

Meals maker



7-DAY PESCATARIAN DIET PLAN

WEEK 1

THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

SPECIAL NOTES: (PLEASE READ)

NOTE 1: Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

NOTE 2: Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



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DAY 1

Breakfast:

**SCRAMBLED BREAKFAST
BURRITO**

Lunch:

KIDNEY BEAN SALAD

Dinner:

**FETTUCCINE AND GARLIC
SHRIMP**

DAY 2

Breakfast:

CAULIFLOWER SCRAMBLE

Lunch:

**AVOCADO TUNA GRILLED
CHEESE SANDWICH**

Dinner:

**STIR FRY WITH TOFU AND
BROCCOLI**

DAY 3

Breakfast:

STUFFED PAPAYA

Lunch:

SHRIMP LUNCH BOWL

Dinner:

TEMPEH AND KALE

DAY 4

Breakfast:

COCONUT PANCAKES

Lunch:

PINTO BEAN SALAD

Dinner:

SMALL SHRIMP STIR FRY

DAY 5

Breakfast:

BANANA CREPES

Lunch:

QUINOA SESAME SALAD

Dinner:

STUFFED TOMATOES

DAY 6

Breakfast:

**RASPBERRY MANGO
BREAKFAST BLENDED BOWL**

Lunch:

SALMON AND RICE

Dinner:

**PASTA AND GARLIC
MUSHROOMS**

DAY 7

Breakfast:

**STRAWBERRY LAYERED
YOGURT BOWL**

Lunch:

**MEDITERRANEAN STYLE
SALAD**

Dinner:

**TILAPIA AND PEARLED
FARRO**

WEEKLY Notes



SCRAMBLED BREAKFAST BURRITO

Prep Time: 20 min.

Cook Time: 20 min.

Total Time: 40 min.

Ingredients:

2 whole-wheat wraps
1 bell pepper
Small hand full of Cherry Tomatoes
1 small avocado
1 cup of Fresh Spinach
Store bought salsa
Half a can of chickpeas
Garlic Powder
Ground Cumin powder
Smoked Paprika Powder
Salt
Pepper
Olive oil

Instructions:

1. Using a large skillet, add some olive oil, and heat on medium to low heat.
2. Cut and prep the vegetables. The bell peppers should be cut into long slices, and the cherry tomatoes in half. Once done add them to the skillet, add a little bit of salt and cover. Allow cooking for about 2-5 minutes. Set to the side when done.
3. In the meantime, take the chickpeas and drain all the liquid from the can. Place them in a food processor, or you can also do this by hand. And mash them slightly. Set to the side.
4. In a small prep bowl, add the garlic powder, cumin powder, paprika powder, salt, pepper, and a little bit of olive oil; stir and mix everything well.
5. Take the mix of the all powders that you just created and add to the chickpea mash. Mix it in using your hands to make sure that the whole things get evenly coated.
6. Place the chickpeas in the skillet and allow cooking

for about 5 minutes. Set to the side when done.

7. You can add more olive oil to the skillet if needed, then add the baby spinach and allow cooking for 5 minutes; or until the leaves are wilted.
8. Begin to assemble the tortillas by taking the cooked chickpea mix and using it as a spread for the wrap. Then layer it with the bell peppers, cherry tomatoes and baby spinach. You can add salt and pepper if desired. Then wrap the tortilla up. And serve with the salsa on the side as dipping.





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WEEK 1

NECESSARY STAPLES



Day 1: Breakfast

1 Tbsp. extra virgin olive oil
Salt
Pepper
2 Tbsp. smoked paprika
1 Tbsp. seasoned salt

Day 1: Lunch:

2 ¼ Tbsp. olive oil
½ Tbsp. ground cumin
½ Tbsp. paprika
¼ Tbsp. garlic powder
½ Tbsp. salt
¼ Tbsp. black pepper
¼ cup chopped walnuts
3 Tbsp. nutritional yeast

Day 1: Dinner

1 ½ qt. vegetable or peanut oil
2 ½ cups of cornstarch
½ cup all-purpose flour
½ tsp. baking powder
Salt
½ cup cold water
¼ cup vegetable stock
2 tsp. soy sauce
2 tsp. sugar
1 tsp. toasted sesame oil
2 tsp. lemon juice
1 tsp. minced or grated fresh ginger
2 tsp. toasted sesame seeds

Day 2: Breakfast

2 Tbsp. vegetable oil
½ red bell pepper
½ cup water
¼ cup soy milk
3 Tbsp. nutritional yeast
1 tsp. maple syrup
1 tsp. onion powder
1 tsp. salt
¼ tsp. basil
¼ tsp. turmeric
¼ tsp. paprika
Pepper

Day 2: Lunch

1 tsp. Worcestershire Sauce
2 tsp. nutritional yeast
1 tsp. dried oregano
1 tsp. dried parsley
½ tsp. salt
½ tsp. pepper

Day 2: Dinner

2 tsp. vegetable oil
1 tsp. soy sauce
1 tsp. toasted sesame oil
Ground white pepper

Day 3: Breakfast

1 tsp. sea salt
3 tsp. chai seeds
3 tsp. maple syrup
1 tsp. apple cider vinegar
1 tsp. cinnamon
1 tsp. pure vanilla extract

Day 3: Lunch

1 tsp. chopped fresh oregano
¼ tsp. ground pepper

Day 3: Dinner

Salt
Black pepper
8 oz. of quinoa

Day 4: Breakfast

2 tsp. baking powder
2 tsp. unsweetened almond

Day 4: Lunch

1 tsp. olive oil
¼ cup rice vinegar

Day 4: Dinner

¼ cup rice vinegar
1 tsp. sesame oil
1 tsp. brown sugar

1 tsp. minced ginger

Day 5: Dinner

Kosher salt
Extra-virgin olive oil
½ cup ricotta cheese
Black pepper
Mint leaves

Day 6: Breakfast

4 tsp. maple syrup
½ cup vegetable oil
1 tsp. vanilla extract
1 cup all-purpose flour
1 tsp. baking powder
1 tsp. ground cinnamon
½ tsp. ground ginger
¼ tsp. ground nutmeg
2 cups cooked quinoa
Muffin tin

Day 6: Lunch

½ oz. feta cheese
½ oz. of raisins
¼ tsp. lemon juice
¼ tsp. honey
2 tsp. olive oil
¼ tsp. cumin, ground
½ tsp. salt
¼ tsp. dried cayenne pepper

Day 6: Dinner

¼ cup vegetable oil
¼ cup water
¼ tsp. salt
¼ tsp. onion powder
¼ tsp. garlic powder
¼ tsp. paprika
¼ tsp. black pepper
¼ tsp. cayenne pepper
¼ tsp. red pepper flakes

Day 7: Breakfast

1 tsp. extra virgin olive oil
1 tsp. grated Parmesan cheese
Salt
Pepper

Day 7: Lunch

2 Tbsp. garlic hummus
2 Tbsp. hemp Seeds

Day 7: Dinner

¼ cup thinly sliced basil
Balsamic glaze
¼ cup extra-virgin olive oil
3 tsp. red wine vinegar
1 tsp. Italian seasoning
1 clove garlic
Kosher salt
Black Pepper



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