

# PESCATARIAN WEIGHT MANAGEMENT

Weekly Tracking Template

Week Of: \_\_\_\_\_

Starting Weight: \_\_\_\_\_

Target Goal: \_\_\_\_\_

| Day | Main Meals<br>(Seafood/Plant) | Omega-3 / Protein<br>Source | Activity (Min) | Water (L) |
|-----|-------------------------------|-----------------------------|----------------|-----------|
| MON |                               |                             |                |           |
| TUE |                               |                             |                |           |
| WED |                               |                             |                |           |
| THU |                               |                             |                |           |
| FRI |                               |                             |                |           |
| SAT |                               |                             |                |           |
| SUN |                               |                             |                |           |

## Weekly Reflection & Progress

End of week weight, energy levels, and mood...

## Grocery List / Prep Reminders

- Low-mercury fish (Salmon, Sardines, Trout)
- Leafy greens & Cruciferous vegetables
- Healthy fats (Avocado, Nuts, Seeds)

Focus on whole foods, lean seafood proteins, and consistent hydration.