PESCETARIAN STARTER GUIDE

SALMON BURGER
see recipe inside!

FOOD LIST + 3 DAY SAMPLE MEAL PLAN + 5 STARTER RECIPES
WHAT'S INCLUDED IN THIS GUIDE

Welcome to the Pescetarian Starter Guide. We've put together an easy to read guide that will help you get familiar with the Pescetarian Lifestyle. Read it in one sitting, or keep it on your desktop, tablet, or smartphone for quick reference.

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PESCETARIAN DIET INDEX

OVERVIEW

Pescetarian Primary Foods:

- Fish
- Seafood
- Greens and High Iron Vegetables
- Low Sugar Fruits
- High Iron Nuts
- Healthiest Oils
- Best Beans
- Whole Grains

Foods to be Avoided:

- High Mercury Fish
- Red Meat
- Poultry
- Pork
- Refined Sugar
- High sugar fruits
- Processed Foods
- Soft Drinks

Optional:

- Eggs
- Dairy
- Gluten
Fish and Seafood

All fish and seafood can be eaten on a pescetarian diet, however it is important to remember that some fish are much higher in mercury than others. The fish and seafood with the lowest mercury levels and, which can be eaten on a regular basis are as follows.

We’ve highlighted our favourites, which also happen to be some of the healthiest fish you can eat on a regular basis. When buying fish and seafood, you should also be mindful and rather purchase wild caught instead of farmed.

Anchovies
Butterfish
Calamari
Catfish
Oysters
*Salmon
Haddock
Tilapia
Whitefish
*Sardines
Scallops
Rainbow Trout
Mullet
*Tuna (Skipjack)

Crab
Flounder
Sturgeon
Shrimp
Herring
Cod
Sockeye
Croaker (Atlantic)
Sole (Pacific)
Mackerel
Hake
Greens and High Iron Vegetables

Vegetables are a huge part of a pescetarian diet. Any vegetables are allowed, but we place special emphasis on anything green due to its high chlorophyll content, which can protect you against heart disease and cancer. Certain vegetables are also higher in iron, which is important to consume on a pescetarian eating plan. Iron obtained from plants is called non-heme or plant iron and is safer than iron obtained from meat (heme-iron). Iron from plant sources can be eaten in unlimited amounts as the body will simply excrete the excess. Iron from meat sources can build up to dangerous levels in the body if eaten on a regular basis.

<table>
<thead>
<tr>
<th>Top Greens We Recommend</th>
<th>High Iron Vegetables</th>
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<tr>
<td>Arugula</td>
<td>Mushrooms</td>
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<td>Collard Greens</td>
<td>Dark, Leafy</td>
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<td>Kale</td>
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<td>Iceberg Lettuce</td>
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<td>Romaine Lettuce</td>
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<td>Swiss Chard</td>
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<td>Dandelion Greens</td>
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<td>Red Leaf Lettuce</td>
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<td>Bok Choy</td>
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Low Sugar Fruits

Yes, the sugar in fruit is natural sugar, but if you are insulin resistant or overweight, it can still affect you negatively. Once you reach your goal weight or if you don’t have insulin issues then you can eat high sugar fruits more often. Other fruits, though, can be eaten more regularly and these include:

Grapefruit
Blackberries
Raspberries
Lemon
Papaya
Melons
Strawberries
Guava
Rhubarb
Limes

High Iron Nuts

Nuts are a wonderful addition to a primarily plant-based diet and provide you with a wide range of heart friendly, disease-fighting minerals and vitamins. Nuts also provide you with healthy fatty acids, which are very important for your health and they are a great snack to curb your appetite before your next meal. The following nuts are highest in iron and also the best for you in terms of nutritional benefits. Be sure to buy nuts that are salt free and contain only one ingredient...nuts!

Almonds  Pecans
Pine nuts  Brazil nuts
Pistachios  Walnuts
Hazelnuts
Healthiest Oils

Oils are a great source of fat and while the word ‘fat’ may make you to want to run away, there are many fats that are very good for you. We have been raised to believe that a low-fat diet is the way to go, but in fact it's rather about knowing how to choose the right fats. Monounsaturated and saturated fats are fantastic for heart health and may in fact lower your risk of heart attack and stroke. We have lined up some of our favourite oils for cooking up all those yummy veggies or for drizzling over a salad:

Coconut oil
Refined or light olive oil
Avocado Oil

These are great oils for cooking since they are low in polyunsaturated fats and have a higher smoke point than many other oils. This means that these oils can reach very high temperatures before starting to smoke.

The following oils listed should not often be used for cooking, due to their low smoking point, and instead drizzled over your favourite salad:

Unfiltered extra-virgin olive oil
Toasted nut and seed oils
Best Beans

Beans are one of our favourite parts of the pescetarian diet, because there’s just so much you can do with them! You can process them in your food processor and whip up some delicious burgers, you can use them to make a vegetarian chilli, heck you can even make black bean brownies or chickpea blondies for a delicious guilt-free dessert! Not to mention the fact that beans are jam-packed with minerals and fiber to help fill you up and provide your body with tons of nutrition.

Here are the top beans you should try to include in your diet as often as possible:

- Black Beans
- Navy Beans
- Pinto Beans
- Kidney Beans
- Lima Beans

Whole Grains

Whole grains are an important part of any meat-free diet, but be careful if you are gluten intolerant or have IBS. There are many gluten-free grains like quinoa that you can substitute should you have any issues.

- Brown Rice
- Quinoa
- Oats
- Whole-grain bread
High Mercury Fish

Mercury is damaging to our bodies and the best way to avoid it is to avoid the fish that contain the highest traces. A good rule of thumb is: the bigger the fish, the higher the mercury content. The fish listed with a star next to them are also endangered and should be left alone to reproduce and do their thing in the ocean. Avoid these guys wherever possible (always!).

Shark*
Tilefish*
Swordfish*
Mackerel
Tuna (Albacore, Yellowfin, Ahi*, Bigeye*)
Marlin*
Chilean Sea Bass
Bluefish
Grouper
Orange Roughy*
Red Meat
All red meat is avoided on a pescetarian diet and fish is the only source of meat consumed. Red meats not consumed on a pescetarian diet are:

Pork
Beef

Poultry
No turkey day here! Poultry includes:

Chicken
Turkey

Refined Sugar
Refined sugar poses absolutely no benefits for our health as it has undergone a process that completely stripped it of all vitamins and minerals and is regarded as a poison by the body, no joke!

White Sugar
Powdered Sugar
Sanding Sugar

Honey, agave and other so-called “healthy substitutes” should also be avoided since our body still regards it as regular sugar.
High Sugar Fruits

Fruits are packed with antioxidants and can protect you from a whole array of diseases. Some fruits, however, are very high in sugar and should be eaten in smaller quantities. Too much sugar from fruits can still affect your insulin levels and if you are diabetic or overweight you should avoid or at least limit the fruits that are higher in sugar. These fruits are all delicious so regard them as a treat or dessert, rather than a regular snack:

Watermelon
Bananas
Dates
Grapes
Kiwi
Figs
Mangos
Cherries
Pomegranates
Apples
Tangerines
Pineapple
Blueberries
Pears
Plums
Apricots
Processed Foods & Soft Drinks

Processed foods are packed with chemicals, preservatives and random ingredients we can’t even pronounce. Just remember, if you can’t pronounce it, don’t eat it! Ever! Here are some of the worst:

- Instant Noodles
- Margarine
- Dried Fruit
- Candy
- Frozen Dinners
- Microwave Popcorn
- Energy Bars

Basically, anything in a box with a crazy list of ingredients is a big NO-NO!

Soft drinks are loaded with sugar, high fructose corn syrup, preservatives, caffeine and possibly other ingredients you have never even heard of. The massive amounts of sugar can lead to tooth decay, diabetes and possibly even cancer. For this reason we do not recommend soft drinks at all. If you crave a sweet drink opt for 100% pure fruit juice instead, but make sure to limit it to one small glass a day due to sugar content.
Just like vegetarians, there are different kinds of pescetarians. Some eat eggs and dairy and gluten, some don’t. Some eat just eggs, some just dairy, you get the idea. Whilst we wholeheartedly recommend eggs due to their incredible nutrition, unless you have an egg allergy of course, we don’t really recommend dairy or gluten, whether you are allergic or not.

Dairy

Hormones from cows milk can cause disruptions in our bodies that can cause conditions like acne, painful periods, and thyroid disorders amongst other health concerns. If you grew up on dairy, it can be super hard to even think of giving it up! Speaking from experience...cheese (mmm) was the hardest to part with, but, you know...after a while of eating whole foods, the cravings tend to subside naturally. With the huge range of delicious dairy alternatives like almond milk, cashew milk and coconut milk though, going dairy free will be easier than you think!

Gluten

Whether you have a gluten allergy or not, gluten is something we recommend you consider cutting out of your diet, although it’s completely up to you. Gluten is a protein that is very hard for us mere mortals to digest which can result in all sorts of problems. Gluten is found in wheat and since wheat has become so highly processed, compared to the days when our parents and grandparents were young, it’s something that’s simply best to avoid.

If you don’t want to cut it out completely, that’s okay! Just consider cutting back as much as possible.
PESCETARIAN MEAL PLAN
DAY 1

Upon Rising
Mug of warm water with juice of ½ a lemon
*Optional: add 1 tsp of honey

Breakfast
Bowl of oatmeal topped with a few fresh berries and a pinch of cinnamon
*Optional: chia seeds, 1 tsp maple syrup, 1 tbsp flaxseed, unsweetened almond or coconut milk

Snack
A handful of raw, unsalted walnuts

Lunch
Veggie sandwich made on Whole-grain or gluten free bread with spinach, half an avocado, red onion, cucumber, roasted red pepper (optional) and 1 tbsp hummus as a spread

Snack
1 apple cut into slices with 1 tbsp nut butter such as almond butter, or peanut butter

Dinner
Baked Tilapia on a bed of quinoa with your favourite roast veggies on the side
PESCETARIAN MEAL PLAN

DAY 2

Upon Rising
Mug of warm water with juice of ½ a lemon
*Optional: add 1 tsp of honey

Breakfast
Breakfast smoothie made with 1 frozen banana, ½ cup dry oats, ½ tsp cinnamon and 1-2 tsp cocoa blended together in a blender with 1 cup almond milk

Snack
Raw veggies such as celery, bell pepper or cucumber slices and 1 tbsp of hummus for dipping

Lunch
Boiled egg salad consisting of two free-range boiled eggs, chopped and tossed into a large green salad of leafy greens such as spinach and dandelion, cucumber, red onion, grated carrot and bell peppers drizzled with your favourite salad dressing (preferably sugar, gluten, dairy free)

Snack
A few whole-grain or gluten-free crackers with guacamole for dipping

Dinner
BBQ pineapple salmon burger (see page 15 for recipe)
**PESCETARIAN MEAL PLAN**

**DAY 3**

**Upon Rising**
Mug of warm water with juice of ½ a lemon
*Optional: add 1 tsp of honey

**Breakfast**
Salmon Omelet (see page 16 for full recipe)

**Snack**
Banana slices with 1 tbsp almond butter for dipping
*Optional: if you can find at least 70% dark chocolate, melt and dip

**Lunch**
Mean Green Black Bean Wrap (see page 17 for full recipe)

**Snack**
Green Smoothie (see page 18 for full recipe)

**Dinner**
Stuffed sweet potato (see page 19 for full recipe)
Ingredients:

- 160 g salmon fillets, with skin removed
- 1/4 c breadcrumbs
- 2 tbsp cilantro
- 4 tbsp pineapple juice (just buy a juicy pineapple and squeeze some juice or blend a chunk of pineapple)
- 2 pineapple slices
- 2 tbsp BBQ sauce
- pinch of ground ginger
- 1 avocado
- 2 slices of your favourite cheese (or dairy free cheese)
- 2 cups mixed greens
- 2 buns
- salt and pepper

Makes enough for 2

Method:

Cut salmon into chunks and blitz in food processor (or chop really finely), then in large bowl mix together with breadcrumbs, cilantro, pineapple juice, bbq sauce, ginger, salt and pepper.

Form mixture into 4 equal patties, place between two layers of parchment paper then freeze for at least 30 minutes.

Grill or fry patties in pan with coconut oil on medium high for 5 minutes on each side until done. Grill pineapple slices. Assemble burgers with mixed greens, then salmon patty, cheese, slice of pineapple, BBQ sauce, mashed avocado.

Post a photo on Instagram using the hashtag #fishyvegetarian
PESCEatarian Recipes

Salmon Omelet

Ingredients:
- 1/2 cup shredded candied salmon (or smoked salmon)
- 4 large organic free range eggs
- sliced scallions (to taste)
- 1 sliced zucchini
- 1/2 yellow bell pepper finely sliced
- 1 dollop of regular or dairy free sour cream
- coconut oil
- salt and pepper

Makes enough for 2

Method:

Heat some coconut oil in a non stick pan on high heat.

Add zucchini, bell pepper, salt and pepper to thoroughly beaten eggs. Once oil is hot, pour egg mixture into pan and let it spread to all edges. As eggs start to cook but still has a little raw bit on top, turn heat down to medium, then add shredded salmon and scallions on top of omelet.

Use a spatula to ease around edges of omelet, then fold over in half. Check your omelet for the next couple minutes and once it starts to brown on the bottom, it's ready to serve. Sprinkle some more scallions on top with a dollop of sour cream.

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Ingredients:
- 1/2 cup black beans
- 1 large avocado
- 1/4 tomato, finely chopped
- 1/4 white onion, finely chopped
- 1/2 cup cilantro
- 1 tbsp lemon juice (fresh)
- 2 large kale leaves
- goats cheese
- coconut oil
- salt and pepper

Makes 2 large wraps

Method:
Heat some coconut oil in a non stick pan on medium heat. Chop kale into small bite sized pieces and add to oil. Cook until wilted, remove from pan. (Sprinkle with some maple syrup if you wish)

Make simple guacamole by mixing mashed avocado, tomato, white onion, 1/4 cup cilantro, lemon juice, salt and pepper in a bowl.

Assemble wraps: spread guacamole, then top with kale, black beans, cilantro, and goats cheese. Roll wraps closed, and enjoy!

Post a photo on Instagram using the hashtag #fishyvegetarian
Ingredients:
- 2 large dinosaur kale leaves
- 1 handful of spinach
- 1 banana
- ½ cup frozen chopped mango
- 2 thumb sized knobs of ginger
- ½ lemon squeezed
- 1 cup water

Method:
Wash kale and spinach, then toss all ingredients into blender and blend until smooth.
PESCETARIAN RECIPES
STUFFED SWEET POTATO

Ingredients:
- 2 medium sweet potatoes
- 1 can skipjack tuna
- 1 medium avocado
- 1/2 onion sliced
- 1 cup sautéed spinach
- 1 handful cherry tomatoes
- 1 Tbsp coconut sugar
- coconut oil
- salt and pepper

Method:
Preheat oven to 400 degrees Fahrenheit. Poke a few holes in sweet potatoes using a fork. Once oven is up to temperature, bake sweet potatoes for 45 - 60 minutes until fully cooked.

Mash avocado and add tuna with salt and pepper. A squeeze of lemon won’t hurt. Place in fridge while you wait for sweet potatoes.

Add onions and coconut sugar to medium high heat pan in coconut oil, lightly sauté until fully cooked. Remove caramelized onions from pan. Add some more oil to the pan then soften cherry tomatoes. With all your ingredients ready, assemble: break open sweet potato and stuff!

Makes enough for 2

Post a photo on Instagram using the hashtag #fishyvegetarian
THAT'S IT!
WHAT YOU CAN DO NEXT

We put a lot of time and effort into this Pescetarian Starter Guide and we truly appreciate you supporting us by downloading and sharing it.

Now, let's make sure we keep in touch...

PLEASE TAKE OUR 3 MINUTE SURVEY