

7-Day

PESCATARIAN KETO MEAL PLAN

MONDAY

Breakfast: [Cheese omelette](#)
Lunch: [Fried salmon with asparagus](#)
Snack: [Parmesan chips](#)
Dinner: [Tomato stew with calamari](#)

TUESDAY

Breakfast: [Tuna stuffed avocado](#)
Lunch: [Seafood soup with garlic mayo](#)
Snack: [Kale chips](#)
Dinner: [Smoked mussels casserole](#)

WEDNESDAY

Breakfast: [Deviled eggs with shrimp/salmon](#)
Lunch: [Green beans and avocado](#)
Snack: [Cloud bread](#)
Dinner: [Shrimp skewers](#)

THURSDAY

Breakfast: [Cottage cheese breakfast bowl](#)
Lunch: [Tuna burgers](#)
Snack: [Lemon cheesecake cookies](#)
Dinner: [Scallops parmesan](#)

FRIDAY

Breakfast: [Fried eggs and veggies](#)
Lunch: [Zucchini noodles with crab](#)
Snack: [Tuna and avocado salad](#)
Dinner: [Lobster bisque](#)

SATURDAY

Breakfast: [Scrambled eggs in a mug](#)
Lunch: [Thai fish curry](#)
Snack: [Sesame bread](#)
Dinner: [Tuna salad with boiled eggs](#)

SUNDAY

Breakfast: [English muffins](#)
Lunch: [Spanish garlic shrimp](#)
Snack: [Strawberry smoothie](#)
Dinner: [Smoked mussels plate](#)