

Pescatarian Diet Plan

PESCATARIAN DIET PLAN

Name: _____ Age: _____

Height: _____ Weight: _____

Dietary goals Increase the intake of fruits, vegetables, whole grains, and legumes. Incorporate fish and shellfish as primary protein sources. Use olive oil, nuts, and seeds for optimal nutrition. Options like Greek yogurt, almond milk, and boiled eggs add variety. Ensure nutrient-dense meals with sufficient protein, fiber, and healthy fats.

Restrictions - Specify below:

DIET PLAN

Day: _____

Breakfast:

Lunch:

Dinner:

Snacks:

Notes:

Day: _____

Breakfast:

Lunch:

Dinner:

Snacks:

Notes:

Day: _____

Breakfast:

Lunch:

Dinner:

Snacks:

Notes:

Day: _____

Breakfast:

Lunch:

Dinner:

Snacks:

Notes:

Grocery list - Specify below:

HEALTHCARE PROVIDER'S INFORMATION

Name: _____ License number: _____

Signature: _____
Contact number: _____