

# Pescatarian

## OPTION 2

	DAY 1	DAY 2	DAY 3
Morning	<b>BREAKFAST (OPTIONAL)</b> Cottage cheese with strawberries	<u>Egg Muffins</u> , fresh sliced tomatoes	<u>Veggie Frittata</u> on a bed of raw Spinach
	<b>SNACK</b> Apples, oranges, grapefruit, strawberries, or blueberries		
Afternoon	<b>LUNCH</b> <u>Shrimp Ceviche</u> with <u>Tried and True Salad</u>	<u>Taco Soup</u> and <u>Tried and True Salad</u> with hemp seeds	<u>Mason Jar Salad</u> with chickpeas or shelled edamame
	<b>SNACK</b> Apples, oranges, grapefruit, strawberries, or blueberries		
Evening	<b>DINNER</b> <u>Vegetable Edamame Crockpot Stew</u> with <u>Tried and True Salad</u>	<u>Mahi-Mahi Boats</u> with <u>Marinated Tomatoes</u>	<u>Shrimp and Asparagus Stir-Fry</u> with <u>Tried and True Salad</u>

### 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