



# Pescatarian Diet Weekly Menu

Custom Calories

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
<b>Sunday</b>	Egg Shakshuka with Sauteed Veggies & Bread	White Fish Coconut Stew with Veggies & Rice	Soya Bean Buddha Bowl with Broccoli, Pumpkin & Sesame Sauce	Chocolate Brownie	Orange, Carrot & Ginger
<b>Monday</b>	Berry Protein Pancakes with Nuts & Honey	Honey Garlic Salmon with Mix Vegetables & Lemon Rice	Vegetarian Fajita Bowl with Chickpeas, Salsa & Avocado	Apple Slices with Peanut Butter	Apple, Kale, Spinach, Celery, Pineapple, Lemon, Ginger & Parsley
<b>Tuesday</b>	Mix Fruit Chia Seed Pudding	Mexican Grilled Fish with Pasta Salad	Middle-Eastern Falafel Bowl	Raspberry Cheesecake	Lemon & Mint
<b>Wednesday</b>	Pomegranate Protein Overnight Oats	Caribbean Fish Stew with Carrots, Cauliflower & Rice	Edamame Greek Pasta Salad	Fruit Salad with Yogurt	Orange, Apple, Lemon, Ginger, Turmeric, Grapefruit & Cayenne
<b>Thursday</b>	Spanish Omlette with Bell Peppers, Mushrooms & Cheese	Pesto Fish with Mix Veggies & Roasted Basil Potatoes	Cottage Cheese Cashew Stir-fry with Red Peppers, Mushrooms & Quinoa Salad	Watermelon Slices	Pineapple, Apple, Lemon & Mint
<b>Friday</b>	Fruit & Yogurt Parfait with Nuts	Pan-Seared Snapper with Mash Potato & Mix Vegetables	Pizza Stuffed Peppers	Chocolate Swiss Roll	Apple, Ginger, Lemon & Celery
<b>Saturday</b>	Apple Protein Chia Seed Pudding	Tomato Garlic Shrimp with Schezuan Fried Rice	Ratatouille with Pita Bread	Sweet Potato Chips with Tzatziki Sauce	Carrot, Apple, Ginger, Turmeric and Lemon