

Pescatarian

OPTION 1

	DAY 1	DAY 2	DAY 3
Morning	BREAKFAST (OPTIONAL) <u>Egg Muffins</u> with fresh-sliced tomatoes	<u>Chia Seed Pudding</u> with strawberries and blueberries	<u>Veggie Omelet</u> with fresh sliced tomatoes
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Afternoon	LUNCH <u>Mason Jar Salad</u> with quinoa	<u>Mason Jar Salad</u> with hard-boiled eggs	<u>Mason Jar Salad</u> with quinoa or shelled edamame
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Evening	DINNER <u>Grilled Shrimp and Veggie Skewers</u> , with <u>Tried and True Salad</u>	<u>Grilled Scallops</u> with roasted veggies	<u>Baked Cod</u> with roasted asparagus

Beverages

40 to 60 oz. of water each day.

Other:

Coffee, tea, sparkling water

High Activity Day

Add these foods to a meal or snack only on days when you are more active.

Activity Fuels:

almonds, avocado, chia Seeds, cottage cheese, eggs, hemp seeds, quinoa, sweet potato, walnuts