

PESCATARIAN MEAL PREP GUIDE

Weekly High-Protein & Omega-3 Focused Plan

Day	Breakfast	Lunch	Dinner	Snack/Prep Note
MON	FIBER Smoked Salmon & Avocado Toast	COLD Tuna Salad with Chickpeas	WARM Baked Cod & Roasted Asparagus	Boiled Eggs (Prep 6)
TUE	PROTEIN Greek Yogurt & Walnut Parfait	LEFTOVER Baked Cod & Asparagus	FRESH Shrimp Scampi with Zoodles	Soak Overnight Oats
WED	FAST Blueberry Overnight Oats	GRAIN Quinoa & Shrimp Power Bowl	OMEGA-3 Pan-Seared Salmon & Broccoli	Almonds & Apple
THU	FIBER Smoked Salmon & Avocado Toast	LEFTOVER Pan-Seared Salmon Bowl	PLANT+ Sweet Potato & Black Bean Tacos	Cottage Cheese
FRI	FAST Blueberry Overnight Oats	GRAIN Leftover Taco Grain Bowl	SEARED Tuna Steaks with Ginger Slaw	Prep Veggie Sticks
SAT	COOKED Spinach & Feta Omelet	FRESH Mediterranean Mezze Platter	BAKE Sheet Pan Rainbow Trout	Hummus & Carrots
SUN	BRUNCH Shakshuka with Crusty Bread	LIGHT Trout & Mixed Green Salad	PREP Meal Prep: Roast Root Veggies	Walnuts & Dark Chocolate

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