

PESCATARIAN KITCHEN REFERENCE

Fish Internal Temps

Type	Temp (F)
Salmon (Medium-Rare)	120F
White Fish (Flaky)	140F
Tuna (Seared)	115F
Shrimp/Scallops	145F

Grains (1 Cup Dry)

Grain	Water	Time
Quinoa	2 Cups	15m
Brown Rice	2.5 Cups	45m
Couscous	1 Cup	5m

Legumes & Proteins

Source	Prep Method
Firm Tofu	Press 20m / Sear
Lentils	Simmer 20-30m
Chickpeas	Roast 400F 25m

Essential Fats

Oil	Smoke Point
Avocado Oil	520F (Searing)

Oil

Extra Virgin Olive

Ghee/Butter

Smoke Point

375F (Dressing)

450F (Basting)

** Always source sustainable, wild-caught seafood when available.*