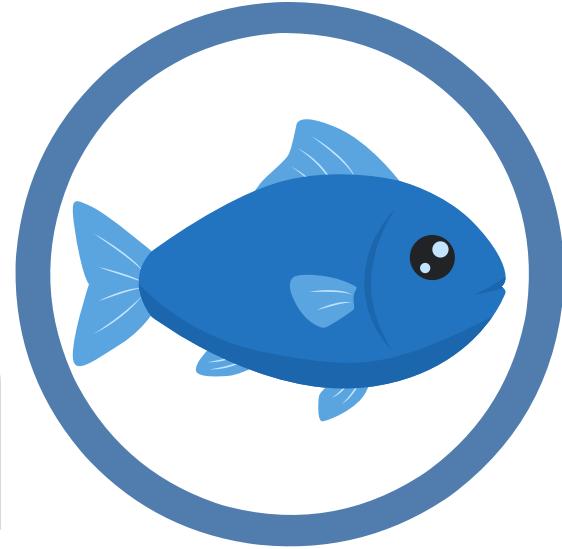




Pescatarian 2000 Kcal High Protein



7 Day Meal Guide

Day 1

Breakfast: Protein Breakfast Wrap

Eggs
Egg whites
Cheese
Wrap
≈ 40g protein

Lunch: Salmon Pesto Pasta

Salmon
Pasta
Pesto
Vegetables
≈ 45g protein

Dinner: Tuna & Sweet Potato Traybake

Tuna
Sweet potato
Vegetables
≈ 45g protein

Snacks

Protein yoghurt
Protein bar
Fruit
≈ 30g protein

Total ≈ 160g

Day 2

Breakfast: Protein Granola Bowl

Greek yoghurt
Protein powder
Granola
≈ 40g protein

Lunch: Prawn Burrito Bowl

Prawns
Rice
Beans
Vegetables
≈ 45g protein

Dinner: Salmon Satay Stir Fry

Salmon
Noodles
Vegetables
≈ 45g protein

Snacks

Protein shake
Fruit
≈ 30g protein

Total ≈ 160g

Portion sizes for carbohydrates, vegetables and fats are intentionally flexible. Use portions that suit your appetite, activity level and routine, while keeping protein as the main focus at each meal.

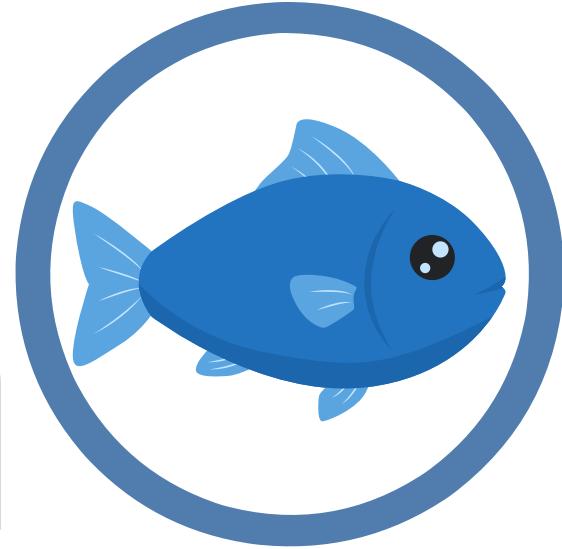
If you're unsure, start with one cupped hand of carbs, plenty of veg, and adjust over time.



Supero Fitness

Pescatarian

2000 Kcal High Protein



7 Day Meal Guide

Day 3

Breakfast: Protein Bagel & Eggs

Protein bagel
Eggs
Light spread
≈ 40g protein

Lunch: Tuna Club Sandwich

Tuna
Wholemeal bread
Cheese
Salad
≈ 45g protein

Dinner: Prawn Ragu

Prawns
Pasta
Tomato sauce
≈ 45g protein

Snacks

Protein yoghurt
Protein bar
≈ 30g protein

Total ≈ 160g

Day 4

Breakfast: Protein Smoothie (Large)

Protein powder
Milk
Banana
Nut butter
≈ 40g protein

Lunch: Salmon Shawarma Bowl

Salmon
Rice
Hummus
Vegetables
≈ 45g protein

Dinner: Fish Roast Dinner

White fish
Potatoes
Vegetables
≈ 45g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

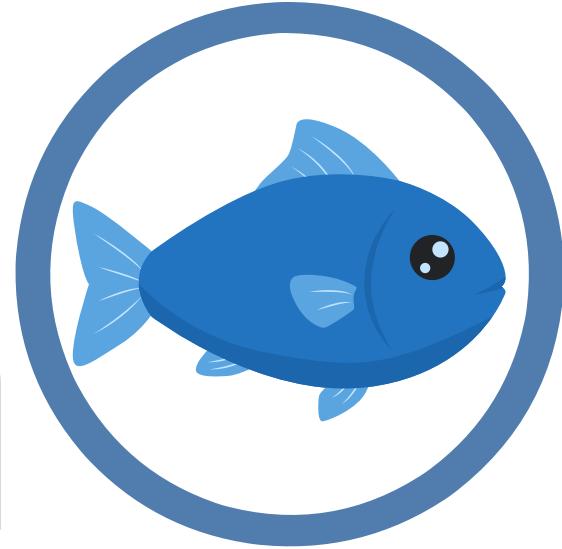
Total ≈ 160g

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Pescatarian 2000 Kcal High Protein



7 Day Meal Guide

Day 5

Breakfast: Eggs, Toast & Smoked Salmon

Eggs
Smoked salmon
Wholemeal toast
≈ 40g protein

Lunch: Tuna Melt Toastie

Tuna
Cheese
Wholemeal bread
≈ 45g protein

Dinner: Salmon Fajita Rice Bowl

Salmon
Rice
Peppers & onions
≈ 45g protein

Snacks

Protein bar
Protein yoghurt
≈ 30g protein

Total ≈ 160g

Day 6

Breakfast: Protein Pancakes with Fruit

Protein powder
Eggs
Yoghurt
≈ 40g protein

Lunch: Prawn Rice Bowl

Prawns
Rice
Vegetables
≈ 45g protein

Dinner: Tuna Lasagne (lighter)

Tuna
Pasta sheets
Cheese
≈ 45g protein

Snacks

Protein shake
Fruit
≈ 30g protein

Total ≈ 160g

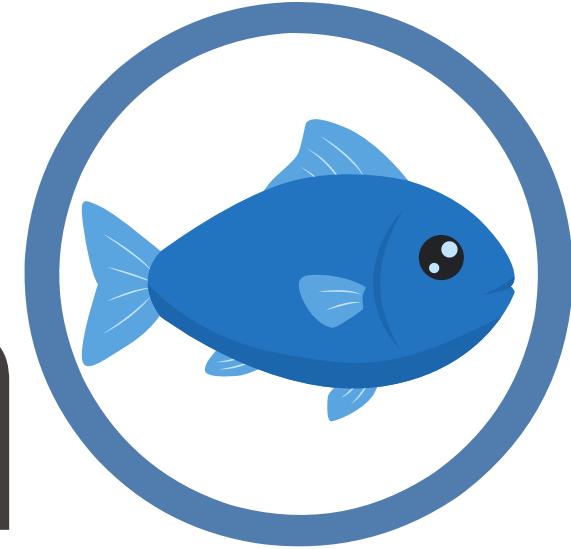
Portion sizes for carbohydrates, vegetables and fats are intentionally flexible. Use portions that suit your appetite, activity level and routine, while keeping protein as the main focus at each meal.

If you're unsure, start with one cupped hand of carbs, plenty of veg, and adjust over time.



Pescatarian

2000 Kcal High Protein



7 Day Meal Guide

Day 7

Breakfast: Overnight Protein Oats (Large)

Oats
Protein powder
Milk
≈ 40g protein

Lunch: Salmon & Avocado Wrap

Salmon
Wrap
Avocado
Salad
≈ 45g protein

Dinner: Prawn & Potato Pie

Prawns
Potatoes
Vegetables
≈ 45g protein

Snacks

Protein yoghurt
Protein bar
≈ 30g protein

Total ≈ 160g

Shopping List

Protein & Dairy

Eggs
Egg whites
Greek yoghurt or Skyr
Protein yoghurt
Protein powder
Cheese

Fish & Seafood

Salmon fillets
Smoked salmon
Tuna (tinned, in spring water)
Prawns
White fish (cod, haddock, pollock)

Plant-Based Proteins

Chickpeas
Lentils
Edamame beans
Tofu (optional swaps)

Grains & Carbohydrates

Oats
Rice
Pasta
Wholemeal bread
Protein bagels
Wraps
Potatoes
Sweet potatoes
Noodles

Fruit & Vegetables

Bananas
Mixed berries (fresh or frozen)
Leafy greens
Bell peppers
Courgette
Broccoli
Tomatoes
Onion
Garlic
Mixed vegetables
Salad vegetables

Fats, Extras & Flavour

Olive oil
Nut butter
Pesto
Hummus
Light mayonnaise
Curry sauce or paste
Tomato-based pasta sauce
Seeds
Herbs & spices

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If you're unsure, start with one cupped hand of carbs, plenty of veg, and adjust over time.