

WEEKLY PESCATARIAN MEAL PLAN

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Monday	Smoked salmon & cream cheese bagel	Quinoa salad with chickpeas	Baked cod with roasted asparagus	Greek yogurt
Tuesday	Overnight oats with chia	Tuna NiÃ§oise salad	Shrimp scampi with zucchini noodles	Almonds
Wednesday	Spinach & feta omelet	Leftover shrimp scampi	Grilled salmon with quinoa	Apple slices
Thursday	Avocado toast with poached egg	Sardine crackers & crudites	Fish tacos with cabbage slaw	Hummus
Friday	Fruit smoothie with protein powder	Lentil soup with crusty bread	Pan-seared scallops & risotto	Dark chocolate
Saturday	Pancakes with fresh berries	Shrimp grain bowl	Mussels in white wine sauce	Walnuts

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Sunday	Shakshuka with eggs	Smoked trout salad	Herb-crusted tilapia & mash	Cottage cheese

SHOPPING LIST / PREP NOTES

- Prep quinoa on Sunday.
- Wash and chop greens for salads.
- Defrost shrimp overnight in fridge.

NUTRITIONAL FOCUS

- Focus on Omega-3 fatty acids.
- High fiber legumes for lunch.
- Leafy greens with every dinner.