

## PESCATARIAN

(1300kcal - 1500kcal)

	BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
MONDAY	Blueberries pancakes	Shrimp Quiche	Grilled portobello Teriyaki with quinoa	Chocolate brownie	Red Scarlatta (beetroot, carrot, orange)
TUESDAY	Pesto egg sandwich	Grilled salmon with eggplant rollatini	Chickpeas kale salad	Sesame protein balls	Green Morning (green apple, mint, cucumber, spinach)
WEDNESDAY	Vanilla chia pudding	Fish hot & sour with rice	Red beans burger with potato	Orange cake	Citrus (strawberries, orange, lemon)
THURSDAY	Egg spinach muffins	Shrimps noodles	Quinoa Mediterranean salad	Fresh Fruits cup	Iced Tea (apple, cinnamon)
FRIDAY	Mocha almond protein overnight oats	Chimichurri Salmon with sweet potato wedges	Lentil curry with rice	Roasted nuts	Green Morning (green apple, mint, cucumber, spinach)
SATURDAY	Low fat Cheese Omelette	White fish with noodles	Vegetarian Falafel with mashed potatoes	Protein chocolate granola bar	Sunset. (carrot, orange, apple)
SUNDAY	French Tartine	Grilled tofu with rice	Triple beans salad	Cranberries oats cookies	Lemon mint (lemon, mint)