



# PESCATARIAN DIET

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>MONDAY</b>	Chocolate Protein Crepe w/ Chocolate Glaze & Mixed Nuts	Morrocan Black Bean Eggplant Stew w/ Roasted Potatoes	Corriander Lemon White Fish w/ Creamy Coconut Rice	Chocolate Chip Cake	Beets, Carrots, Lemon, Apple
<b>TUESDAY</b>	Seasoned Thyme Scrambled Eggs w/ Sauteed Mixed Beans	Soya Mince Bolognese w/ Brown Spaghetti & Parmesan	Tabbouleh Quinoa Salad w/ Feta, Roasted Chickpeas and Balsamic Dressing	Protein Vanilla Cookies w/ Walnuts	Apple, Carrot & Orange
<b>WEDNESDAY</b>	Toasted Halloumi Sandwich w/ Vegetables	Zippy Shrimps w/ Mashed Potatoes	Palak Paneer w/ Pilaf Rice	Coconut Peanut Chocolate Chip Bites	Strawberry Kiwi Mint Infused Water
<b>THURSDAY</b>	Strawberry Overnight Oats w/ Crushed Nuts	Peruvian Fish w/ Tomato Rice & Herb Dip	Creamy Soya Potato Gratin	Red Velvet Cake w/ Cream Cheese Frosting	Orange, Carrot, Ginger, Lemon & Turmeric
<b>FRIDAY</b>	Omlette Roll Stuffed w/ Spinach, Mushrooms & Cheese	Pumpkin Kidney Bean Burger w/ Chipotle Aioli	Vegetable Paneer Lasagne	Raspeberry Cheesecake	Watermelon Juice
<b>SATURDAY</b>	Vanilla Chocolate Chip Pancakes w/ Berry Glaze	Sweet n Sour Soya Mince w/ Couscous	Grilled Herb Salmon Risotto	Chocolate Swiss Roll	Apple, Ginger, Pineapple & Celery
<b>SUNDAY</b>	Egg Frittata w/ Cream Cheese	Asian Tilapia Fried Rice w/ Sesame	Chimichurri Tofu w/ Paprika Wedges Potato	Chocolate Walnut Brownie	Mango Shake