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This menu plan contains the following recipes and the accompanying grocery list:

MAINS

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Hearty Fish Chowder
Potato Crusted Mahi Mahi and Green Beans

SIDES

Garden Salad
Sesame Broccoli
Jicama Apple Lime Salad
Roasted Asparagus
Blueberry Coconut Sherbert
Dairy-Free Sliceable Cheese

Please note that recipes in this menu plan contain the following ingredients/possible allergens:

Almond	Green Chilies
Apple	Green Onions
Apple Cider Vinegar	Green Pea
Asparagus	Honey
Avocado	Jicama
Black or White Pepper	Lemon
Blueberry	Lettuce
Broccoli	Lime
Brown Rice	Mahi Mahi
Carrot	Nutritional Yeast
Cashew	Olive
Cauliflower	Olive oil
Celery	Onion
Cilantro	Parsley
Coconut	Pine nuts
Cucumber	Potato
Dijon mustard	Rice
Fish	Salmon
Garbonzo Beans	Seaweed
Garlic	Sesame oil
Ginger	Sesame seed
Green Beans	Tomato

PESTO PIZZA WITH TOMATOES AND OLIVES

Servings = 4
30 min

This recipe was adapted from *May All be Fed* by John Robbins. For nut-free pesto, please see the recipes Pumpkin Pesto and Spinach Basil Pesto. Enjoy!

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|--|---------------------------|
| 1 gluten or grain-free pizza crust | 2 tablespoons lemon juice |
| 1 tablespoon olive oil | 1/2 cup pine nut |
| 1 cup black olives, sliced | 1/2 cup nutritional yeast |
| 2 tomatoes, sliced thin | 1/3- 2/3 cups olive oil |
| 2 cups fresh basil, washed and stemmed | 1/2 teaspoon sea salt |
| 1-3 cloves garlic, minced | |

Steps:

1. Prepare you pizza crust according to directions. Please see pizza crust recipes on the site for ideas.
2. Meanwhile, add basil leaves to food processor and chop. Add garlic, lemon juice, pine nuts, nutritional yeast, salt and pulse. Add olive oil until you have a nice paste consistency.
3. Spread the pesto onto the pizza crust in an even layer. Arrange sliced tomatoes and olives over the pesto. Lightly brush a little olive oil on vegetables. Season with salt and pepper to taste.
4. Bake anther 5-10 minutes with the toppings on the pizza. Remove from oven and allow to cool for a few minutes before slicing. Enjoy!

NUTRITIONAL INFO: Per Serving : 522 Calories; 27g Fat (43.8% calories from fat); 14g Protein; 63g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 939mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Brown Rice, Garlic, Lemon, Nutritional Yeast, Olive, Pine nuts, Tomato



GARDEN SALAD

Servings = 4

15 min

4-5 cups mixed salad greens	1 teaspoon dijon mustard
3 carrots, shredded or sliced	1-2 tablespoons apple cider vinegar, or balsamic vinegar (not GAPS-legal)
1 tomato, or celery, diced (optional)	1/4 cup olive oil
1 cucumber, sliced	

Steps:

1. Make the salad by combining the greens with the veggies and anything else you may have to go into a salad. Mix up the salad dressing by combining the oil, apple cider vinegar and mustard together. Whisk until well combined. Drizzle over salad and enjoy.

NUTRITIONAL INFO: Per Serving: 295 Calories; 28g Fat (80.8% calories from fat); 2g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 47mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.

NOTE: This recipe contains the following ingredients/potential allergens:

Apple Cider Vinegar, Carrot, Cucumber, Dijon mustard, Lettuce, Olive oil, Tomato

TERIYAKI SALMON

Servings = 4

45 min

The teriyaki sauce in this recipe was adapted from the sauce in *Nourishing Traditions* by Sally Fallon. This recipe can be made the night before and marinated overnight. Then, simply bake it the next day.

1 1/3 pounds salmon fillet	1 tablespoon apple cider vinegar
1 tablespoon ginger root, grated	1 tablespoon honey
3 cloves garlic, minced	1/2 cup gluten-free tamari or soy-free coconut aminos
1 tablespoon toasted sesame oil, unrefined	

Steps:

1. Combine all ingredients except for the salmon in a small bowl.
2. In a dish just big enough to fit the fish, place the fish and de-bone if necessary. Pour the teriyaki sauce over it. Marinate it for 20-30 minutes or overnight.
3. Oil a baking sheet and preheat the oven to 375 F. Place the fish on the oiled baking sheet and pour a little bit of the sauce over top of it.
4. You can keep the rest of the marinade, but if you want to use it, bring it to a boil first.
5. Bake fish in the oven for 15-20 minutes, or until fish is cooked through and flakes away with a fork.

NUTRITIONAL INFO: Per Serving: 214 Calories; 5g Fat (22.0% calories from fat); 33g Protein; 8g Carbohydrate; trace Dietary Fiber; 77mg Cholesterol; 2111mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Other Carbohydrates.

NOTE: This recipe contains the following ingredients/potential allergens:

Apple Cider Vinegar, Garlic, Ginger, Honey, Salmon, Sesame oil



SESAME BROCCOLI

Servings = 4

20 min

1 pound broccoli, cut into small florets
2 tablespoons toasted sesame oil
2 tablespoons gluten-free tamari or soy-free coconut aminos

1-3 teaspoons ginger root, grated
2 tablespoons sesame seeds, toasted

Steps:

1. Heat oil in pan over medium heat. Add broccoli and sauté for about 5 minutes.
2. Reduce heat, add coconut aminos or tamari and ginger and cover for 8-10 minutes, or until broccoli is cooked but still a little crisp, stirring occasionally.
3. In a separate pan, toast the sesame seeds until golden. Add sesame seeds to broccoli and stir to combine.

NUTRITIONAL INFO: Per Serving: 126 Calories; 9g Fat (62.2% calories from fat); 5g Protein; 8g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 534mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Broccoli, Ginger, Sesame seed

CASHEW AVOCADO WRAPS

Servings = 4

25 min

This recipe was adapted from *The Enchanted Broccoli Forest* by Mollie Katzen.

3 avocados, ripe and mashed	1 cup raw cashews, finely chopped and toasted
1/3 cup plain yogurt or coconut butter	2 cups mixed salad greens
1 lime, squeezed	8 corn or rice tortillas, warmed or quickly fried in oil
4 green onions, sliced very thin	1/2 cup salsa verde
1/2 cup fresh cilantro, chopped	

Steps:

(Note: If you are using coconut butter in place of yogurt, you will want to use a food processor to blend the avocado with the coconut butter. Then add the rest of the ingredients.)

1. Mash the avocados until they are smooth. Add the lime juice immediately. Add the rest of the ingredients except for the wraps, baby greens and salsa. Mix well.
2. Make each wrap by spooning a portion of the mix into a wrap. Top with a small handful of baby greens and salsa. Enjoy!

TIP: Substitutions: Lime: lemon. **Wraps:** lettuce leaves, steamed cabbage leaves. **Cashews:** almonds, sunflower seeds or pumpkin seeds. **Avocados:** replacing the avocados would completely change the dish but if you're allergic, try cooked and mashed sweet potatoes, or butternut squash.

Artisana makes a great coconut butter that tastes great in this recipe.

NUTRITIONAL INFO: Per Serving: 697 Calories; 51g Fat (62.1% calories from fat); 17g Protein; 54g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 201mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Avocado, Cashew, Cilantro, Coconut, Green Chilies, Green Onions, Lettuce, Lime, Rice



JICAMA APPLE LIME SALAD

Servings = 4

20 min

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|------------------------------|--------------------------------------|
| 1 jicama, peeled and chopped | 1/4 cup olive oil |
| 1 green apple, chopped | 1 teaspoon honey |
| 4-6 cups mixed salad greens | 1 tablespoon fresh cilantro, chopped |
| 1 lime, squeezed | |

Steps:

1. Peel the brown skin off of the jicama with a paring knife or a vegetable peeler. Also peel the fibrous white part underneath the brown skin. Cube and set aside. Cube the apple and mix with the jicama.
2. Make the dressing by combining the lime juice, olive oil, honey and cilantro.
3. Toss the greens with the jicama and apple and then drizzle the dressing over it. Toss well and serve immediately.

NUTRITIONAL INFO: Per Serving: 223 Calories; 14g Fat (53.7% calories from fat); 3g Protein; 24g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

NOTE: This recipe contains the following ingredients/potential allergens:

Apple, Cilantro, Honey, Jicama, Lettuce, Lime

HEARTY FISH CHOWDER

Servings = 5

30 min

1 tablespoon coconut oil or olive oil	1/2 teaspoon black pepper
1 onion, diced	1/2 teaspoon ground nutmeg
2 cloves garlic, minced	1 pound salmon fillets, skinned and deboned
3-5 cups vegetable broth, or fish stock, preferably homemade	1/2 cup frozen peas
1-2 carrots, sliced	1 cup coconut milk
2-3 stalks celery, chopped	1 teaspoon lemon juice, or apple cider vinegar
1-2 cups cauliflower, cut into small florets	2 tablespoons fresh parsley, chopped
1/2-1 teaspoons sea salt	

Steps:

1. Heat oil in a large soup pot to medium-high heat and sauté the onion until it is soft and translucent. Add the garlic and cook for 2-3 minutes.
2. Slowly stir in vegetable or fish stock, carrots, celery, cauliflower, black pepper, sea salt and nutmeg. Cook, covered, for 5 minutes over low to medium heat.
3. While the vegetables are cooking, wash the fish and cut into 1-inch cub. Add the fish and peas to the vegetable mixture and simmer over low, covered, until the vegetables are tender and the fish is flaky. Stir in coconut milk, lemon juice and parsley. Heat through and serve. Add more salt and pepper if needed. Enjoy!

TIP: You can use canned wild salmon for this recipe to make it even easier.

NUTRITIONAL INFO: Per Serving: 379 Calories; 20g Fat; 25g Protein; 27g Carbohydrate; 6g Dietary Fiber; 49mg Cholesterol; 1498mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Black or White Pepper, Carrot, Cauliflower, Celery, Coconut, Fish, Garlic, Green Pea, Lemon, Onion, Parsley, Salmon



ROASTED ASPARAGUS

Servings = 4

15 min

This recipe is easy and simple. Enjoy!

1 pound asparagus

sea salt

1 tablespoon olive oil, or as needed to lightly coat

Steps:

1. Preheat your oven to 425 F. Oil a baking sheet with olive oil. Trim the ends off of the asparagus. Then place them on the pan and drizzle with a bit more oil. Rub them with your hands until they are covered in the oil. Salt to taste.

2. Roast in the oven for 8-13 minutes, or until tender and slightly browned. Smaller stalks will take less time while thicker ones will take more time.

NUTRITIONAL INFO: Per Serving: 44 Calories; 3g Fat (65.9% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Asparagus

POTATO CRUSTED MAHI MAHI AND GREEN BEANS

Servings = 4
30 min

1/2 cup coconut milk or almond milk	1 1/3 pounds mahi mahi fillets
1/4 teaspoon sea salt	2 tablespoons coconut oil
1/4 teaspoon black pepper	4 lemon wedges
2 cloves garlic, minced	1 pound green beans, washed, ends removed
1/2-1 cups instant potato flakes	

Steps:

1. Combine the first 4 ingredients in a shallow dish. Place the potato flakes in another shallow dish. Dip fillets in the milk mixture first and then dredge them in the potato flakes until they are thoroughly covered. Set aside remaining milk mixture for green beans.
2. Heat 1 Tbsp. oil in a large nonstick skillet over medium-high heat. Add the fish and cook for about 3 minutes on each side or until golden and the fish flakes easily when tested with a fork. Serve with lemon wedges.
3. In a separate nonstick skillet, add 1 Tbsp oil and heat to medium heat. Add the green beans and sauté for 5 minutes, stirring occasionally. Add 1/4 cup of the leftover milk mixture from the mahi mahi dish and cook uncovered for another 5-8 minutes, or until liquid has evaporated and the green beans are cooked.

TIP: Bob's Red Mill makes dehydrated potato flakes.

NUTRITIONAL INFO: Per Serving 90 Calories; 6g Fat (57.8% calories from fat); 2g Protein; 8g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 169mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Coconut, Garlic, Green Beans, Lemon, Mahi Mahi, Potato

BLUEBERRY COCONUT SHERBERT

Servings = 4

5 min

This recipe is from <http://www.lifeglutenfree.com/>. It is truly delicious and does not require an ice cream maker!

5 cups frozen blueberries

3 tablespoons honey

6-8 ounces coconut milk, canned or homemade

Steps:

1. Add the frozen (not thawed) blueberries to a food processor.
2. Pour in the coconut milk and add a couple tablespoons of honey or maple syrup. Blend until the ingredients are mixed well. Serve immediately. You can freeze it but it will become hard.

TIP: If you are avoiding sweeteners, you can use stevia instead. But use less, according to the package instructions.

For guar gum and BPA-free coconut milk use Natural Value.

You can also use any other dairy-free or regular dairy milk for this recipe.

Cannot eat blueberries? Most other kinds of frozen fruit will work great - bananas, peaches, etc.

KID-FRIENDLY TIP: They will love it!

NUTRITIONAL INFO: Per Serving: 216 Calories; 8g Fat (32.1% calories from fat); 2g Protein; 38g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

NOTE: This recipe contains the following ingredients/potential allergens:

Blueberry, Coconut, Honey

DAIRY-FREE SLICEABLE CHEESE

Servings = 16

25 min/1 hour

This recipe is adapted from *The Real Food Daily Cookbook* by Ann Gentry.

2/3 cup raw cashews, soaked and dehydrated	1 3/4 cups coconut milk or almond milk
1/4 cup nutritional yeast	1 ounce agar flakes
1 teaspoon onion powder	1/4 cup olive oil
1 teaspoon sea salt	1/8 cup soy-free miso
1/2 teaspoon garlic powder	1 tablespoon lemon juice

Steps:

1. Finely grind the cashews in a food processor. Add nutritional yeast, onion powder, salt, and garlic powder. Pulse until spices are blended.
2. Combine milk, agar and oil in a saucepan. Bring to a simmer over high heat. Decrease the heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes, or until agar is dissolved.
3. Pour the milk mixture into the food processor, and blend into the cashews until very smooth and creamy. Add the miso (or additional salt and nutritional yeast) and lemon juice.
4. Pour mixture into a loaf pan or another mold to cool and harden in fridge. Use right away for melted cheese, or let harden and use within an hour or so.

TIP: For grated or sliced cheese, transfer cheese mixture into a container, cover and refrigerate. It doesn't take long to firm up, but will take about an hour to completely harden. Once it's hard, you can grate or slice it easily. For melted cheese, use the cheese immediately as melted cheese. Or, if it already hard, melt it in a saucepan over medium heat until smooth and creamy, stirring frequently. If needed, add more almond milk for a thinner consistency.

For Green Chili Cheddar Cheese: Stir in 1/4 cup green chilies into 2 cups of melted cheese.

The cheese will keep for 4 days, covered and refrigerated.

NUTRITIONAL INFO: Per Serving: 152 Calories; 14g Fat (80.6% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 201mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Almond, Cashew, Garbonzo Beans, Garlic, Lemon, Onion, Seaweed

GROCERY LIST FOR Pescatarian: Week 1

PRODUCE: VEGGIES

10-13 cups mixed salad greens
4-5 carrots
3 tomatoes
1 cucumber
1 onion
8-10 cloves garlic
2-3 stalks celery
1-2 cups cauliflower
1-3 teaspoons + 1 tablespoon ginger root
1 pound asparagus
1 jicama
3 avocados
4 green onions
1 pound green beans
1 pound broccoli

PRODUCE: FRUITS

1 teaspoon + 3 tablespoons lemon juice
1 green apple
2 limes
4 lemon wedges

FRESH HERBS

2 tablespoons fresh parsley
2 cups fresh basil
1/2 cup + 1 tablespoon fresh cilantro

MEAT AND FISH

1 pound salmon fillets
1 1/3 pounds salmon fillet
1 1/3 pounds mahi mahi fillets

REFRIGERATED/FROZEN SECTION

1/2 cup frozen peas
5 cups frozen blueberries
8 corn or rice tortillas
1/8 cup soy-free miso

DAIRY

1/3 cup plain yogurt or coconut butter

DRY GOODS

3-5 cups vegetable broth
3/4 cup nutritional yeast
1/2-1 cups instant potato flakes
1 gluten or grain-free pizza crust

OILS, VINEGARS AND CONDIMENTS

1 teaspoon dijon mustard

1 83/1000-1 41/100 cups + 2 tablespoons olive oil
3 tablespoons toasted sesame oil
1 cup black olives
2-3 tablespoons apple cider vinegar
2 tablespoons coconut oil
1 tablespoon coconut oil or olive oil
1/2 cup + 2 tablespoons gluten-free tamari or soy-free coconut aminos

ETHNIC

1 cup + 6-8 ounces coconut milk
1/2 cup salsa verde
2 1/4 cups coconut milk or almond milk
1 ounce agar flakes

NUTS AND DRIED FRUIT

2 tablespoons sesame seeds
1 2/3 cups raw cashews
1/2 cup pine nut

BAKING

1 teaspoon + 4 tablespoons honey

SPICES AND DRIED HERBS

+ 2 1/4-2 3/4 teaspoons sea salt
3/4 teaspoon black pepper
1/2 teaspoon ground nutmeg
1 teaspoon onion powder
1/2 teaspoon garlic powder

These ingredients will prepare the following recipes

Pesto Pizza with Tomatoes and Olives
Garden Salad
Teriyaki Salmon
Sesame Broccoli
Cashew Avocado Wraps
Jicama Apple Lime Salad
Hearty Fish Chowder
Roasted Asparagus
Potato Crusted Mahi Mahi and Green Beans
Blueberry Coconut Sherbert
Dairy-Free Sliceable Cheese