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## **Pescatarian Meal Plan #1**

<i>Meal</i>	<i>Prep time/ portions</i>
<u>Terri's Salmon Cakes; serve with Terri's Herb Mashed Potatoes</u>	1 hour serves 4
<u>Greek Cod in Parchment over Orzo;</u>	1 hour 30 minutes serves 6
<u>Smoky Beans and Greens over Quick Grits; Simple Beet Salad; GF Vegan Brownies</u>	55 minutes serves 4
<u>Lemon and Lentil Soup w/ brown rice; Ravioli w/Sauteed Snap Peas and Asparagus</u>	30 minutes soup serves 8; ravioli serves 4
<u>Terri's Best Black Bean burger; Fresh Corn/Summer Squash Succotash</u>	1 hour serves 6 to 8