



# PESCATARIAN MEAL PLAN



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## **PREP AND PACK YOUR MEALS**

In order for this new relationship with food to work, you need to put in work! When I say work, I mean you need to Prep and Pack your meals. You need to adopt this Eating Clean lifestyle into every scenario of your life. Home, work, social, school, etc. Plan your meals at the beginning of your week; Prep your meals every Sunday and Wednesday night; Pack your meals and take your meals with you everywhere you go. You will need to purchase small cooler that you can transport with your day-to-day necessities.



# Meal Plan Overview

Pescatarianism is a semi-vegetarian diet that includes fish. Although some pescatarians consume dairy products and eggs, this meal plan does not include any dishes that require dairy or eggs. In addition to the environmental benefits of vegetarian diets, there are several health benefits as well. Research has shown that people who get more of their protein from fish and plant-based sources are less likely to die prematurely. Seafood is also an excellent source of omega-3 fatty acids; these fatty acids may reduce the risk of high blood pressure and heart disease.

## ABOUT THIS MEAL PLAN

<b>Grocery Lists</b> Easy to follow shopping lists and instructions for preparing your meals.	<b>Tasty Meals</b> Each day consists of 3 meals—breakfast, lunch and dinner	<b>Macronutrient Info</b> Calorie, fat, protein, and carbohydrate information is included in with each meal and recipe.
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This meal plan provides you with an example of how to create well-rounded meals that would help achieve your weight loss. Diet is a key component in achieving any fitness goal, however, there are several other factors that must be taken into consideration when planning a weight loss or muscle gain regime including exercise routine, current body composition and basal metabolic rate.

## CALORIES & MACRONUTRIENTS

This meal plan is based to meet daily caloric goal of approximately **1,500-1,600 calories** with proteins, fats and carbohydrates accounting for **24%**, **33%** and **43%**, respectively of the calories



# 7-Day Pescatarian Meal Plan

## Days 1 & 5

**Breakfast:** 1 Serving Chia Pudding & ½ Cup Blueberries, 1 Oz Almonds

**Lunch:** 1 Cup Black Bean Stew, 1 Serving Cashew Tomato Quinoa, 2 Cups Raw Spinach with ¼ Cup Blueberries

**Dinner:** 1 ½ Servings Coconut Tilapia, ½ Cup Cooked Brown Rice, 4 Oz String Bean Almondine

## Days 2 & 6

**Breakfast:** 1 Serving Tofu Scramble, 1 Serving Mashed Baked Yams, ½ Avocado Haas, ½ Oz Almonds

**Lunch:** 1 Cup Black Bean Stew, 5 Oz Mashed Baked Yams, 8 Oz Kale Chick Pea Salad

**Dinner:** 1 ½ Servings Baked Salmon, ½ Cup Cooked Brown Rice, 3.5 Oz Steamed Broccoli

## Days 3 & 7

**Breakfast:** 1 Serving Breakfast Quinoa, Spinach (2 Cups) & Olive Oil (1 Tbsp), 1 Apple

**Lunch:** 2 Servings Tempeh Stew, ½ Cup Cooked Brown Rice, 3.5 Oz Steamed Broccoli

**Dinner:** 1 ½ Servings Lemon Ginger Broiled Cod, ½ Cup Cooked Brown Rice, 3.5 Oz Steamed Broccoli

## Day 4

**Have fun! Repeat your favorite breakfast, lunch and dinner meals.**



# Shopping List

## FISH & PROTEINS

Black Beans (canned)  
Cod  
Firm Tofu  
Lentils (dried)  
Salmon  
Tilapia  
Tempeh

## VEGETABLES & FRUIT

Apple  
Asparagus  
Blueberries  
Broccoli  
Celery  
Garlic  
Ginger root  
Haas Avocados  
Kale  
Lemons  
Red Onions  
Red Bell Peppers  
Spinach  
String Beans  
Thyme  
Tomatoes  
Yams (Jewel or Garnet)  
Yellow Onions

## FATS & OILS

Coconut Oil  
Olive Oil

## MISCELLANEOUS

Almonds  
Baking Powder  
Coconut Milk  
Natural Peanut Butter  
Quinoa  
Slivered Almonds  
Vegetable Stock

## SPICES & SEASONINGS

Black Pepper  
Brown Sugar  
Cayenne Pepper  
Chili Powder  
Cumin  
Curry Powder  
Ground Cinnamon  
Ground Nutmeg (optional)  
Ground Allspice (optional)  
Nutritional Yeast  
Paprika  
Salt  
Soy Sauce (low-sodium)  
Vanilla Extract





# Recipes

## Chia Pudding (2 Servings)

2 Cups Coconut Milk  
½ Cup Chia Seeds  
½ Tsp Vanilla Extract  
1 Tbsp Honey  
¼ Tsp Cinnamon powder  
Dash of ground nutmeg or allspice

1. In a blender, combine coconut milk, vanilla extract, honey and spices (omit chia seeds). Blend until smooth. Stir in chia seeds.
2. Pour into a glass container. Refrigerate for at least 4 hours (ideally overnight). Whisk a few times within the first hour.

## Tofu Scramble (2 Servings)

1 package (14 oz) Firm Tofu, drained  
2 Cloves Garlic, minced  
½ Cup Red Onions, chopped  
½ Bell Peppers, sliced  
1 Cup Asparagus (or another green vegetable), chopped  
1 Tsp Curry Powder  
1 Tsp Nutritional Yeast  
1 Tsp Olive Oil  
Salt & Pepper to taste

1. Heat oil over medium heat in a large skillet. Saute garlic, onions, asparagus and bell peppers until fragrant and onions are translucent.
2. Add tofu to vegetables by crumbling it using fingers. Cook for about 2-3 minutes until tofu is hot; stir occasionally.
3. Stir in curry powder, nutritional yeast, salt and pepper; stir until all ingredients are evenly distributed.

## Mashed Baked Yams (3 Servings)

1 Lb Jewel or Garnet Yams (Sweet Potatoes)  
Ground Cinnamon, ground nutmeg and cayenne pepper to taste  
Salt and Pepper

1. Preheat oven to 350 F. Wash yams and pierce a couple times with a fork.
2. Place potatoes on a baking sheet; bake for about 60-90 minutes until very soft.
3. Let potatoes cool then scoop out insides into a large bowl; discard skin. Add ground cinnamon, cayenne pepper, salt and black pepper to taste. Mash with fork or potato masher.

## Cashew Tomato Quinoa (4 Servings)

2 Cups, Cooked Quinoa  
1 Cup, Sundried Tomatoes, chopped  
1 Cup Green Bell Pepper, chopped  
½ Cup, Green Onion, chopped  
¼ Cup, Raw Cashews, coarsely chopped  
2 Cloves Garlic, minced  
½ Tsp Honey or Brown Sugar (optional)  
1 Tsp olive Oil

1. In a non-stick skillet, heat oil over medium heat. Add garlic, green onions and bell peppers. Cook for about 5 minutes until fragrant
2. Stir in quinoa, tomatoes, honey and cashews. Cook and stir occasionally until all ingredients are warm and evenly distributed.





# Recipes

## **Black Bean Stew (8 servings)**

6-8 Cups Water (for soaking beans)

6-8 Cups Water (for cooking)

2 Cups Dried Black Beans

2 Cups Tomatoes, diced

2 Cups Onion, chopped

1 Cup Celery, chopped

4 Tbsp Garlic, chopped

2 Tbsp Olive Oil

1 Tsp Cayenne Pepper

1 Tsp Cumin (optional)

½ Tsp Cinnamon

4-5 Sprigs of Fresh Thyme

Salt & Black Pepper to taste

### *METHOD 1 (If not using a pressure cooker)*

1. Soak beans overnight (or for at least 6 hours) in 6-8 cups of water.
2. After soaking, drain water and rinse beans; heat large pot on medium heat.
3. Add oil and sauté chopped onion, celery and garlic for 2 minutes; add tomatoes and cook for an additional 2 minutes.
4. Add rinsed black beans, thyme, cayenne pepper, cumin and cinnamon to sautéed vegetables.
5. Add water and honey, increase heat and let simmer covered for 1 1/2 to 2 hours; stirring occasionally. Add more hot water if necessary; add salt and pepper to taste.

### *METHOD 2 (If using a pressure cooker)*

1. Soak beans overnight (or for at least 6 hours) in 6-8 cups of water.
2. After soaking, drain water and rinse beans.
3. Place water, beans and all other ingredients (except salt and black pepper) into pressure cooker; secure lid and turn up flame to high.
4. Cook on high, according to slow cooker's instructions, for about 35 minutes.
5. Before opening pressure cooker, allow steam to release; refer to your pressure cooker's instructions to determine when it is safe to remove lid. Add salt and pepper to taste.

## **Kale Chick Pea Salad (5 Servings)**

1 Lbs Kale

1 ½ Cups Canned Chick Peas, rinsed

¼ Cup Parsley, minced

2 Garlic Cloves

¼ Cup Lemon Juice

2 Tbsp Dijon Mustard

2 Tbsp Honey

¼ Tsp Cayenne Pepper

Salt & Black Pepper to taste

1. Wash kale in cold water and let dry (set aside in colander to drip dry or gently pat dry); remove stems and midribs from kale.
2. Chop kale and place in a large bowl.
3. Remove any excess water from chick peas; add chick peas and parsley to kale.
4. In a small bowl combine garlic, lemon juice, dijon mustard, honey and cayenne pepper; whisk mixture thoroughly.
5. Pour lemon juice mixture into the large bowl of kale and toss thoroughly. Add salt and black pepper to taste.
6. Let salad marinate for 30-60 minutes before serving.



# Recipes

## Sautéed Spinach (4 Servings)

1 Lb Fresh Spinach, washed & drained  
1 Tbsp Garlic, minced  
2 Tsp Olive Oil or Coconut Oil  
Salt & black pepper to taste  
Optional: ½ Tsp Sesame oil

1. In large skillet heat oil over low-medium heat. Add garlic and cook for about 3 to 5 minutes until fragrant. *Garlic burns easily, so keep an eye on the pot.*
2. Add spinach and increase heat to medium-high. Stir continuously and cook for about 2 minutes until all the spinach is wilted. Add salt, pepper and red pepper flakes while stirring.

## Baked Coconut Tilapia (6 Servings)

6 4-Oz Tilapia fillets  
½ Cup Coconut Milk  
½ Cup Cilantro, finely chopped  
¼ Cup Water  
1 Tbsp Garlic, finely chopped  
1 Tsp Black Pepper  
1 Tsp Cayenne Pepper  
1 Tsp Cumin  
Salt to taste

1. Preheat oven to 425 F; lightly spray baking dish with cooking spray.
2. Wash fillets and pat dry; set aside in baking dish.
3. Combine remaining ingredients and whisk thoroughly; evenly pour coconut mixture over fish.
4. Bake fish for about 15 minutes until fish opaque in center.
5. Serve warm

## Tempeh Stew (5 Servings)

8 oz(s) Tempeh  
2 Tbsp Natural Peanut Butter  
1 Tsp Ginger root, grated  
2 Clove Garlic, minced  
1 Cup Yellow Onion, chopped  
1 Cup Tomatoes, chopped  
1 ½ Cup Vegetable Stock  
¼ Cup Low Sodium Soy Sauce  
1 Tsp Olive Oil

1. Slice tempeh into 1/2 inch thick slices then steam for 10 minutes.
2. In a small bowl, whisk soy sauce, peanut butter, ginger root and garlic. Combine tempeh and peanut mix; ensure that tempeh is evenly coated. Cover and marinate for at least 2 hours.
3. In a non-stick pan heat oil over medium heat; sauté onions and tomatoes for about 5 minutes until onions are translucent. Stir in marinated tempeh and vegetable stock. Bring to a boil then reduce to a simmer; cook covered for 10 minutes, stirring occasionally.

## String Bean Almondine (4 Servings)

1 Lb String Beans, trimmed  
1 Tbsp Slivered almonds  
1 Tbsp Olive Oil  
1 Tbsp Lemon Juice  
2 Clove Garlic, minced  
Salt and black pepper to taste

1. Prepare ice bath and bring a large pot of water to boil. Add string beans and salt to boiling water. Cook beans until bright green and a tender-crisp, about 4 minutes. Immediately transfer beans to ice bath.



# Recipes

2. In a skillet, heat oil and almonds over medium-low heat. Cook for about 5 minutes, stirring frequently, until almonds are a deep brown. Add garlic and cook for about 2 minutes until lightly browned.
3. Remove from heat. Add lemon juice add beans to pan and toss. Return to medium heat and cook for about 1 minute; stirring to ensure that beans are evenly covered with sauce. Add salt and pepper to taste.

## Baked Salmon (4 Servings)

1 Lb Salmon filet  
2 Cloves of garlic, minced  
½ Tbsp Olive Oil  
Juice from one lemon  
Salt and pepper to taste

1. In a bowl, combine all ingredients. Ensure that salmon is evenly covered with marinade. Marinate for at least 30 minutes in the refrigerator
2. Preheat oven to 450F. Place salmon in a rimmed baking sheet. Bake for 12-15 minutes until salmon is cooked through.

## Lemon Ginger Grilled Cod (4 Servings)

1 ½ Lbs Cod Fish filets  
1 Tbsp Fresh Ginger, grated  
4 Cloves Garlic, grated  
¼ Cup Fresh Lemon Juice  
1 Tsp Curry powder  
1 Tsp Brown Sugar (optional)  
½ Tsp Red Pepper Flakes  
¼ Tsp Cumin  
5 or more Sprigs of fresh thyme  
Olive or Coconut Oil for coating fish  
Zest from 1 lemon  
Salt and black pepper to taste

1. Rinse filets and pat dry. Combine filets and remaining ingredients (except oil) in a large bowl. Mix until filets are evenly coated with marinade. Cover and marinate for at least 30 minutes.
2. Pre-heat boiler.
3. Lightly coat a rimmed baking sheet with oil. Remove sprigs of thyme from fish marinade and arrange on baking sheet. Place filets on top of thyme and brush with oil.
4. Broil for 10-12 minutes until fish flakes. Enjoy with your favorite vegetables or rice dish

## Breakfast Quinoa (3 Servings)

1 Cup Blueberries  
½ Cup Dry Quinoa  
½ Cup Light Coconut Milk  
1 Cup water  
½ Tsp Ground Cinnamon  
2 Tbsp Natural Peanut Butter

1. In a small saucepan, bring quinoa, coconut milk, water, cinnamon, vanilla and nutmeg to a boil. Reduce to a simmer; cook covered for 15 minutes until liquid is absorbed. Fluff lightly with a fork.
2. Serve in a bowl topped Top with blueberries and peanut butter.