



Pescatarian Meal Plan Program

A Sample Week

1400 - 1500 Calories Per Day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Veggie Fiesta Omelet (360 Calories)	Almond Waffles with Mixed Berry Sauce (380 Calories)	Veggie Breakfast Burrito (380 Calories)	Chocolate Granola Parfait (360 Calories)	Mediterranean Vegetable Frittata (330 Calories)
AM SNACK	Almond Butter Stuffed Dates (190 Calories)	Roasted Beet Falafel Bites with Chile-Lime Tahini Sauce (170 Calories)	Apple Crumble (180 Calories)	Potato-Corn Latkes (180 Calories)	Apple Salsa with Cinnamon Tortilla Chips (200 Calories)
LUNCH	Roasted Gochujang Salmon with Jasmine Rice and Carrot-Coriander Salad (380 Calories)	Rainbow Veggie Buddha Bowl (380 Calories)	Shrimp Scampi Linguine (370 Calories)	Roasted Vegetable Wrap (380 Calories)	Teriyaki Stir-Fry Vegetables with Miso Salmon (410 Calories)
PM SNACK	Curried Carrot Sweet Potato Fritters (180 Calories)	Raw Choco Bites with Oats and Carrots (190 Calories)	Cajun Spiced Savoury Trail Mix (210 Calories)	Banana Blueberry Bar (170 Calories)	Sweet Potato and Veggie Roll-Ups (180 Calories)
DINNER	Coconut Curry with Shrimp and Cauliflower (390 Calories)	Tomato-Poached Fish with Chile Oil and Herbs (380 Calories)	Broiled Tilapia with Thai Coconut Curry Sauce (360 Calories)	Fish Piccata with Smashed Potatoes (410 Calories)	Lemon Garlic Shrimp with Quinoa (380 Calories)