



PESCATARIAN DIET

	BREAKFAST	LUNCH	DINNER	SNACK	DRINK
MONDAY	Savoury Breakfast Cake	Baked Fish w/ Tomato Couscous Tahina	Tofu Tikka w/ Roasted Potato & Tzatziki Sauce	Chocolate Brownie	Beetroot, Carrot, Lemon, Ginger & Apple
TUESDAY	Coconut Mango Chia Seed Pudding w/ Nuts	Shrimp Curry w/ Coconut Rice	Cajun Edamame Corn Salad w/ Peanut Sauce	Cinnamon Nut Muffin	Green Apple, Cucumber, Spinach, Celery & Ginger
WEDNESDAY	VMeals Broccoli Bites w/ Egg Omelete	Chickpea & Green Pea Curry w/ Saffron Rice & Spinach	Blakened Salmon w/ Herbs Quinoa	Raisin Orange Muffin	Cucumber, Lemon & Apple
THURSDAY	Mixed Berries Overnight Oats w/ Peanut Butter	South Asian Grilled Fish w/ Corn Bean Salad & Lentil Soup	Mushroom Baked Pesto Pasta w/ Minced Soya	Chocolate Chip Cake	Carrot, Orange, Ginger, Lemon & Turmeric
FRIDAY	Scrambled Egg w/ Tomato & Cheese	Vmeals Basil Fish w/ Lemon Rice	Paneer Green Thai Curry w/ Sweet Potatoes & Nuts	Lemon Muffin	Watermelon & Apple
SATURDAY	Blueberry Protein Crepes w/ Honey Coconuts Glaze	Coconut Shrimps w/ Couscous	Tofu Sweet Potato Bowl w/ Tahini Sauce	Chocolate Swiss Roll	Orange, Carrot & Ginger
SUNDAY	Beans Frittata	Chinese Style Stir Fry Hummour w/ Chickpea & Rice	Creamy Vegetarian Mushroom Stroganoff w/ Pasta	Peanut Chocolate Chip Bites	Apple, Ginger, Pineapple & Celery