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Pescatarian Meal Plan #3

<i>Meal</i>	<i>Prep time/ portions</i>
<u><i>Fennel Scented Halibut w/ Tzatziki Sauce; Lemon Roasted Green Beans</i></u>	<i>45 minutes serves</i>
<u><i>Mediterranean Sea Bass; Fresh Pasta with EVOO. Garlic and Spinach Saute</i></u>	<i>30 minutes serves 4</i>
<u><i>Blackened Catfish Cakes w/ Creole Sauce on Bun w/ lettuce and heirloom tomatoes; Garlic Sweet Potato Wedges</i></u>	<i>45 minutes serves 8</i>
<u><i>Creole Shrimp w/ Rice; Roasted Brussels Sprouts with Brown Butter and Lemon</i></u>	<i>1 hour serves 4 to 6</i>
<u><i>Plantain Crusted Groupe; Vegetable Curry; Banana Raita</i></u>	<i>1 hour serves 4</i>