

# PESCATARIAN RECIPE TRACKER

Month: \_\_\_\_\_ Year: \_\_\_\_\_

Total New Recipes: \_\_\_\_\_

DAY	RECIPE / SEAFOOD TYPE	PROTEIN SOURCE	NOTES / SIDE DISHES	RATING
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				

DAY	RECIPE / SEAFOOD TYPE	PROTEIN SOURCE	NOTES / SIDE DISHES	RATING
12				
13				
14				
15				

Salmon White Fish Shellfish Tuna Plant-Based Protein Omega-3 Goal Met

Monthly Highlights & Favorite Discoveries: