



Pescatarian
Recipe Bundle

IF ANIMAL PRODUCTS ARE
NOT FOR YOU, BUT YOU
UNDERSTAND THE BENEFITS
OF EATING FISH, THIS RECIPE
PACK IS FOR YOU!

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Pescatarian
Breakfast

START YOUR DAY RIGHT

Apple Cinnamon Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 apple
- 1 cup (245 g) almond milk
- 1 medium banana
- 1 tbsp (16 g) peanut butter
- 1.5 scoops (36 g) vegan protein powder
- 1/8 tsp (0.4 g) cinnamon

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Serve cold and enjoy!

NUTRITION INFO

Calories: 469, Carbohydrate: 60 grams, Protein: 30 grams, Fat: 15 grams

Banana Oatmeal Breakfast Bars



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 1/2 cup (113 g) mashed bananas
- 1/3 cup (83 g) almond butter
- 1/4 cup (64 g) unsweetened applesauce
- 1/4 cup (60 g) almond milk
- 1 1/2 cups (135 g) rolled oats
- 1/4 cup (28 g) chopped walnuts
- 1/2 tsp (2.5 g) baking powder
- 1/2 tsp (3 g) salt
- 1 tsp (4 g) vanilla extract
- 2 tbsp (20 g) hemp hearts
- 1/2 cup (87 g) dark chocolate chips

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Line an 8x8 baking dish with parchment paper. Set aside.
3. Mix bananas, almond butter, apple sauce, almond milk, whole oats, walnuts, baking powder, kosher salt, vanilla extract, and chocolate chips until combined. The mixture will be sticky and chunky.
4. Add mixture to prepared baking dish and smooth top using a baking spatula.
5. Bake for 35 minutes.
6. Let cool for a minimum of 1 hour, then cut into 8 bars. Enjoy!

NUTRITION INFO

Calories: 469, Carbohydrate: 50 grams, Protein: 14 grams, Fat: 27 grams

Breakfast Quinoa and Blueberries



SERVINGS: 1

PREP TIME: 5

COOKING TIME: 5

INGREDIENTS

- 1/4 cup (42.5 g) quinoa
- 1/2 cup (118 g) water
- 1.5 scoops (36 g) vegan protein powder
- 1 tbsp (20 g) maple syrup
- 1 tsp cinnamon
- 1 cup (145 g) blueberries

DIRECTIONS

1. Add quinoa to a microwave safe bowl with 1/2 cup of water. Cover and cook on high heat for 4 minutes.
2. Remove from microwave and stir in 1 scoop of protein powder and cook for an additional minute.
3. Let the dish sit for a minute, then stir in maple syrup and cinnamon.
4. Serve with a side of blueberries.

NUTRITION INFO

Calories: 435, Carbohydrate: 69 grams, Protein: 29 grams, Fat: 6 grams

Chocolate Hummus and Strawberries



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0

INGREDIENTS

- 1 1/2 cups (390 g) canned chickpeas, drained and rinsed
- 1/4 cup (38.5 g) cashews
- 4 tbsp (21.5 g) unsweetened cocoa powder
- 3 tbsp (60 g) maple syrup
- Salt
- 1/2 tsp (2.1 g) vanilla extract
- 2 tbsp (30 g) water
- 2 cups (288 g) strawberries

DIRECTIONS

1. De-shell canned chickpeas.
2. Place chickpeas, cashews, maple syrup, cocoa powder, water, salt and vanilla extract in blender or food processor.
3. Blend until creamy. If mixture is too thick add 1 tablespoon of water at a time until desired consistency.
4. Cut strawberries and serve.

NUTRITION INFO

Calories: 421, Carbohydrate: 81 grams, Protein: 14 grams, Fat: 9 grams

Nut Butter Oatmeal Breakfast Cookies



SERVINGS: 4

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 3/4 cup (68 g) rolled oats
- 1/4 cup (65 g) canned chickpeas, drained and rinsed
- 1/4 cup (64 g) almond butter
- 3 tbsp (60 g) maple syrup
- 1/4 cup (28 g) almond flour
- 1/4-1/2 (1 g) tsp ground cinnamon
- 1 tbsp (12 g) chia seeds
- 1 tbsp (7 g) ground flax seeds
- 1 cup (112 g) chopped walnuts

DIRECTIONS

1. Line cookie sheet with parchment paper. Sprinkle with 1/2 cup of chopped nuts.
2. Add oats to food processor and mix. Then, add nut butter, maple syrup, and almond flour to the food processor and mix.
3. Stir in chia and flax seeds. Using a spoon or scoop, scoop out mixture and place on cookie sheet. Once all dough is scooped, top each cookie with chopped nuts.
4. Place in the fridge to set, and enjoy cooled.

NUTRITION INFO

Calories: 486, Carbohydrate: 34 grams, Protein: 14 grams, Fat: 36 grams

Pesto Smoked Salmon Toast



SERVINGS: 1

PREP TIME: 3 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 medium slice sourdough bread
- 1 tbsp (14 g) pesto (dairy free)
- 1/2 avocado, sliced
- 3 oz (85 g) smoked salmon
- 1/2 cup (10 g) arugula

DIRECTIONS

1. Warm sourdough bread in the oven or toaster. Slice in half and spread with pesto sauce.
2. Top with sliced avocado, smoked salmon, and arugula.

NUTRITION INFO

Calories: 402, Carbohydrate: 26 grams, Protein: 23 grams, Fat: 23 grams

Simple Overnight Oats



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0

INGREDIENTS

- 1/3 cup (30 g) rolled oats
- 1/2 cup (123 g) non-dairy milk
- 1/4 tsp (1 g) vanilla extract
- 1/2 tsp (1.2 g) cinnamon
- 1 tbsp (12 g) chia seeds
- 1/2 scoop (18 g) vegan protein powder
- 1 tbsp (10 g) hemp hearts
- Pinch of sea salt
- 1/4 cup (37 g) blueberries

DIRECTIONS

1. Mix all the ingredients, except for the blueberries, in a mason jar. Cover and place in the refrigerator overnight.
2. Add more milk before serving for desired consistency (optional).
3. Top with blueberries.

NUTRITION INFO

Calories: 334, Carbohydrate: 32 grams, Protein: 22 grams, Fat: 15 grams

Savory Tofu Scramble



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 14 MINUTES

INGREDIENTS

- 12 oz (336 g) firm tofu
- 1 (14 g) tbsp olive oil
- 1/2 small yellow onion, chopped
- 1 clove garlic, minced
- 8 cherry tomatoes, halved
- 1 tbsp (5 g) nutritional yeast
- 1/2 tsp (3 g) salt
- 1/2 tsp (1 g) paprika
- 1 cup (20 g) arugula or rocket
- 1 avocado

DIRECTIONS

1. Remove tofu from package and press to drain the water. Wrap in a towel and place on a plate with something heavy (such as a cast iron skillet) on top. Leave for approximately 10 minutes or longer.
2. Heat olive oil in a medium skillet over medium heat. Add onion and garlic and cook 3-4 minutes.
3. Add cherry tomatoes and cook 1-2 minutes.
4. Add nutritional yeast, salt, and paprika. Then add tofu to the skillet and mash with a fork.
5. Cook for 6-8 minutes, adding arugula/rocket just before removing from heat. Serve warm with sliced avocado.

NUTRITION INFO

Calories: 364, Carbohydrate: 18 grams, Protein: 18 grams, Fat: 26 grams

Vegan Muffins and Coconut Yogurt



SERVINGS: 4

PREP TIME: 10 MINS

COOKING TIME: 20-25 MINS

INGREDIENTS

- 2 1/4 cups (203 g) oat flour (or oatmeal)
- 1 tsp (4.6 g) baking soda
- 1 tsp (5 g) baking powder
- Dash of salt
- 1/2 cup (96 g) coconut sugar
- 2 scoops (48 g) vegan protein powder
- 1 tsp (2.6 g) cinnamon
- 1/2 cup (122 g) unsweetened apple sauce
- 1/2 cup (57 g) shredded carrots
- 1/2 cup (123 g) almond milk
- 1/4 cup (54.5 g) coconut oil
- 1 tsp (4 g) vanilla extract
- 1 cup (244 g) coconut milk yogurt

DIRECTIONS

1. Preheat oven to 350°F (176°C).
2. Line muffin tray with liners or spray with non-stick spray.
3. Blend oats in a food processor or blender until flour like consistency.
4. Combine oat flour, coconut palm sugar, baking powder, baking soda, cinnamon and salt.
5. In a separate bowl, combine unsweetened apple sauce, carrots, almond milk, coconut oil and salt.
6. Add dry ingredients to wet ingredients and stir until just combined, then add in protein powder.
7. Scoop batter into 10 cups and bake for 20-25 minutes
8. Let cool and place in air tight container for up to 5 days.
9. Serve two muffins with a side of coconut yogurt.

NUTRITION INFO

Calories: 511, Carbohydrate: 68 grams, Protein: 16 grams, Fat: 22 grams

Zucchini Bread Loaf



SERVINGS: 4

PREP TIME: 5-10 MINUTES

COOK TIME: 50-60 MINUTES

INGREDIENTS

- 2 cups (184 g) chickpea flour
- 2 tsp (5 g) cinnamon
- 1/2 tsp (3 g) salt
- 1/2 cup (122 g) applesauce
- 1/4 cup (84 g) honey
- 2 cups (250 g) grated zucchini
- 2 tbsp (13 g) ground flaxseed
- 6 tbsp (90 g) water
- 1 tbsp (16 g) rolled oats (optional topping)
- 4 tbsp (64 g) almond butter (for topping)

DIRECTIONS

1. Mix together ground flaxseed and water. Allow to sit for 5 minutes or longer.
2. Preheat the oven to 350°F (176°C) and line a bread pan with parchment paper.
3. In a large mixing bowl, combine flour, cinnamon, and salt and set aside.
4. In a separate bowl, combine applesauce, honey, zucchini, and flaxseed mixture. Mix until combined.
5. Slowly add the dry ingredients to the wet and combine until evenly mixed.
6. Place the batter into the bread pan and top with rolled oats.
7. Bake for 45-50 minutes, or until a toothpick comes out clean.
8. Cool for 10 minutes before removing from the bread pan.
9. Slice, spread with almond butter, and enjoy!

NUTRITION INFO

Calories: 403, Carbohydrate: 56 grams, Protein: 15 grams, Fat: 14 grams



Pescatarian
Lunch

GET THE BOOST YOU NEED

Avocado Tuna Salad Sandwich



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0

INGREDIENTS

- 4 oz (113 g) solid white tuna
canned, drained
- 1/2 ripe avocado
- 1 tbsp (15 g) lime juice
- 1/2 tbsp (7 g) everything bagel
seasoning mix (dried garlic,
poppy seeds, dried onion,
sesame seeds, salt, pepper)
- 1/4 cucumber, sliced
- 1/2 cup (15 g) baby spinach
- 2 slices sour dough bread

DIRECTIONS

1. Lightly toast bread. Set aside.
2. Mix avocado, lime juice, kosher salt, and
everything bagel seasoning in a blender
until smooth.
3. Drain tuna and place it in a bowl.
4. Mix avocado “mayo” with tuna until
combined.
5. Thinly slice cucumber.
6. Add a layer of spinach, cucumber, and
tuna avocado salad onto the whole grain
bread to form a sandwich.

NUTRITION INFO

Calories: 474, Carbohydrate: 47 grams, Protein: 38 grams, Fat: 14 grams

Easy Pumpkin Hummus



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 small garlic cloves
- 1.5 cup (390 g) canned chickpeas, drained and rinsed
- 3/4 cup (188 g) of pumpkin puree
- 1/2 tsp (3 g) of salt
- 1 tsp (2 g) ground cumin
- 2 tbsp (30 g) fresh lemon juice
- 1/2 tsp (5 g) maple syrup
- 1/2 tbsp (7 g) olive oil
- 1 cup (149 g) baby carrots
- 2 cups (142 g) broccoli florets
- 1/4 cup (36 g) almonds

DIRECTIONS

1. Peel garlic cloves and place in food processor. Using the processor, finely chop garlic.
2. Add remaining ingredients, except fresh vegetables and goat cheese, to the food processor. Blend to thoroughly mix.
3. Serve with fresh vegetables.

NUTRITION INFO

Calories: 452, Carbohydrate: 65 grams, Protein: 17 grams, Fat: 17 grams

Hearty Bean Salad



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1/2 tbsp (7g) olive oil
- 1/2 tsp (0.5 g) dried dill
- Juice from 1/2 lemon
- Salt to taste
- 1/4 cup (65 g) white beans, from a can drained and rinsed
- 1/4 cup (65 g) chickpeas, from a can drained and rinsed
- 1/4 small red onion, chopped
- 1/4 cup (15 g) parsley, chopped
- 1/4 cup (56 g) kalamata olives, chopped
- 5 cherry tomatoes, halved
- 1/2 red bell pepper, chopped
- 2 tbsp (14 g) slivered almonds
- 1 tbsp (10 g) hemp hearts

DIRECTIONS

1. In a small bowl mix together the olive oil, dried dill, lemon juice, and salt to make the dressing.
2. Mix together all other ingredients in a salad bowl and toss with the dressing.

NUTRITION INFO

Calories: 501, Carbohydrate: 51 grams, Protein: 20 grams, Fat: 26 grams

Hemp Spinach and Shrimp Salad



SERVINGS: 1

PREP TIME: 5 MINS

COOKING TIME: 7-10 MINS

INGREDIENTS

- 5 oz (142 g) fresh or frozen raw shrimp
- 1 tbsp (14 g) olive oil
- 2 cups (60 g) baby spinach
- 1 1/2 tbsp (15 g) hemp seeds
- 1/2 cup (130 g) artichoke hearts
- 1 tbsp (14 g) red wine vinegar

DIRECTIONS

1. Add olive oil to pan and heat on medium high heat.
2. Cook shrimp on pan for 3-5 minutes per side, until pink in color.
3. Place baby spinach, hemp seeds, vinegar, and artichoke hearts on a plate.
4. Peel shrimp once it is cool and add to the top of the salad.

NUTRITION INFO

Calories: 427, Carbohydrate: 23 grams, Protein: 31 grams, Fat: 24 grams

Peppery Tuna Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz (142 g) canned tuna, drained
- 1/2 cup (110 g) marinated artichoke hearts, chopped
- 1/2 tsp (1 g) black pepper
- 2 cups (40 g) arugula or rocket
- 6 cherry tomatoes, halved
- 8 kalamata olives, halved
- 1/4 cup (28 g) shredded carrots
- 1 tbsp (8 g) shelled sunflower seeds
- Juice of 1/2 lemon

DIRECTIONS

1. In a medium bowl mix together tuna, artichoke hearts, and black pepper.
2. Add arugula, cherry tomatoes, olives, shredded carrots, and sunflower seeds.
3. Drizzle with lemon juice and enjoy!

NUTRITION INFO

Calories: 421, Carbohydrate: 16 grams, Protein: 43 grams, Fat: 23 grams

Roasted Butternut Squash and Grain Bowl



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 cup (140 g) butternut squash, peeled and cut into 1/2 inch cubes
- 1 tbsp (5 g) nutritional yeast
- 1/2 cup (80 g) cooked quinoa
- 2 tbsp (22 g) pomegranate arils, or berries of choice
- 1 tbsp (9 g) sunflower seeds
- 1 tbsp (8 g) chopped pecans
- 1/2 tbsp (5 g) hemp hearts
- 1/2 tbsp (8 g) dijon mustard
- 1 tbsp (14 g) olive oil
- 1/2 tbsp (7.5 g) lemon juice

DIRECTIONS

1. Preheat oven to 400°F (204°C).
2. Coat the butternut squash with half of the oil and all of the nutritional yeast and roast in the oven for 20 minutes, until soft on the inside and lightly crisp on the outside.
3. In a salad bowl, mix together the cooked squash (warm or fully cooled), cooked quinoa, pomegranate arils, sunflower seeds, chopped pecans, and hemp hearts.
4. In a small mixing bowl, mix together the dijon mustard, olive oil, and lemon juice.
5. Top the squash and grain bowl with the dressing and enjoy!

NUTRITION INFO

Calories: 415, Carbohydrate: 48 grams, Protein: 14 grams, Fat: 21 grams

Sesame Tempeh Bowl



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 tbsp (14 g) sesame oil
- 1 clove garlic
- 1 tsp (2 g) grated ginger
- Juice of 1/2 lime
- 1 tbsp (15 g) coconut aminos
- 1 tbsp (16 g) almond butter
- 6 oz (170 g) tempeh, cut into small cubes
- 1 1/2 cups (240 g) cooked quinoa
- 2 cups (126 g) snap peas, chopped
- 1/2 cup (57 g) shredded carrots

DIRECTIONS

1. In a medium bowl, mix together the sesame oil, garlic, ginger, lime, coconut aminos, and almond butter. Add tempeh and toss to coat tempeh with dressing.
2. Heat a skillet over medium heat. Add tempeh and cook for approximately 5 minutes, turning occasionally.
3. Add snap peas and shredded carrots and cook an additional 2 minutes.
4. Add quinoa to two bowls then top with tempeh, snap peas, carrots, and extra sauce from the pan.
5. Enjoy warm or cool.

NUTRITION INFO

Calories: 510, Carbohydrate: 55 grams, Protein: 25 grams, Fat: 24 grams

Shrimp Burgers



SERVINGS: 2

PREP TIME: 5-10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 12 oz (340 g) shrimp, peeled, deveined, tails removed
- 1 tbsp (7 g) ground flaxseed
- 1/8 cup (10 g) red onion, chopped
- 1 tsp (1 g) dried dill
- 1 tsp (2 g) paprika
- 1 tsp (3 g) garlic powder
- Salt and pepper to taste
- 1/2 tbsp (7 g) avocado oil
- 2 gluten free hamburger buns
- 1/2 cup (10 g) arugula
- 1 avocado, sliced

DIRECTIONS

1. In a food processor, combine 2/3 of the shrimp, flaxseed, red onion, dill, paprika, garlic powder, salt and pepper and pulse until shrimp are finely chopped and ingredients are combined.
2. Add in the remaining 1/3 shrimp and pulse until coarsely chopped.
3. Form the shrimp mixture into 2 patties of equal size.
4. In a medium skillet, heat avocado oil over medium heat.
5. Place the burgers in the skillet and cook for 4-5 minutes or until the edges begin to cook. Flip and cook another 4-5 minutes.
6. Serve on a hamburger bun with arugula and avocado.
7. Enjoy!

NUTRITION INFO

Calories: 486, Carbohydrate: 45 grams, Protein: 34 grams, Fat: 20 grams

Shrimp Burrito Bowl



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 30 MINUTES

INGREDIENTS

- 1/2 cup (93 g) medium-grain white rice
- 3/4 cup (180 g) canned low-sodium black beans, drained and rinsed
- 1 cup (154 g) canned sweet corn, drained and rinsed
- 1/2 tbsp (4.5 g) taco seasoning
- 1 tbsp (1 g) adobo seasoning
- 2 tsp (9 g) chipotle hot sauce
- 1 tbsp (15 g) lime juice
- 1/2 cucumber
- 1/2 ripe avocado
- 8 oz (227 g) peeled and deveined shrimp
- 1/2 tbsp (1.2 g) taco seasoning
- 1 tbsp (14 g) olive oil
- Cilantro for garnishing

DIRECTIONS

1. Cook white rice according to package instructions.
2. In a pan over medium heat, sauté black beans, sweet corn, 1/2 tbsp taco seasoning, adobo seasoning, chipotle hot sauce, and lime juice. Do not drain black beans or sweet corn.
3. Bring black beans and corn to a simmer and cook on low heat, stirring occasionally, while other ingredients are prepared.
4. Dice avocado and cucumber. Set aside.
5. Toss raw shrimp in 1/2 tbsp of taco seasoning. Sauté shrimp in olive oil until pink on both sides.
6. Serve shrimp, bean and corn mixture, avocado, and cucumber over white rice.
7. Garnish with cilantro.

NUTRITION INFO

Calories: 557, Carbohydrate: 79 grams, Protein: 29 grams, Fat: 16 grams

Vegan Buddha Bowl



SERVINGS: 2

PREP TIME: 10 MINUTES (PLUS COOKING TIME: 20
20 MINUTES TO MARINATE)

INGREDIENTS

- 1 tbsp (16 g) almond butter
- 1/2 tbsp (7 g) rice vinegar
- 1 tbsp (15 g) water
- 1 tbsp (14 g) coconut aminos
- 1/2 tbsp (4 g) sesame seeds
- 1/2 tsp (1.5 g) garlic powder
- 1 medium sweet potato, cut into small cubes
- 6 oz (170 g) tempeh, cut into small cubes
- 3/4 cup (195 g) canned chickpeas
- 1 cup (57 g) shredded purple cabbage
- 1 cup (20 g) arugula or rocket
- 1 cup (70 g) cooked brown rice

DIRECTIONS

1. In a medium bowl mix together almond butter, rice vinegar, water, coconut aminos, sesame seeds, and garlic powder.
2. Toss tempeh, sweet potato, and chickpeas with almond butter marinade. Allow to marinate in the refrigerator for 20 minutes.
3. Preheat oven to 400°F (204°C).
4. Spread tempeh, sweet potato cubes, and chickpeas on a baking sheet and bake for 15-20 minutes.
5. Add brown rice to two bowls and top with shredded cabbage, arugula, cooked tempeh, sweet potato, and chickpeas.
6. Serve warm or cooled.

NUTRITION INFO

Calories: 507, Carbohydrate: 68 grams, Protein: 26 grams, Fat: 17 grams

A close-up photograph of a white ceramic plate with a scalloped edge. The plate is filled with a variety of fresh ingredients: a large, vibrant orange salmon fillet on the right side; several pieces of golden-brown, herb-seasoned potatoes on the left; and a mix of fresh green leafy vegetables, including basil and lettuce, in the center. In the background, a wooden planter box holds several small succulent plants, and a green glass is partially visible on the right. The overall scene is bright and appetizing.

Pescatarian
Dinner

END THE DAY FEELING GOOD

BBQ Brussel Sprouts with Grilled Shrimp



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 3 cups (264 g) whole brussels sprouts
- 1/4 cup (62 g) BBQ sauce
- 1 1/2 tbsp (21 g) olive oil
- 10 oz (284 g) peeled and deveined shrimp
- 1/2 tbsp (5 g) ranch seasoning
- 2 baked sweet potatoes

DIRECTIONS

1. Cut brussels sprouts in half.
2. Toss brussels sprout halves in BBQ sauce and 1/2 tbsp olive oil.
3. Bake brussels sprouts for 15 minutes at 375°F (190°C) or until preferred crispiness is reached.
4. Toss shrimp in the remaining olive oil and ranch seasoning.
5. Grill or sauté shrimp until pink on both sides. Serve shrimp with baked potato and cooked brussels sprouts.

NUTRITION INFO

Calories: 399, Carbohydrate: 45 grams, Protein: 28 grams, Fat: 13 grams

Cauliflower Fried Rice w/ Salmon



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 15-20 MINUTES

INGREDIENTS

- 1/2 tbsp (7 g) sesame oil
- 1 cup (100 g) cauliflower rice
- 1/2 tbsp (4.5 g) minced garlic
- 1 cup (71 g) broccoli florets
- 1 cup (63 g) snow or snap peas
- 1 tbsp (15 g) coconut aminos
- 6 oz (170 g) wild-caught salmon (cubed)
- Salt and pepper to taste

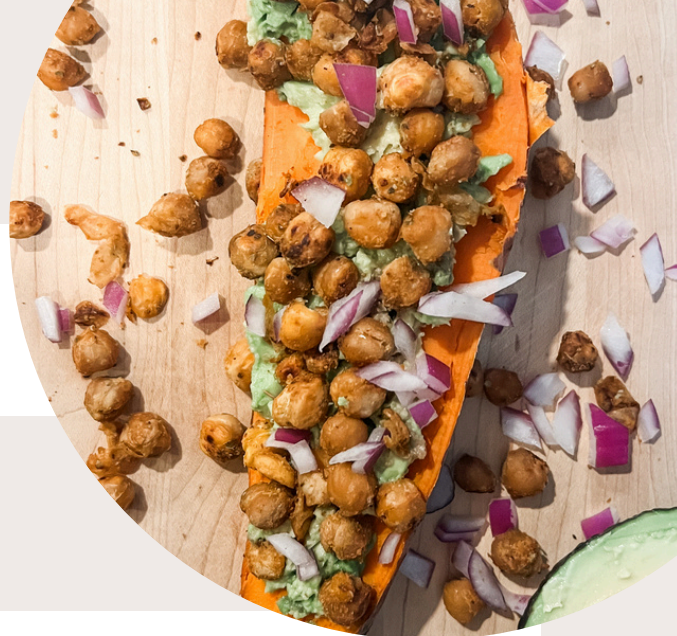
DIRECTIONS

1. In a large skillet, heat sesame oil over medium heat.
2. Add cauliflower rice and garlic to the skillet and sauté until the cauliflower begins to soften.
3. Add the stir fry vegetable blend and the coconut aminos and sauté until all vegetables are cooked through.
4. Push the vegetables to the side of the skillet and add the cubed salmon. Season with salt and pepper.
5. Cook salmon to desired temperature and stir everything together before serving.
6. Serve hot and enjoy!

NUTRITION INFO

Calories: 404, Carbohydrate: 20 grams, Protein: 43 grams, Fat: 17 grams

“Cheesy” Sweet Potato Chickpea Stack



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 50 MINUTES

INGREDIENTS

- 2 medium sweet potatoes
- 1 1/4 cup (325 g) canned chickpeas (or precooked)
- 1/2 tbsp (7 g) olive oil
- 1 tsp (2 g) paprika
- 1/2 tsp (3 g) salt
- 1 tsp (1 g) dried oregano
- 1 tsp (3 g) garlic powder
- 1 1/2 tbsp (8 g) nutritional yeast
- 1 avocado, mashed
- 1 tbsp (10 g) hemp hearts
- 1/4 small red onion, chopped

DIRECTIONS

1. Preheat oven to 400°F (204°C).
2. Pierce sweet potato with a knife and bake in the oven for approximately 1 hour, until easily pierced with a fork.
3. Meanwhile, drain and dry chickpeas. Toss with olive oil, paprika, salt, oregano, garlic powder, and nutritional yeast. Add to a skillet and cook over medium heat for approximately 10 minutes, turning occasionally.
4. Once sweet potato is baked through, slice in half lengthwise. Spread with avocado and top with chickpeas, hemp hearts, and red onion.

NUTRITION INFO

Calories: 514, Carbohydrate: 74 grams, Protein: 16 grams, Fat: 19 grams

Cod, Fresh Salad & Roasted Cauliflower



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1/2 lb (224 g) cod fillet, scaled and deboned
- 1 head romaine lettuce
- 6 cherry tomatoes
- 1/8 red onion
- 1/4 cucumber
- 1/2 head small cauliflower
- 1 tbsp (14 g) olive oil
- Salt and pepper to taste
- Squeeze of lemon for fish

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Line a baking tray with parchment paper. Place cod on the baking tray, seasoning with salt, pepper and olive oil. Set aside.
3. Cut the cauliflower into florets and toss in olive oil, salt and pepper. Add it to the pan next to the cod and bake for 15 minutes.
4. While the cod and cauliflower cooks, wash and chop the romaine lettuce, onion, tomatoes, and cucumber into a rough dice. Season with olive oil, salt and pepper and lemon juice.
5. Once cod and cauliflower are done, enjoy with the salad!

NUTRITION INFO

Calories: 431, Carbohydrate: 25 grams, Protein: 48 grams, Fat: 16 grams

Curried Lentils and Peas



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 1 cup (200 g) raw lentils
- 3 garlic cloves, pressed
- 1 tsp (2 g) ginger, grated
- 1/2 tbsp (7 g) olive oil
- 2 tsp (4 g) curry powder
- 4 cups (960 g) vegetable broth, or water
- Salt to taste
- 1 cup (140 g) frozen peas and carrots, thawed

DIRECTIONS

1. Add vegetable broth, lentils, and a dash of salt to a pot and bring to a boil. Reduce heat to a simmer and cook for 15 minutes.
2. Add garlic, olive oil, and curry powder and continue to simmer until lentils are soft (approximately 10 minutes).
3. Add peas and carrots and cook until lentils are at desired consistency.

NUTRITION INFO

Calories: 440, Carbohydrate: 74 grams, Protein: 27 grams, Fat: 6 grams

Fish Tacos with Cilantro Sauce



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 10 oz (284 g) cod fillet
- 1/2 tbsp (7 g) avocado oil
- 1 1/2 tbsp (13 g) taco seasoning
- 1 avocado, sliced
- 1 cup (57 g) shredded red cabbage
- 1/4 small red onion, sliced
- 4 sprouted grain soft taco shells
- 1/4 cup (31 g) coconut milk yogurt
- Zest of 1 lime
- Juice of 1/2 lime
- 4 tbsp (4 g) fresh cilantro, chopped
- 1/4 tsp (1.5 g) salt
- 1/4 tsp (0.5 g) black pepper

DIRECTIONS

1. Heat avocado oil in a skillet over medium heat. Season both sides of the cod fillet with taco seasoning and add to the skillet. Cook for approximately 10 minutes, flipping once, until thoroughly cooked.
2. In a small blender, blend together coconut milk yogurt, lime zest, lime juice, half of the cilantro, salt, and pepper.
3. Heat taco shells over the stove or in the oven until warm and lightly crispy.
4. Fill taco shells with fish, avocado, red cabbage, and red onion. Drizzle coconut yogurt sauce and top with remaining cilantro.

NUTRITION INFO

Calories: 479, Carbohydrate: 42 grams, Protein: 31 grams, Fat: 23 grams

Roasted Cod with Vegetables



SERVINGS: 2

PREP TIME: 5 MINS

COOKING TIME: 30 MINS

INGREDIENTS

- 2, 6 oz (336 g) cod fillets
- 3 tsp (18g) salt
- 3 tsp (6g) pepper
- 1 large (370 g) russet potato
- 1 cup (149 g) cherry tomatoes
- 20 (320 g) asparagus spears
- 2 Tbsp (28 g) olive oil

DIRECTIONS

1. Preheat oven to 375° F (190° C).
2. Cut potato into bite sized pieces, and trim asparagus.
3. Season tomatoes, potatoes, and asparagus with olive oil, salt and pepper and place on sheet pan. Cook for 15 minutes.
4. Season cod with salt and pepper.
5. Remove asparagus and tomatoes from sheet pan and add cod (leave potatoes to cook longer). Cook for an additional 15 minutes.
6. Let cool and serve

NUTRITION INFO

Calories: 456, Carbohydrate: 45 grams, Protein: 39 grams, Fat: 15 grams

Seared Scallops with Italian White Beans



SERVINGS: 2

PREP TIME: 10 MINS

COOKING TIME: 20 MINS

INGREDIENTS

- 10-12 oz (192 g) large scallops
- 1 cup (180 g) white beans
- 4 cups (60 g) baby spinach
- 3 garlic cloves
- 2 tbsp (28 g) olive oil
- 2 tsp (6 g) salt
- 2 tsp (4.2 g) pepper
- 1 tsp (2.4) red pepper flakes
- 4 tbsp (60 g) dry white wine
- 4 tbsp (60 g) water

DIRECTIONS

1. Add olive oil to pan and cook on medium heat.
2. Add garlic cloves to pan and cook until fragrant.
3. Add beans, spinach and red pepper flakes to pan and cook for about 2 minutes.
4. Add white wine and water and cook for 5-7 minutes.
5. Season scallops with salt and pepper. Move beans and spinach mix to the side and add scallops to the pan.
6. Cook scallops on each side for about 3-5 minutes.
7. Let cool and serve

NUTRITION INFO

Calories: 487, Carbohydrate: 35 grams, Protein: 28 grams, Fat: 24 grams

Tuna Poke Bowl



SERVINGS: 2

PREP TIME: 15 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 tbsp (14 g) coconut aminos
- 1 tsp (2 g) grated ginger
- 1/2 tsp (1.4 g) garlic powder
- 1/2 tbsp (7 g) sesame oil
- 6 oz (170 g) sushi tuna
- 1/2 cup (85 g) cooked edamame, shelled
- 1 small cucumber, thinly sliced
- 1 avocado, chopped
- 1 1/2 cups (237 g) cooked rice
- 1/2 tbsp (4.5 g) sesame seeds

DIRECTIONS

1. In a medium bowl, mix together coconut aminos, ginger, garlic powder, and sesame oil.
2. Slice tuna into 1/2 inch cubes and toss with coconut aminos mixture. Allow tuna to marinate for 10 minutes or longer (up to 2 hours) in the refrigerator.
3. Divide the cooked rice into two bowls and top with edamame, cucumber, avocado, tuna, and sesame seeds.

NUTRITION INFO

Calories: 503, Carbohydrate: 53 grams, Protein: 30 grams, Fat: 19 grams

Whole Roasted Cauliflower



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 1 small to medium head of cauliflower
- 1.5 tbsp (21 g) olive oil
- 1 tsp (0.6 g) dried oregano
- 1 tsp (1.5 g) dried basil
- 1 tsp (2 g) paprika
- 1 tsp (2.4 g) onion powder
- 1 tsp (3 g) garlic powder
- 1 tsp (6 g) salt
- 1 tsp (4 g) garlic, pressed
- 3 tbsp (15 g) nutritional yeast
- 1/4 cup (56 g) dairy-free greek yogurt
- 2 tsp (9 g) hot sauce
- 1 tbsp (15 g) lime juice
- 1 tsp (6 g) salt

DIRECTIONS

1. Preheat oven to 350°F (175°C.)
2. Mix olive oil, oregano, basil, paprika, onion powder, garlic powder, 1 tsp salt, and garlic paste in a bowl with 2 tbsp of water. Set aside.
3. Remove as many leaves and cut off as much of the stem of the cauliflower as possible without it coming apart.
4. Brush the seasoning mixture onto the cauliflower, paying attention to getting inside all its nooks and crannies.
5. Bake for 25 minutes.
6. Top cauliflower with nutritional yeast and bake for another 10 minutes.
7. Mix dairy-free greek yogurt, hot sauce, lime juice, and 1 tbsp of kosher salt in a bowl.
8. Drizzle greek yogurt sauce onto baked cauliflower.

NUTRITION INFO

Calories: 480, Carbohydrate: 55 grams, Protein: 24 grams, Fat: 24 grams