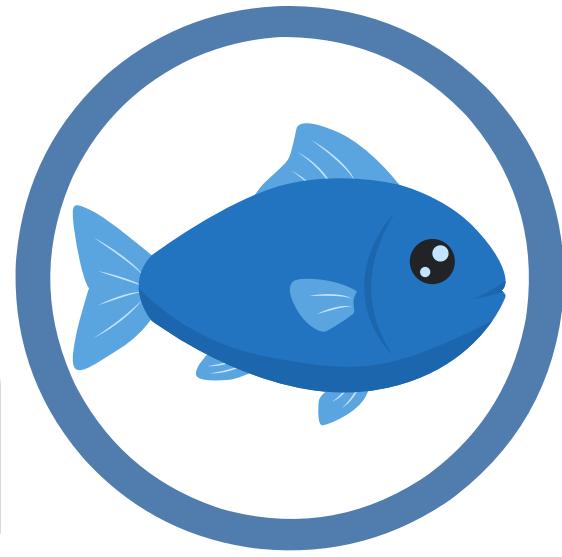




Pescatarian 1600 Kcal High Protein

7 Day Meal Guide



Day 1

Breakfast: Protein Yoghurt Bowl

Greek yoghurt
Protein powder
Berries
≈ 35g protein

Lunch: Tuna & Rice Bowl

Tuna (tinned, in spring water)
Rice
Vegetables
≈ 35g protein

Dinner: Salmon Chilli

Salmon
Kidney beans
Rice
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Day 2

Breakfast: Protein Oats

Oats
Protein powder
Milk
≈ 35g protein

Lunch: Tuna Wrap

Tuna
High-protein wrap
Salad
≈ 35g protein

Dinner: Prawn Stir Fry

Prawns
Mixed vegetables
Noodles
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

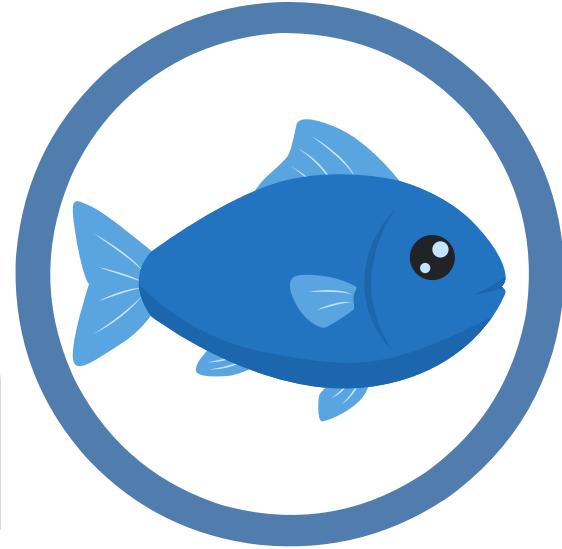
Total ≈ 140g

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 1600 Kcal High Protein



7 Day Meal Guide

Day 3

Breakfast: Scrambled Eggs on Toast

Eggs
Egg whites
Wholemeal toast
≈ 35g protein

Lunch: Salmon Caesar Salad

Salmon
Salad leaves
Light dressing
≈ 35g protein

Dinner: Tuna Pasta

Tuna
High-protein or lentil pasta
Tomato sauce
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Day 4

Breakfast: Protein Smoothie

Protein powder
Milk
Frozen berries
≈ 35g protein

Lunch: Prawn & Quinoa Salad

Prawns
Quinoa
Vegetables
≈ 35g protein

Dinner: Salmon Fishcakes & Rice

Salmon fishcakes
Rice
Vegetables
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

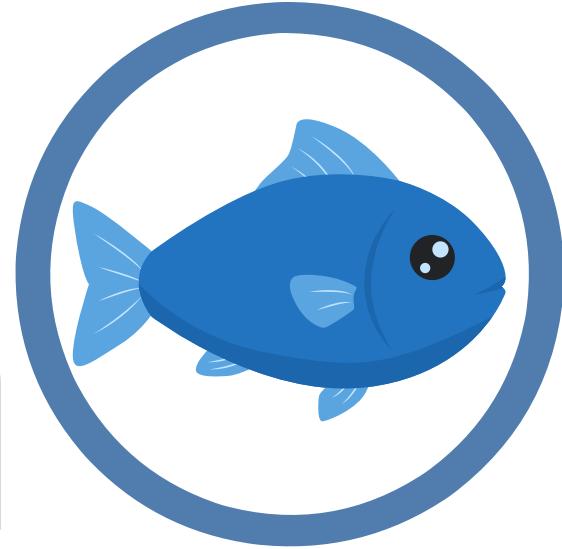
Total ≈ 140g

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Pescatarian 1600 Kcal High Protein



7 Day Meal Guide

Day 5

Breakfast: Skyr, Granola & Seeds

Skyr yoghurt
Granola
Seeds
≈ 35g protein

Lunch: Tuna & Potatoes

Tuna
Potatoes
Vegetables
≈ 40g protein

Dinner: Prawn Curry

Prawns
Curry sauce
Rice
≈ 35g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Day 6

Breakfast: Protein Pancakes

Protein powder
Eggs
Yoghurt topping
≈ 35g protein

Lunch: Salmon & Cheese Toastie

Smoked salmon
Cheese
Wholemeal bread
≈ 35g protein

Dinner: Tuna & Veg Stir Fry

Tuna
Mixed vegetables
Rice
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

Total ≈ 140g

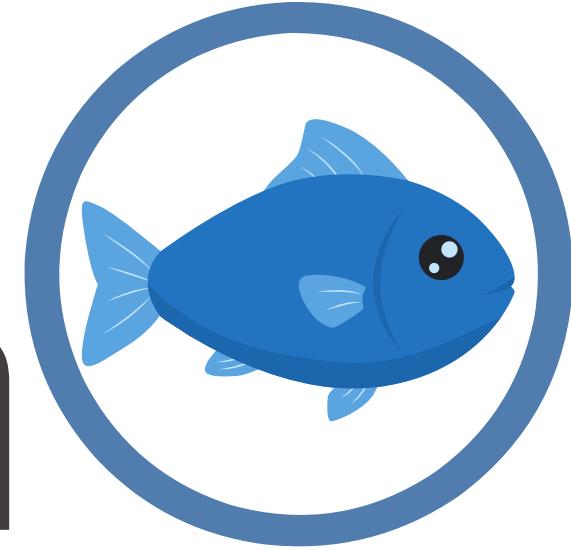
Portion sizes for carbohydrates, vegetables and fats are intentionally flexible. Use portions that suit your appetite, activity level and routine, while keeping protein as the main focus at each meal.

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



Pescatarian

1600 Kcal High Protein



7 Day Meal Guide

Day 7

Breakfast: Protein Porridge

Oats
Protein powder
≈ 35g protein

Lunch: Prawn Pasta Salad

Prawns
Pasta
Vegetables
≈ 35g protein

Dinner: Roast Salmon Dinner

Salmon
Potatoes
Vegetables
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 140g

Shopping List

Protein & Dairy

Eggs
Egg whites
Greek yoghurt or Skyr
Protein yoghurt
Protein powder

Fish & Seafood

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

Plant-Based Proteins

Chickpeas
Lentils
Edamame beans

Grains & Carbohydrates

Oats
Rice
Quinoa
Pasta (regular, lentil, or high-protein)
Wholemeal bread
High-protein wraps

Fruit & Vegetables

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

Fats, Extras & Flavour

Olive oil
Light mayonnaise
Seeds
Curry sauce or paste
Tomato-based pasta sauce

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