

Print Chart

# WEEKLY PESCATARIAN FAMILY MENU

DAY	BREAKFAST	LUNCH	DINNER
<b>Monday</b>	Smoked Salmon & Cream Cheese Bagels	Quinoa & Chickpea Salad	Lemon Garlic Baked Cod <i>Side: Roasted Asparagus</i>
<b>Tuesday</b>	Greek Yogurt with Walnuts & Honey	Tuna Melt Paninis	Shrimp Scampi Pasta <i>Side: Garlic Spinach</i>
<b>Wednesday</b>	Spinach & Feta Omelets	Leftover Pasta or Salad	Teriyaki Glazed Salmon <i>Side: Steamed Broccoli &amp; Rice</i>
<b>Thursday</b>	Overnight Oats with Berries	Mediterranean Hummus Wraps	Fish Tacos with Slaw <i>Using Tilapia or Mahi Mahi</i>
<b>Friday</b>	Avocado Toast with Poached Egg	Sardine & Tomato Sourdough	Homemade Veggie Pizza <i>Optional: Anchovy topping</i>
<b>Saturday</b>	Blueberry Pancakes	Shrimp Avocado Salad	Pan-Seared Scallops <i>Side: Mushroom Risotto</i>
<b>Sunday</b>	Shakshuka (Eggs in Tomato Sauce)	Family Style Mezze Platter	Sheet Pan Rainbow Trout

**DAY**

**BREAKFAST**

**LUNCH**

**DINNER**

*Side: Sweet Potato  
Wedges*