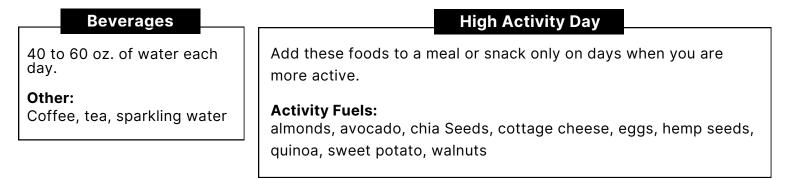
3 DAY MEAL PLAN Pescatarian

OPTION 1

		DAY 1	DAY 2	DAY 3
Morning	BREAKFAST (OPTIONAL)	Egg <u>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</u> <u>Veggie Skewers,</u> with <u>Tried and True Salad</u>	<u>Grilled Scallops</u> with roasted veggies	<u>Baked Cod</u> with roasted asparagus



WEEK OF:

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