

PESCATARIAN WELLNESS MEAL CHART

Holistic Balance & Omega-3 Focus

Monday	Smoked salmon on rye with avocado	Quinoa & roasted vegetable bowl	Pan-seared trout with asparagus	10 min meditation
Tuesday	Greek yogurt with walnuts & honey	Tuna niçoise salad (olive oil base)	Chickpea & spinach red curry	Lemon ginger water
Wednesday	Steel-cut oats with chia seeds	Grilled shrimp tacos with slaw	Baked cod with lemon & parsley	Evening stretching
Thursday	Poached eggs over sauteed kale	Lentil soup with crusty bread	Miso-glazed salmon & bok choy	Herbal tea ritual

Friday	Berry & protein smoothie bowl	Sardines on toast with tomato	Vegetarian mushroom risotto	Gratitude journaling
Saturday	Omelet with feta and spinach	Poke bowl with brown rice	White fish piccata with zucchini	Nature walk
Sunday	Buckwheat pancakes with fruit	White bean and kale salad	Sea bass with roasted roots	Meal prep focus

Mindful Intentions

Body Awareness

Weekly Reflection