



# *Pescatarian* Meal Plan

DIVE INTO A SEA OF FLAVOR  
FOR A HEALTHIER, HAPPIER  
YOU.

# Week 1

## SUNDAY

- B** Banana Oatmeal Breakfast Bars (half recipe and freeze half for Friday)
- L** Avocado Tuna Salad Sandwich
- D** BBQ Brussel Sprouts with Grilled Shrimp (save half for tomorrow)

## MONDAY

- B** Pesto Smoked Salmon Toast
- L** Roasted Butternut Squash and Grain Bowl
- D** BBQ Brussel Sprouts with Grilled Shrimp

## TUESDAY

- B** Chocolate Hummus and Strawberries (half recipe)
- L** Roasted Butternut Squash and Grain Bowl
- D** Curried Lentils and Peas (save half for tomorrow)

## WEDNESDAY

- B** Pesto Smoked Salmon Toast
- L** Hearty Bean Salad
- D** Curried Lentils and Peas

## THURSDAY

- B** Chocolate Hummus and Strawberries (half recipe)
- L** Hearty Bean Salad
- D** "Cheesy" Sweet Potato Chickpea Stack (save half for tomorrow)

## FRIDAY

- B** Banana Oatmeal Breakfast Bars
- L** Shrimp Burrito Bowl (save half for tomorrow)
- D** "Cheesy" Sweet Potato Chickpea Stack

## SATURDAY

- B** Breakfast Quinoa and Blueberries
- L** Shrimp Burrito Bowl
- D** Roasted Cod with Vegetables (half recipe)

## SHOPPING LIST

### PRODUCE

- 1 cucumber
- 1 cup (21 g) baby spinach
- 1 cup (20 g) arugula
- 3 cups (264 g) brussels sprouts
- 4 sweet potatoes
- 1 butternut squash
- 1 bulb garlic
- 1 thumb ginger root
- 1 package frozen peas and carrots
- 1 bundle parsley
- 1 bundle fresh cilantro
- 1 red bell pepper
- 1 red onion
- 1 jar kalamata olives
- 2 1/4 cups (335 g) cherry tomatoes
- 1 can corn
- 1 bundle asparagus
- 1 russet potato
- 1 banana
- 3 avocados
- 1 lime
- 1 lemon
- 1/4 cup (44 g) pomegranate arils
- 2 1/4 cups (324 g) strawberries
- 1 cup (148 g) blueberries

### FISH

- 4 oz (113 g) canned tuna
- 5 oz (142 g) smoked salmon
- 18 oz (510 g) shrimp/prawns
- 6 oz (170 g) cod

### GRAINS, BEANS, NUTS, LEGUMES

- 3 1/4 cup (780 g) canned chickpeas
- 1 cup (192 g) dried lentils
- 1/2 cup (131 g) canned white beans
- 3/4 cup (195 g) canned black beans
- Hemp hearts
- 3/4 cup (60 g) rolled oats
- Small loaf sourdough bread
- 1/2 cup (98 g) white rice
- 1 1/4 cup (212 g) quinoa
- Almond butter
- 1/4 cup (60 g) almond milk
- 1/4 cup (25 g) walnuts
- 1/4 cup (28 g) pecans
- 1/2 cup (23 g) sunflower seeds
- 1/4 cup (34 g) cashews
- 1/2 cup (72 g) almonds

### MISCELLANEOUS

- Salt
- Pepper
- Curry powder
- Dried dill
- Paprika
- Oregano
- Garlic powder
- Taco seasoning
- Ground cinnamon
- Everything bagel seasoning
- Nutritional yeast
- Vanilla extract
- Ranch seasoning
- Adobo seasoning
- Dijon mustard
- Chili sauce
- Olive oil
- BBQ sauce
- Non-dairy pesto
- 4 cups (960 g) vegetable broth
- Baking powder
- 1/4 cup (42 g) dark chocolate chips
- 1/3 cup cocoa
- Maple syrup
- 2 tbsp (30 g) apple sauce
- Vegan protein powder (vanilla)

# How to Meal Prep Week 1

- Sunday morning, bake Banana Breakfast Bars (prepare a half batch for the week and freeze the remainder for Friday).
- Sunday evening, cook quinoa and bake the butternut squash required for the Roasted Butternut Squash and Grain Bowl to be enjoyed for Monday and Tuesday's lunch.
- Tuesday evening, prepare the Hearty Bean Salad to had for lunch the following day.
- Be sure to save half of the dinner meals from Sunday, Tuesday and Thursday to have for dinner the following evening.

## DAILY AVERAGES

Calories: 1,391

Carbohydrate: 175 grams, Protein: 67 grams, Fat: 55 grams



# Week 2

## SUNDAY

- B** Nut Butter Oatmeal Breakfast Cookies (half recipe and freeze half for Friday)
- L** Hemp Spinach and Shrimp Salad
- D** Cauliflower Fried Rice w/ Salmon

## MONDAY

- B** Zucchini Bread Loaf (half recipe and save half for Wednesday)
- L** Sesame Tempeh Bowl (save half for tomorrow)
- D** Cauliflower Fried Rice w/ Salmon

## TUESDAY

- B** Apple Cinnamon Smoothie
- L** Sesame Tempeh Bowl
- D** "Cheesy" Sweet Potato Chickpea Stack (save half for tomorrow)

## WEDNESDAY

- B** Zucchini Bread Loaf
- L** Peppery Tuna Salad
- D** "Cheesy" Sweet Potato Chickpea Stack

## THURSDAY

- B** Apple Cinnamon Smoothie
- L** Peppery Tuna Salad
- D** Fish Tacos with Cilantro Sauce (save half for tomorrow)

## FRIDAY

- B** Nut Butter Oatmeal Breakfast Cookies
- L** Easy Pumpkin Hummus (save half for tomorrow)
- D** Fish Tacos with Cilantro Sauce

## SATURDAY

- B** Savory Tofu Scramble (half recipe)
- L** Easy Pumpkin Hummus
- D** Whole Roasted Cauliflower

## SHOPPING LIST

### PRODUCE

- 2 cups (42 g) baby spinach
- 4 1/2 cups (90 g) arugula
- 1 jar marinated artichoke hearts
- 1 package riced cauliflower
- 1 large bulb garlic
- 2 large heads of broccoli
- 1 red bell pepper
- 1 zucchini
- 4 1/4 cup (285) snap peas
- 1 thumb ginger root
- 1 cup (113 g) shredded carrots
- 2 small red onions
- 1 yellow onion
- 2 sweet potatoes
- 2 cups (298 g) cherry tomatoes
- Small head of red cabbage
- 1 bundle cilantro
- 1 cup (246 g) baby carrots
- 2 heads cauliflower
- 2 limes
- 2 lemons
- 2 red apples
- 2 bananas
- 3 avocados
- 1 jar kalamata olives

### FISH

- 12 medium shrimp/prawns
- 10 oz (284 g) salmon
- 10 oz (284 g) canned tuna
- 10 oz (284 g) cod

### GRAINS, BEANS, NUTS, LEGUMES

- 3 1/4 cup (780 g) canned chickpeas
- Chickpea flour
- 6 oz (170 g) tempeh
- 6 oz (170 g) firm tofu
- Almond flour
- Chickpea flour
- 1/3 cup (50 g) ground flaxseed
- 1/2 cup (40 g) rolled oats
- 1 1/2 cups (278 g) quinoa
- 4 soft taco shells
- Almond butter
- 1/2 cup (62 g) chopped walnuts
- 1 cup (46 g) sunflower seeds
- 1/4 cup (36 g) almonds
- Ground flaxseed
- Chia seeds
- 2 cups (480 g) almond milk
- Hemp hearts

### MISCELLANEOUS

- Salt
- Pepper
- Ground cinnamon
- Paprika
- Dried oregano
- Garlic powder
- Taco seasoning
- Cumin
- Dried basil
- Onion powder
- Hot sauce
- Red wine vinegar
- Olive oil
- Avocado oil
- Sesame oil
- Coconut aminos
- Nutritional yeast
- Maple syrup
- Honey
- 1/2 cup non-dairy Greek yogurt

# How to Meal Prep Week 2

- Sunday morning, make the Nut Butter Breakfast Cookies (prepare half recipe for this week and freeze half to be had on Friday.)
- Sunday morning, make the Zucchini Bread Loaf (prepare half recipe for this week and freeze remaining to be had on Wednesday.)
- Sunday evening, cook the rice and tempeh needed for the Sesame Tempeh Bowl, to be had for lunch on Monday and Tuesday.
- Be sure to save half of the dinner meals from Tuesday and Thursday to have for dinner the following evening.

## **DAILY AVERAGES**

Calories: 1,353

Carbohydrate: 125 grams, Protein: 70 grams, Fat: 68 grams

# Week 3

## SUNDAY

- B** Vegan Muffins and Coconut Yogurt (half recipe and save half for Friday)
- L** Shrimp Burgers (half recipe)
- D** Tuna Poke Bowl (save half for tomorrow)

## MONDAY

- B** Simple Overnight Oats
- L** Vegan Buddha Bowl (save half for tomorrow)
- D** Tuna Poke Bowl (save half for tomorrow)

## TUESDAY

- B** Pesto Smoked Salmon Toast
- L** Vegan Buddha Bowl
- D** Cod, Fresh Salad & Roasted Cauliflower

## WEDNESDAY

- B** Simple Overnight Oats
- L** Roasted Butternut Squash and Grain Bowl
- D** Cod, Fresh Salad & Roasted Cauliflower

## THURSDAY

- B** Pesto Smoked Salmon Toast
- L** Roasted Butternut Squash and Grain Bowl
- D** Curried Lentils and Peas (save half for tomorrow)

## FRIDAY

- B** Vegan Muffins and Coconut Yogurt
- L** Hearty Bean Salad
- D** Curried Lentils and Peas

## SATURDAY

- B** Breakfast Quinoa and Blueberries
- L** Hearty Bean Salad
- D** Seared Scallops with Italian White Beans (half recipe)

## SHOPPING LIST

### PRODUCE

- 1/4 cup (62 g) baby carrots
- 2 1/4 cup (45 g) arugula
- 2 cups (42 g) baby spinach
- 2 red onions
- 1 thumb ginger root
- 1/2 cup (60 g) shelled edamame
- 2 sweet potato
- 1 cup (150 g) shredded red cabbage
- 1 head romaine lettuce
- 1 cucumber
- 1 large head cauliflower
- 1 butternut squash
- 2 2/3 cups (397 g) cherry tomatoes
- 1 bulb garlic
- 1 cup (140 g) frozen peas and carrots
- 1 bundle parsley
- 1 red bell pepper
- 1 1/2 cups (222 g) 3 avocados
- 2 lemons
- 1/4 cup (44 g) pomegranate arils
- 1 jar kalamata olives

### FISH

- 6 oz (170 g) shrimp/prawns
- 6 oz (170 g) sushi grade tuna
- 16 oz (454 g) cod
- 5 oz (142 g) smoked salmon
- 6 oz (170 g) sea scallops

### GRAINS, BEANS, NUTS, LEGUMES

- 6 oz (170 g) tempeh
- 1 1/4 cups (300 g) canned chickpeas
- 1 cup (192 g) brown or green lentils
- 1 cup (260 g) canned white beans
- 1 1/4 cup (300 g) almond milk
- 2/3 cup (53 g) rolled oats
- Sesame seeds
- Chia seeds
- Almond butter
- Ground flaxseed
- 1/4 cup (28 g) pecans
- 1/2 cup (23 g) sunflower seeds
- 1/2 cup (72 g) almonds
- Hemp hearts
- Sprouted grain or gluten free bun
- 1 small loaf sourdough bread
- Oat flour
- 1 1/2 cup (237 g) white rice
- 1 cup (195 g) brown rice
- 1 1/4 cup quinoa

### MISCELLANEOUS

- Salt
- Pepper
- Ground cinnamon
- Paprika
- Garlic powder
- Dried dill
- Curry powder
- Crushed red pepper flakes
- Dijon mustard
- Vanilla extract
- Coconut oil
- Avocado oil
- Sesame oil
- Olive oil
- Vegan protein powder
- 4 cups (960 g) vegetable broth
- Rice wine vinegar
- Coconut aminos
- Coconut sugar
- Baking soda
- Baking powder
- Maple syrup
- Unsweetened apple sauce
- 1/2 cup (113 g) coconut milk yogurt

# How to Meal Prep Week 3

- Bake Vegan Muffins on Sunday (half recipe needed for this week) and freeze half to be had on Friday.
- Sunday and Tuesday evening prepare Simple Overnight Oats to be had for breakfast the following day.
- Sunday evening cook rice, tempeh, sweet potato, and chickpeas for the Vegan Buddha Bowl to be had for lunch on Monday and Tuesday.
- On Tuesday evening, cook quinoa and roast butternut squash for the Roasted Butternut Squash and Grain Bowl to enjoy for lunch on Wednesday and Thursday.
- On Thursday evening, prepare the Hearty Bean Salad to enjoy for lunch on Friday and Saturday.
- Remember to set aside half of the dinner meals made on Sunday and Thursday to enjoy for dinner the following evening.

#### **DAILY AVERAGES**

Calories: 1,436

Carbohydrate: 162 grams, Protein: 81 grams, Fat: 58 grams

# Week 4

## SUNDAY

- B** Zucchini Bread Loaf (Half recipe and freeze half for Friday)
- L** Hemp Spinach and Shrimp Salad
- D** Roasted Cod with Vegetables (save half for tomorrow)

## MONDAY

- B** Vegan Muffins and Coconut Yogurt (half recipe and freeze second serving)
- L** Easy Pumpkin Hummus (save half for tomorrow)
- D** Roasted Cod with Vegetables

## TUESDAY

- B** Savory Tofu Scramble (half recipe)
- L** Easy Pumpkin Hummus
- D** Tuna Poke Bowl (save half for tomorrow)

## WEDNESDAY

- B** Vegan Muffins and Coconut Yogurt
- L** Shrimp Burrito Bowl (save half for tomorrow)
- D** Tuna Poke Bowl

## THURSDAY

- B** Savory Tofu Scramble (half recipe)
- L** Shrimp Burrito Bowl
- D** "Cheesy" Sweet Potato Chickpea Stack (save half for tomorrow)

## FRIDAY

- B** Zucchini Bread Loaf
- L** Sesame Tempeh Bowl (save half for tomorrow)
- D** "Cheesy" Sweet Potato Chickpea Stack

## SATURDAY

- B** Chocolate Hummus and Strawberries (half recipe)
- L** Sesame Tempeh Bowl
- D** Seared Scallops with Italian White Beans (half recipe)

## SHOPPING LIST

### PRODUCE

- 1 zucchini
- 4 cups (85 g) baby spinach
- 1 cup (20 g) arugula or rocket
- 1 jar marinated artichoke hearts
- 1 bundle asparagus
- 3 cups (447 g) cherry tomatoes
- 1 russet potato
- 1 1/4 cup (308 g) baby carrots
- 1 bulb garlic
- 1 thumb ginger root
- 1 head broccoli
- 1 yellow onion
- 1 red onion
- 1/2 cup (59 g) shelled edamame
- 1 cucumber
- 1 can corn
- 2 sweet potatoes
- 3 1/4 cups (205 g) snap peas
- 1/2 cup (57 g) shredded carrots
- 1 lemon
- 1 lime
- 4 avocados
- 1 1/4 cup (180 g) strawberries
- 1 bundle cilantro

### MEAT, POULTRY, DAIRY

- 14 oz (380 g) shrimp/prawns
- 12 oz (340 g) cod
- 6 oz (170 g) sushi grade tuna
- 6 oz (170 g) scallops

### GRAINS, BEANS, NUTS, LEGUMES

- 1 cup (92 g) chickpea flour
- 1 cup (137 g) oat flour
- 4 cups (960 g) canned chickpeas
- 3/4 cup (195 g) canned black beans
- 1/2 cup (70 g) canned white beans
- 12 oz (320 g) firm tofu
- 6 oz (170 g) tempeh
- Hemp hearts
- Ground flaxseed
- Almond butter
- 1/4 cup (62 g) almond milk
- 1/4 cup (36 g) almonds
- Sesame seeds
- 1/4 cup (34 g) cashews
- 1 1/2 cups (278 g) quinoa
- 2 cups (370 g) white rice

### MISCELLANEOUS

- Salt
- Pepper
- Ground cinnamon
- Cumin
- Paprika
- Garlic powder
- Taco seasoning
- Dried oregano
- Crushed red pepper flakes
- Adobe seasoning
- Chili sauce
- Honey
- Maple syrup
- Cacao powder
- 1 can pumpkin puree
- Unsweetened apple sauce
- Red wine vinegar
- Vanilla extract
- Coconut aminos
- Coconut sugar
- Baking soda
- Baking powder
- Nutritional yeast
- Olive oil
- Coconut oil
- Sesame oil
- Vegan protein powder



# How to Meal Prep Week 4

- Sunday morning, make the Zucchini Bread Loaf (prepare half recipe for this week and freeze remaining to be had on Friday.)
- On Sunday, bake Vegan Muffins (prepare half recipe needed for this week and freeze half to be had on Wednesday.)
- During Tuesday and Wednesday evenings, prepare Shrimp Burrito Bowls for lunch the following day.
- On Thursday evening, prepare a Sesame Tempeh Bowl to have for lunch on Friday and Saturday.
- Remember to set aside half of the dinner meals made on Sunday, Tuesday, and Thursday to enjoy for dinner the following evening.

## **DAILY AVERAGES**

Calories: 1,456

Carbohydrate: 160 grams, Protein: 78 grams, Fat: 62 grams