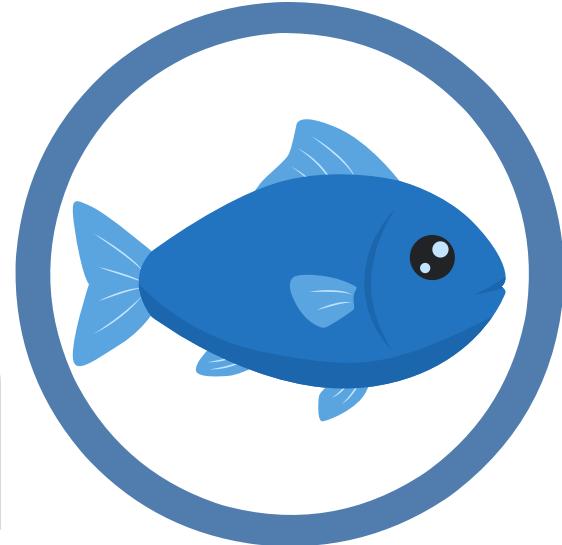




Pescatarian 1800 Kcal High Protein



7 Day Meal Guide

Day 1

Breakfast: Protein French Toast

Eggs
Egg whites
Wholemeal bread
≈ 35g protein

Lunch: Salmon Burrito Bowl

Salmon
Rice
Beans
Vegetables
≈ 40g protein

Dinner: Tuna Bolognese

Tuna
Pasta
Tomato sauce
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 145g

Day 2

Breakfast: Skyr & Nut Butter Bowl

Skyr yoghurt
Nut butter
Berries
≈ 35g protein

Lunch: Prawn & Potato Salad

Prawns
Potatoes
Vegetables
≈ 35g protein

Dinner: Salmon Teriyaki

Salmon
Rice
Vegetables
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

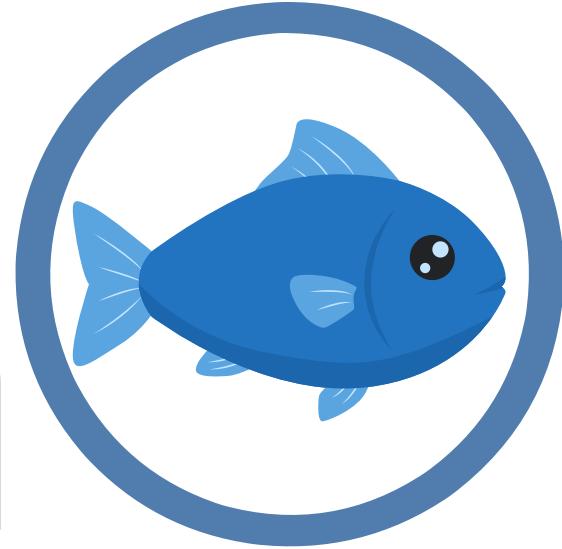
Total ≈ 140g

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 1800 Kcal High Protein



7 Day Meal Guide

Day 3

Breakfast: Protein Bagel

Protein bagel
Cream cheese
Smoked salmon
≈ 35g protein

Lunch: Tuna Pasta Bake

Tuna
Pasta
Light cheese
≈ 40g protein

Dinner: Prawn Fajitas

Prawns
Wraps
Peppers & onions
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 145g

Day 4

Breakfast: Protein Smoothie Bowl

Protein powder
Greek yoghurt
Fruit
≈ 35g protein

Lunch: Salmon & Avocado Wrap

Salmon
Wrap
Salad
≈ 35g protein

Dinner: Fish Pie (light)

White fish
Potatoes
Vegetables
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

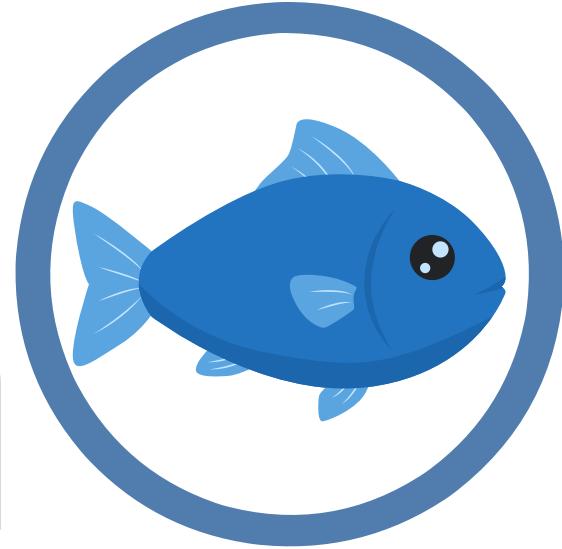
Total ≈ 140g

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Pescatarian 1800 Kcal High Protein



7 Day Meal Guide

Day 5

Breakfast: Eggs & Toast

Eggs
Egg whites
Wholemeal toast
≈ 35g protein

Lunch: Tuna Rice Bowl

Tuna
Rice
Vegetables
≈ 40g protein

Dinner: Salmon Coconut Curry

Salmon
Rice
Vegetables
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 145g

Day 6

Breakfast: Protein Pancake Stack

Protein powder
Eggs
Yoghurt
≈ 35g protein

Lunch: Prawn & Cheese Toastie

Prawns
Cheese
Wholemeal bread
≈ 35g protein

Dinner: Tuna Burgers & Potatoes

Tuna burgers
Potatoes
Salad
≈ 40g protein

Snacks

Protein bar
Fruit
≈ 30g protein

Total ≈ 140g

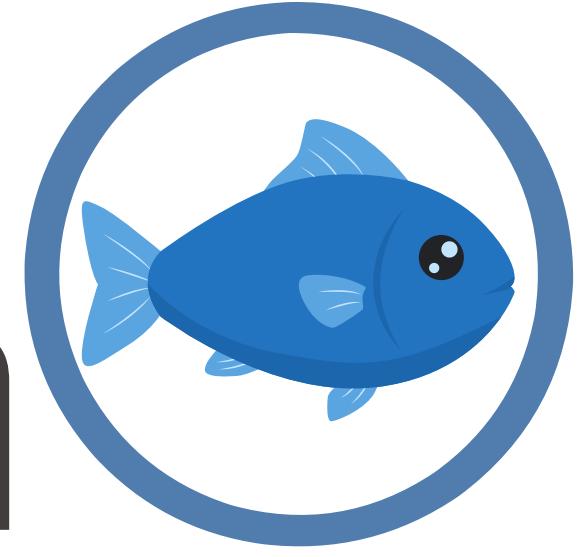
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Pescatarian

1800 Kcal High Protein



7 Day Meal Guide

Day 7

Breakfast: Protein Overnight Oats

Oats
Protein powder
Milk
≈ 35g protein

Lunch: Salmon Rice Bowl

Salmon
Rice
Vegetables
≈ 40g protein

Dinner: Prawn Pad Thai

Prawns
Noodles
Vegetables
≈ 40g protein

Snacks

Protein yoghurt
Fruit
≈ 30g protein

Total ≈ 145g

Shopping List

Protein & Dairy

Eggs
Egg whites
Greek yoghurt or Skyr
Protein yoghurt
Protein powder
Cheese (reduced fat if preferred)

Fish & Seafood

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

Plant-Based Proteins

Chickpeas
Lentils
Edamame beans
Tofu or tempeh (optional swaps)

Grains & Carbohydrates

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

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
Hummus
Curry sauce or paste
Tomato-based pasta sauce
Pesto
Seeds
Herbs & spices

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