

# WEEKLY PESCATARIAN MEAL PLANNER

MEAL	MON / TUE	WED / THU	FRI / SAT / SUN
<b>Breakfast</b>	<ul style="list-style-type: none"><li>• Smoked salmon &amp; cream cheese bagel</li><li>• Fresh capers &amp; red onion</li></ul>	<ul style="list-style-type: none"><li>• Greek yogurt with walnuts</li><li>• Honey &amp; mixed berries</li></ul>	<ul style="list-style-type: none"><li>• Spinach &amp; feta omelet</li><li>• Whole grain sourdough toast</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Tuna NiÃ§oise salad</li><li>• Green beans &amp; olives</li></ul>	<ul style="list-style-type: none"><li>• Quinoa bowl with chickpeas</li><li>• Roasted Mediterranean veggies</li></ul>	<ul style="list-style-type: none"><li>• Shrimp tacos with cabbage slaw</li><li>• Avocado lime crema</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• Baked Cod with lemon butter</li><li>• Asparagus &amp; wild rice</li></ul>	<ul style="list-style-type: none"><li>• Pesto pasta with scallops</li><li>• Side of garlic arugula</li></ul>	<ul style="list-style-type: none"><li>• Grilled Salmon fillets</li><li>• Sweet potato mash &amp; broccoli</li></ul>