

# PESCATARIAN GROCERY LIST

Week of: \_\_\_\_\_

## SEAFOOD & PROTEINS

Fresh Fish (Salmon/Cod)  
Shellfish (Shrimp/Mussels)  
Canned Tuna/Sardines  
Tofu / Tempeh  
Eggs

## FRESH PRODUCE

Leafy Greens  
Cruciferous (Broccoli/Cauli)  
Root Vegetables  
Seasonal Fruits  
Aromatics (Garlic/Onion)

## GRAINS & LEGUMES

Quinoa / Brown Rice  
Pasta / Soba  
Lentils / Chickpeas  
Oats / Granola

## DAIRY & ALTERNATIVES

Greek Yogurt / Skyr  
Feta / Parmesan  
Plant-based Milk  
Butter / Ghee

## PANTRY & FATS

Olive Oil / Avocado Oil  
Nuts & Seeds  
Nut Butters  
Seaweed / Nori  
Stock (Vegetable/Fish)

## FROZEN & MISC

Frozen Berries  
Frozen Peas/Corn

## MEAL PREP NOTES