parfait with walnuts and honey	Lentil soup with a side of kale salad	Fish tacos with cabbage slaw and lime	Edamame
Friday	Avocado toast with poached egg and hemp seeds	Grilled sardines on sourdough with arugula	Seafood paella with brown rice and peas	Dark Chocolate
Saturday	Banana pancakes (oat-based) with almond butter	Shrimp and avocado ceviche with corn chips	Baked sea bass with lemon and ginger bok choy	Cottage Cheese
Sunday	Vegetable frittata with goat cheese	Leftover Mediterranean bowl or salad	Mussels steamed in white wine and garlic	Berries