



Pescatarian Weekly Meal Plan

Meals for the Week

SUN	<p>B: Veggie & cheese omelets w/ English muffin (peppers, onions, spinach, tomatoes) prep extra veggies to use for your salad at lunch!</p> <p>L: Cottage cheese, fruit (of your choice), Taco salad (lettuce, spinach, cheese, taco seasoning on chickpeas, peppers, onions, tomatoes, corn, mix salsa & Greek yogurt for dressing)</p> <p>D: Baked salmon w/ lemon, roasted broccoli, and red skins</p>
MON	<p>B: Eggs & English muffins w/ a piece of fruit</p> <p>L: leftover baked salmon shredded and made into patties over a bed of rice w/ new/leftover roasted veggies https://fitfoodiefinds.com/salmon-patties-recipe/</p> <p>D: 3-bean chili (black beans, kidney beans, chick peas, onion, garlic, any/all veggies, tomato paste, stewed tomatoes, chili powder, cumin, salt, pepper) <u>Make enough for leftovers!</u> & a piece of fruit https://www.allrecipes.com/recipe/254689/three-bean-vegetarian-chili/</p>
TUE	<p>B: Greek yogurt parfaits (pb, honey, frozen berries, granola)</p> <p>L: leftover 3-bean chili (w/ cheese, Greek yogurt,) whole wheat crackers, & a piece of fruit</p> <p>D: Shrimp tacos (corn tortillas, cilantro, lime, tomato salsa, Greek yogurt, avocado)</p>
WED	<p>B: Tuna avocado toast w/ a piece of fruit (1 can of tuna to ½ medium avocado & season to taste)</p> <p>L: Store bought black bean burger on whole wheat bun (ketchup & mustard), sweet potato fries, & a piece of fruit</p> <p>D: Shrimp stir fry using leftover shrimp from last night (brown rice, mushrooms, soy sauce, peppers, onions, broccoli, carrots) https://www.melaniecooks.com/easy-shrimp-stir-fry-recipe-with-frozen-vegetables/3785/</p>
THU	<p>B: Avocado, egg, & cheese on an English muffin</p> <p>L: Baked mahi mahi on a salad (lettuce, cherry tomatoes, peppers, cheese, onion, croutons, and dressing)</p> <p>D: Vegetarian Sheppard's pie made w/ lentils, yukon potatoes + frozen peas, carrots, corn, and green beans <u>Make enough for leftovers!</u> https://www.spendwithpennies.com/easy-lentil-shepherds-pie-vegetarian/</p>

FRI	<p>B: Boxed cereal, milk, bananas</p> <p>L: Leftover Sheppard's pie & a piece of fruit</p> <p>D: Seafood linguini (pasta, olive oil, parmesan cheese, broccoli, peppers, onions, mushrooms, garlic, mussels, cherry tomatoes & shrimp) <u>Make enough for leftovers!</u> https://anitalianinmykitchen.com/seafood-linguine/</p>
SAT	<p>B: Smoothie (spinach, Greek yogurt, milk, frozen berries, pb, banana)</p> <p>L: Leftover seafood linguini w/ side salad</p> <p>D: Treat yourself to a night out with the family!</p>

Shopping List:

Fruits/Veggies	<ul style="list-style-type: none"> • Romain • Spinach • Peaches/cuties/apples/pineapple (personal preference w/ fruit) • Frozen berry medley • Peppers • Onions • Bananas • Broccoli 	<ul style="list-style-type: none"> • Mushrooms • Tomato • Avocado • Frozen mixed veggies (green beans, carrots, corn, peas) • Stewed tomatoes • Lime • Lemon
Protein	<ul style="list-style-type: none"> • Black beans • Kidney beans • Northern beans • Peanut butter • Mahi Mahi 	<ul style="list-style-type: none"> • Salmon • Canned tuna • Shrimp • Mussels • Eggs
Dairy	<ul style="list-style-type: none"> • Greek yogurt (non-fat plain) • Shredded cheeses (Mexican) • Sliced cheese • Cottage cheese • Skim milk (to drink or for eggs, smoothies, cereals, recipes, etc.) 	

<p><i>Starches/Grains</i></p>	<ul style="list-style-type: none"> • <i>Whole wheat English muffins</i> • <i>Breakfast cereal (less than 5g added sugar per serving, 10 g protein)</i> • <i>Granola (again, lower sugar content)</i> 	<ul style="list-style-type: none"> • <i>Pasta</i> • <i>Brown rice</i> • <i>Corn tortillas</i> • <i>Sweet potatoes</i> • <i>Redskin potatoes</i> • <i>Yukon gold potatoes</i>
<p><i>Fats/oils</i></p>	<ul style="list-style-type: none"> • <i>Butter</i> • <i>Olive oil</i> • <i>Avocado oil</i> • <i>Pam</i> 	
<p><i>Herbs, spices, condiments, sauces, etc.</i></p>	<ul style="list-style-type: none"> • <i>Cilantro</i> • <i>Taco seasoning</i> • <i>Salt</i> • <i>Pepper</i> • <i>Italian seasoning</i> • <i>Chili powder</i> • <i>Cumin</i> • <i>Mrs. Dash</i> 	<ul style="list-style-type: none"> • <i>Ketchup</i> • <i>Mustard</i> • <i>Salad dressing</i> • <i>Salsa</i> • <i>Honey</i> • <i>Soy sauce</i> • <i>Garlic</i>

